

The Importance of Staying Active During Winter Months



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The Importance of Staying Active During Winter Months

Just because it is winter, it doesn't mean you have to stay indoors! It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season!

The winter presents several fun activities that can double as workouts. Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need.

At Choice Therapy, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. **Contact us today to learn more!**

WHAT ARE THE BENEFITS OF EXERCISING DURING THE WINTER?

It is an undeniable fact that daily exercise is an important part of staying healthy and promoting wellness. It seems easier to get up and exercise when it is warm out, but there is actually evidence to support the benefits of working out in the cold. Depending on the type of workout, exercising in colder weather can actually have a more positive effect on the body than exercising in the heat.

According to a study titled "Exercise in the cold," found in the Journal of Sports Sciences, temperatures hovering around 50 degrees Fahrenheit are optimal for high or moderate intensity workouts. Conversely, low intensity workouts are better performed indoors during colder months, as sufficient metabolic heat may not be generated well enough to offset the cooler environment.

Exercise also helps loosen muscles that may become stiff in the winter months, making it easier to maneuver around in your orthotic or prosthetic device. Additional benefits to winter exercising include:

- **Sunlight intake.** Vitamin D is important! Many people lack Vitamin D in the winter, due to a scarcity of desire to venture out in the cold. However, simply stepping outside can have positive effects. Sunlight can act as a natural mood booster, which may even increase motivation to exercise.



- **Absence of heat/humidity.** Too much heat or humidity can sometimes feel suffocating. During colder months, this isn't an issue. In fact, exercising in the cold can feel invigorating, as the crisp air can increase your energy. You run out of breath easier when it is hot and humid, so when that is taken away, you may be able to work out for longer periods of time.
- **Immune system boost.** According to the Centers for Disease Control and Prevention, even just a few minutes of outdoor exposure during the winter can help prevent against both bacterial and viral infections.



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5 Tips For Avoiding Falls In The Winter

While exercise in the winter is important, icy walkways unfortunately pose a higher risk of falling. This can lead to a higher risk of injury, such as strains, sprains, and tears. At Choice Therapy, we want to make sure you stay as balanced this winter, so you can enjoy doing the activities of the season without fearing a harsh fall!

There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. These include:

1. Choose shoes with winter soles for traction. You can also get a pair of ski or walking poles to help keep your balance. As an added bonus, these poles will also help you burn extra calories since your upper body is getting a workout too.
2. Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.
3. Allow at least 10 minutes to warm up when exercising in the winter. When it's cold, your heart and muscles need more time to get ready and prepare for exercise – this can help you avoid unwanted injuries.
4. No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity easier to perform. For example, if you decide to go on a walk or run through the

winter wonderland that your street has become, you could warm up with lunges, squats, arm swings, or jumping jacks, making sure to also get a good stretch in your calves and thighs. This will keep your body warm while you exercise and will be a good way for you to feel out the terrain beforehand to see if it's too icy.

5. Add in any additional assists, as needed. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is important to add to your stability. Ice cleats or rubber-soled boots can provide you with grip and support. Using a cane or crutch can also help in remaining steady on frozen terrain. Our trained CPOs can help you figure out if an additional assist would benefit you.

CONTACT US TODAY!

Whether you're looking for ways to get moving in the winter or figuring out how to maneuver icy terrain in your orthosis or prosthesis, Choice Therapy can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!

**Call Today To SCHEDULE
YOUR APPOINTMENT!**

(218) 440-1548



Feel Better By Eating Better!

VEGAN PEANUT BUTTER COOKIES

- 1 cup creamy natural peanut butter
- 1/2 cup maple syrup, or honey
- 1 teaspoon vanilla
- 1 cup almond flour
- flaked sea salt for topping, if desired

Preheat oven to 350 degrees F and line a baking sheet with parchment paper. Add peanut butter, maple syrup and vanilla into a mixing bowl. Once combined, add in almond flour and stir until incorporated. Use a medium cookie scoop to scoop dough onto prepared baking sheet. Alternatively, you can scoop dough with a spoon and roll it into a ball. Flatten each dough ball with a fork, making a crisscross pattern and sprinkle a little flaked sea salt on top of each cookie, if using. Bake in a preheated oven for about 12 minutes or until cookies begin to brown. Remove from oven, allow cookies to cool on a wire rack and enjoy.

4 Tips To Prevent Holiday Stress

Be Realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

Stick To A Budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.

Plan Ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

Learn To Say No. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.



For more information on how physical therapy can help you reduce stress, give us a call today at (218) 440-1548!

The Right to Choose

You are the most important member of your health care team, and you have the right to choose the most appropriate health care professional to meet your goals. You have the right to choose your therapy provider. We want to be YOUR CHOICE.

Ask for Choice Therapy. Call today to schedule your appointment! (218) 440-1548

Choice Therapy Specialties

Treating Adults & Children



Physical Therapy - We teach you how to prevent and manage your condition so that you will achieve long-term health benefits.



Occupational Therapy - We help you across your lifespan participate in the things you want and need to do through the therapeutic use of everyday activities.



Speech Therapy - Speech therapy will use exercises and activities depending on your disorder, age or needs. We help you communicate better!!!

