

MEET OUR STAFF

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Julie Finley
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Joe Biondo
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A Note From Lisa

“An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves.”

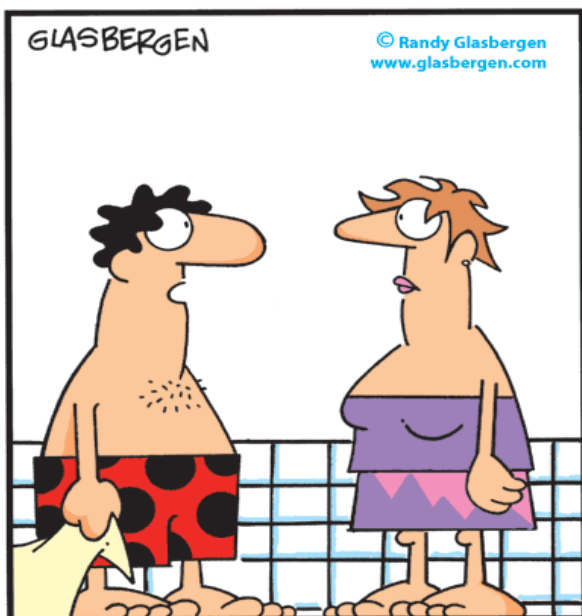
-Bill Vaughn

Many thanks go out to those who donated food for Saint John's Outreach and Sister Helen's Food Pantry. Your generosity was greatly appreciated!!

KEEPING NEW YEARS RESOLUTIONS

Chances are, at some time in your life, you've made a New Year's Resolution -- and then broken it. This year, stop the cycle of resolving to make change, but then not following through.

- 1. Be realistic**
The surest way to fall short of your goal is to make your goal unattainable. Strive for a goal that is attainable, such as avoiding it more often than you do now.
- 2. Plan ahead**
Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31 arrives.
- 3. Outline your plan**
Decide how you will deal with the temptation to skip that exercise class or have one more cigarette. This could include calling on a friend for help, practicing positive thinking and self-talk.
- 4. Make a "pro" and "con" list**
It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.
- 5. Talk about it**
Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best case scenario is to find yourself a buddy who shares your New Year's resolution and motivate each other.
- 6. Reward yourself**
This doesn't mean that you can eat an entire box of chocolates if your resolution is to diet. Instead, celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution. If you've been sticking to your promise to eat better, for example, perhaps your reward could be going to a movie with a friend.
- 7. Track your progress**
Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated. Instead of focusing on losing 30 pounds, say, focus on losing that first 5. Keeping a diary or journal may help you stay on track.
- 8. Don't beat yourself up**
Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day one at a time.
- 9. Stick to it**
Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality. Your new healthful habits will become second-nature in no time.
- 10. Keep trying**
If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's resolution" any time of year.



“If swimming is so good for you, how come I've never had a goldfish live longer than three weeks?”

Ask The Therapist

How to Select a Physical Therapist

Physical therapy may be part of your treatment plan if you have an issue which you feel requires treatment. Many times, your primary care doctor will refer you to a qualified physical therapist, but most states now allow direct access to a physical therapist without a physician referral.

Therefore, if you do have to choose a physical therapist, there are some important things to consider that will help you make the best healthcare decision. Here are some questions to think about:

What is the physical therapist's education and training background?

Does the physical therapist have a solid understanding of your condition?

Is the physical therapist in your insurance network?

Your physical therapist will not only help teach you ways to treat your condition, but he or she will also help you *understand* your condition. So always ask questions. The more questions you ask, the more secure you will be in selecting the best physical therapist for you. You'll also have a greater understanding of how physical therapy will help relieve issues. You, as a patient, may go to any physical therapist you choose. Make an informed decision.

ADVANTAGE PHYSICAL THERAPY

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Remember When Working Out In Cold Weather:

Don't let cold weather sidetrack your exercise routine. Get creative!

- **Walk at the mall.** The hardest part about mall or indoor-track walking is getting there. Once you get started, you may be amazed at how quickly you finish your workout.
- **Join a health club.** Choose one that's convenient and geared toward your fitness level. Ask the staff to show you how to use the equipment. *Take advantage of our maintenance program, call for information.*
- **Make a splash at an indoor pool.** Working out in water is easy on your joints. Try lap swimming or a water aerobics class.
- **Invest in home exercise equipment.** Choose something that's practical, enjoyable and easy to use. To stretch your exercise dollars, consider buying used equipment.

Want to take it outside? Stay safe as you brave the elements.

- **Get your doctor's OK.** For some people, cold air can trigger chest pain or asthma attacks. If you have any medical conditions or concerns about exercising outdoors, check with your doctor first.
- **Dress in layers.** Start with a thin layer of synthetic material such as polypropylene, which draws sweat away from your body. Next try fleece for insulation. Top this with a waterproof, breathable outer layer. To warm the air you breathe, wear a face mask or a scarf over your mouth. Remember to wear a hat and gloves, too.
- **Choose appropriate gear.** If you'll be outdoors when natural light is poor, wear reflective clothing. To stay steady on your feet, choose footwear with enough traction to prevent falls. Wear a helmet for downhill sports, especially if you're a beginner.
- **Remember sunscreen.** Snow reflects the sun's rays, so sunburn is possible even if you're cold. You might want to wear lip balm, too.
- **Head into the wind.** You'll be less likely to get chilled on the way back if you end your workout — when you may be sweaty — with the wind at your back.
- **Drink plenty of fluids.** Drink water or sports drinks before, during and after your workout — even if you're not thirsty. Cold air has a drying effect, which can increase the risk of dehydration. In turn, dehydration increases the risk of frostbite.
- **Pay attention to wind chill.** The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body. Fast motion — such as skiing, running, cycling or skating — also creates wind chill because it increases air movement past your body. When the temperature is 10 F and the air is calm, skiing at 20 miles an hour creates a wind chill of minus 9.
- **Know when to call it quits.** If you notice a patch of hard, pale, cold skin, you may have frostbite. Get out of the cold and slowly warm the affected area. If numbness continues, seek emergency care. If you suspect hypothermia — characterized by intense shivering, slurred speech, loss of coordination and fatigue — seek emergency care.

When it's cold outdoors, there's no need to give up and hit the couch. With a little planning and creativity, you can step up to the challenges of winter exercise. Lets face it we all know winter is [here](#) lets continue to stay healthy and fit.

EXCITING NEWS

THE STAFF OF ADVANTAGE PHYSICAL THERAPY WILL BE PARTICIPATING IN THE DISNEY PRINCESS ½ MARATHON IN FEBRUARY TO RAISE MONEY FOR THE AMERICAN CANCER SOCIETY/LEUKEMIA LYMPHOMA SOCIETY.

DONATIONS ARE GREATLY APPRECIATED AND GLADLY ACCEPTED. SO SPONSOR YOUR FAVORITE PRINCESS TODAY.

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