



NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM



TIPS FOR KEEPING YOU ON YOUR FEET THIS WINTER

ALSO INSIDE:

- 5 Tips for Enjoying The Holidays Without Overeating
- Trivia Challenge — ENTER AND WIN!
- Meet Our Staff
- At-Home Exercise



TIPS FOR KEEPING YOU ON YOUR FEET THIS WINTER

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. Taking advantage of nearby ski slopes or ice-skating rinks can give you a fun outing that'll get you out of the house and also get you moving. Even getting outside to go sledding or build a snowman with your kids can give you the amount of daily exercise you need.

Unfortunately, exercising in colder weather poses a higher risk of injury, such as strains, sprains, and tears. Even something as small as walking to your car can lead to a slip on unseen ice. At ARC Physical Therapy, we want to make sure you stay as balanced this winter, so you can enjoy doing activities the activities of the season without fearing a harsh fall!

What Can I Do To Decrease My Risk Of Falling?

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:

- 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.
- Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.
- 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.
- 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,

DON'T LET YOUR INSURANCE GO TO WASTE!

If you've met your insurance deductible for 2021, your physical therapy costs could be free!

Let us help you get a head start going into 2022, before your deductible renews again!



CALL US TODAY!

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TIPS FOR KEEPING YOUR BALANCE THIS WINTER

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When Should I Contact A Physical Therapist?

Consulting with a physical therapist can also help you keep your balance and reduce your risk of falling this winter. If you are already at risk of falling, or if you have noticed an instability in your balance lately, ARC Physical Therapy can help.

If at any point you feel as if you may be at risk of falling this winter, don't hesitate to contact us. At ARC Physical Therapy, we are dedicated to helping our patients live their lives with joy, rather than fear. We want you to be as comfortable as possible as you participate in your winter activities.

While we hope there won't be any issues, so you can enjoy the season at its fullest, we are always here to assist you in the event that there are. Our dedicated team will provide you with any help and support you need to take this winter by storm - without the risk of falling!

MONTHLY TRIVIA CHALLENGE

ENTER AND WIN!

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. How many ghosts show up in A Christmas Carol?
2. In which modern-day country was St. Nicholas born in?
3. What is Ralphie's little brother's name in the movie A Christmas Story?
4. What was the highest-grossing Christmas movie of all time?
5. Who wrote, "Christmas doesn't come from a store, maybe Christmas perhaps means a little bit more?"
6. What popular Christmas song was actually written for Thanksgiving?
7. What was the first company that used Santa Claus in advertising?



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5 TIPS FOR ENJOYING THE HOLIDAYS WITHOUT OVEREATING



1: Don't Skip Meals Saving your appetite for a big holiday party or feast? Don't. Skipping meals during the day may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

2: Eat Small Portions Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.

3: Pick a Strategy to Avoid Overeating — and Use It! There are many strategies to help you avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really still are hungry.

4: Keep Moving Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or play catch or a game of basketball with the kids.

5: Visit with a Registered Dietitian Nutritionist Need help figuring out how to politely refuse Aunt Sally's push to fill your plate again? How about ways to stick with your personal lifestyle goals? For more information on eating well, contact a registered dietitian nutritionist in your area.

Source: <https://www.eatright.org/health/lifestyle/holidays/how-to-enjoy-the-holiday-without-the-weight-gain>

AT-HOME EXERCISE

Try this simple exercise to help increase stability, improve balance, and strengthen leg muscles.

SINGLE LEG STANCE — FORWARD

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg.



ARC RECIPE CORNER

The staff at ARC would like to share some of our favorite holiday recipes with you. We hope you will try them and let us know how you and your family like them.

ENJOY!



◀ **Patty's Rum Balls**



**Kristen's
Gingerbread Waffles** ▶



◀ **Kathleen's
Peppermint Fudge**



**Brielle's Sweet Potato
Au Gratin** ▶



◀ Just scan the QR code with the camera on your smart phone and it will take you to the recipes.

<https://arc-rehab.com/advanced-rehabilitation-clinics-favorite-holiday-recipes/>



PATIENT SPOTLIGHT

"ARC pays attention to detail and takes concerns seriously. If you tell them you are in pain, feel off balance, concerns about mobility and strength they will address it. I am a retired RN and ARC has always been there for me. I have been a client for years. After my fall and other injuries ARC is a primary part of my recovery." – FC V.

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MEET OUR STAFF



Sarah P.

**Physical Therapist Assistant &
Licensed Massage Therapist**

Sarah is a Physical Therapist Assistant and Licensed Massage Therapist with ARC Physical Therapy – Orland Park specializing in pelvic health and chronic pain disorders as well as orthopedics with a focus on soft tissue release techniques and functional movement assessments and re-education. She finds her job very rewarding as helping others and problem solving is a large part of who she is. She enjoys doing her part in helping patients reach their

goals. In her spare time, Sarah loves to garden, read, walk her dog, and spend time with her husband and family.



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