

ARC NEWSLETTER

#1 Health and Wellness Resource

ARC-REHAB.COM



INSIDE:

- Staying Safe and Active In The Winter
- Trivia Challenge — ENTER AND WIN!
- Slow-Cooker Dressing



The Importance of *Staying Active* During Winter Months

Do you find it challenging to get motivated when it's cold outside? Are you worried about spending your time slipping and sliding instead of getting a workout? At ARC Physical Therapy, we can help you find ways to stay active no matter the weather conditions safely!

Just because it is winter, it doesn't mean you have to stay indoors. Remaining active in the winter months is just as important as remaining active during other seasons. 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 ARC Physical 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 undeniable that daily exercise is essential for staying healthy and promoting wellness. The American Heart Association recommends getting at least 150 minutes per week of moderate-intensity aerobic activity. Depending on the type of workout, exercising in colder weather can meet and exceed these recommendations.

Too often, it seems easier to stay in, nestled up in blankets, while it's snowy and cold, and there is evidence that we workout around 10 minutes less per day in the winter compared with the summer months.

With winter, some risks don't exist in warmer months. For example, slipping on ice as you walk or run on the sidewalk

or in more severe risks like hypothermia or frostbite can result from improper clothing or underestimating the temperature.

Staying active is a necessary component of well-being and one of the best ways to improve your mental and physical health. Physical activity has been linked to:

- Improved sleep
- Strengthening bones
- Lowering blood pressure
- Lowering your risk of type 2 diabetes and many kinds of cancer
- Reducing the risk of dementia and Alzheimer's
- Improving balance and reducing your risk of falling
- Reducing anxiety
- Strengthening your muscles
- Maintaining or losing weight

Exercising in the cold can be invigorating and serve as an immune system boost. Even just a few minutes of outdoor exposure during the winter can help prevent both bacterial and viral infections.

Staying safe is essential, and so is staying active. Anything you can do to spend less time sitting and keep active during the winter months is a step in the right direction!

At ARC Physical 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!



CALL US TODAY!

WESTMONT ORLAND PARK
(630) 323-8646 (708) 403-8145

Staying Safe and Active In The WINTER



At ARC Physical Therapy, we want to make sure you stay safe this winter, so you can enjoy doing the season's activities without fearing a harsh fall or other serious 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.

Our physical therapists will start with an assessment identifying the factors contributing to your pain and/or injury. We will perform a thorough history to understand more about your challenges and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will progress your program to help you get back to the activities you enjoy in the most efficient way possible.

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. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is essential to add to your stability. Choose shoes with winter soles for traction. Add slip-on spikes to your boots on the extra icy days to reduce your risk of slips and falls. You can also get a pair of ski or walking poles to help keep your balance.

Whether you're looking for ways to recover from an injury and get moving in the winter, ARC Physical Therapy can help.

Contact us today to find out how we can help make your winter season as enjoyable as possible!

ENTER
AND WIN!

MONTHLY TRIVIA CHALLENGE

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

1. On December 5, 1791, this composer, consider one of the best who ever lived, died a pauper at age 35 in Vienna, Austria.
2. The first permanent artificial heart was implanted in this 61-year-old man by Dr. William De Vries at the University of Utah Medical Center in Salt Lake City on December 2, 1982?
3. What Cape Town, South African doctor performed the first successful heart transplant on December 3, 1967?
4. What famous inventor spoke the children's verse "Mary had a Little Lamb..." while demonstrating his newly invented phonograph on December 6, 1877?
5. Who was the woman born in Bern, Switzerland on December 7, 1761, who become famous for her waxworks and Chamber of Horrors?
6. Introduced by producer David O. Selznick, which movie had its world premiere in Atlanta on December 15, 1939?
 7. First published on December 19, 1732, what pamphlet, containing weather predictions, humor, proverbs and epigrams, went on to sell nearly 10,000 copies per year?
 8. On December 23, 1947, John Bardeen, Walter Brattain and William Shockley of Bell Laboratories invented what invention which sparked a worldwide revolution in electronics and won them the Nobel Prize?



WESTMONT **ORLAND PARK**
(630) 323-8646 **(708) 403-8145**

FEBRUARY HEART HEALTH EXERCISE PROGRAM



4 Week Program

Thursdays from 1:00 PM - 2:00 PM
February 2ND, 9TH, 16TH, AND 23RD

**Surprise
Giveaway!**

BLOOD PRESSURE MEDICATION? HIGH CHOLESTEROL?

We all know February is heart health month!

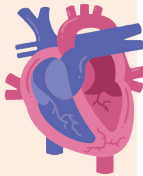
Join Alex, ARC's Exercise Physiologist, in some heart healthy conversations and cardiovascular exercise!

Where: Westmont Park District
Multipurpose Room

Price: \$32
*10 Person Minimum

This is a progressive program. Pricing reflects all 4 required sessions.

Call Today to Register



WESTMONT
(630) 323-8646

ORLAND PARK
(708) 403-8145

PATIENT SPOTLIGHT



"Absolutely wonderful staff and facilities. I've been coming here to rehabilitate after a knee replacement and have seen great improvement."

- John H. actual 5 star Google review.



Stay In Touch!

Follow Us on Facebook
@arcWestmontOrland

HEALTHY RECIPE SLOW-COOKER DRESSING



Ingredients

- 1 medium celery rib, chopped
- 1 small onion, chopped
- 8 cups unseasoned stuffing cubes
- 1 teaspoon poultry seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups reduced-sodium chicken broth

Directions In a large skillet, heat oil over medium-high heat; saute celery and onion until tender. Place stuffing cubes, celery mixture and seasonings in a large bowl; toss to combine. Gradually stir in broth. Transfer to a greased 5-qt. slow cooker. Cook, covered, on low until heated through, 3-4 hours.

<https://www.tasteofhome.com/recipes/slow-cooker-dressing/>

**CALL US
TODAY!**



COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.



CALL ARC TODAY!

WESTMONT
(630) 323-8646

ORLAND PARK
(708) 403-8145