

CANYON PHYSICAL THERAPY AND AQUATIC REHABILITATION

Newsletter

Tips For Keeping Your New Years Resolution Health Goals

The New Year is quickly creeping up on us. Do you have a New Year's Resolution? Well, if you're like most Americans (88 percent in 2001 according to a General Nutrition Centers poll), you have at least one resolution. And, if you are like the majority of these promise-makers, your resolution is probably related to health and fitness. In 2001, 55 percent promised to eat healthier, 50 percent resolved to exercise more, and 38 percent wanted to lose weight.

- **Choose an obtainable goal.** Resolving to look like a super model is not realistic for the majority of us, but promising to include daily physical activity in our lives is very possible.
- **Avoid choosing a resolution that you've been unsuccessful at achieving year after year.** This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.
- **Create a game plan.** At the beginning of January, write a comprehensive plan. All successful businesses start with a business plan that describes their mission and specifics on how they will achieve it. Write your own personal plan and you'll be more likely to succeed as well.
- **Break it down and make it less intimidating.** Rather than one BIG end goal, dissect it into smaller pieces. Set several smaller goals to achieve throughout the year that will help you to reach the ultimate goal. Then even if you aren't able to reach your final goal, you will have many smaller, but still significant, achievements along the way. For example, if your goal is to complete a 10K race, your smaller goals could be running a 5K in less than 30 minutes, adding upper and lower body strength training to increase your muscular endurance, and running 2 miles with a personal best completion time.
- **Ask friends and family members to help you so you have someone to be accountable to.** Just be sure to set limits so that this doesn't backfire and become more irritating than helpful. For example, if you resolve to be more positive ask them to gently remind you when you start talking negatively. Reward yourself with each milestone. If you've stuck with your resolution for 2 months, treat yourself to something special. But, be careful of your reward type. If you've lost 5 pounds, don't give yourself a piece of cake as an award. Instead, treat yourself to a something non-food related, like a professional massage.
- **Don't go it alone!** Get professional assistance. Everyone needs help and sometimes a friend just isn't enough. Sometimes you need the help of a trained professional. Don't feel that seeking help is a way of copping out. Especially when it comes to fitness, research studies have shown that assistance from a fitness professional greatly improves peoples success rate.
- **Limit your number of promises.** You'll spread yourself too thin trying to make multiple changes in your life. This will just lead to failure of all of the resolutions.

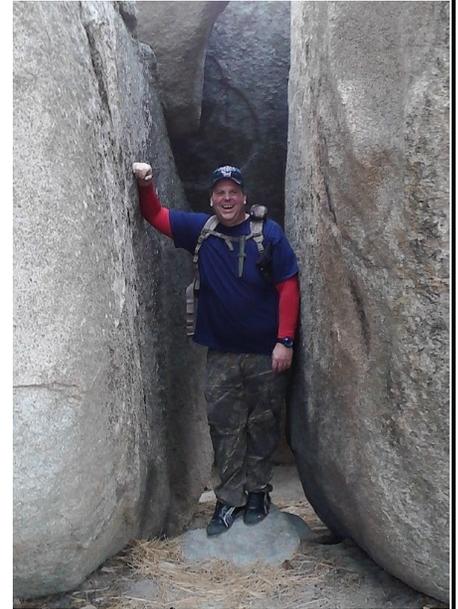
Read more at <http://www.workoutsforyou.com>

Staff Spotlight

Jack lived in Tucson as a child, but grew up mostly in Oregon. His family moved back to this area when he was 18 and he has lived here ever since. He enjoys doing things in the outdoors such as off-roading, hunting, and hiking.

Jack worked in construction most of his life, mainly in the stucco industry. A few years ago, when the economy took a dive, he began to research other fields that he could get into. Jack kept being drawn back to Physical Therapy. Doing some volunteer work in a local clinic brought him to realization that he had found a field that he would thoroughly enjoy working in. In 2011 Jack began as a PT Technician here at CPTAR, and truly loves his work. With plans to finish PT Assistant school, he has found a very rewarding career. Recently, Jack decided to make some changes in his life regarding his weight. He began to increase his exercise regimen and a life change with the way he eats. Jack doesn't like to call his change in eating

habits a diet because you always go off a diet. In the last five months Jack has lost 92 pounds, he is trying to eat a small portion of food that is good for him every 2-3 hours. Portion size is the key, with a lean protein and a healthy carbohydrate in every small meal. Jack says he still has a ways to go but he has no doubt that he will reach his goals. He feels so much better in every way, because of these positive life changes he has made.



Exercise Combats Frailty

Basic Activities: A sample exercise program to prevent and improve the status of frailty should include the following:

- **Range of motion/flexibility:** Motion is lotion to stiff joints. A warm-up that addresses the major joints and helps prepare the body for physical activity should last between five and 15 minutes. Include gentle range-of-motion/flexibility activities that foster functional movements, such as putting on socks and shoes or getting dressed. In the early stages, this may be the limit of a patient's capability, so stopping here is fine.

- **Muscular strength and endurance:** The focus is to improve functional muscular endurance and strength to enable a patient to perform daily activities without becoming fatigued. The activities should be matched to the tasks an individual needs to perform, such as lifting, dressing, and walking.

- **Plan of Action:** There are not enough physical and occupational therapists nor insurance dollars available to provide all the functional fitness needs of this burgeoning group of older adults. We need to have a stable of well-trained fitness professionals prepared to serve the fitness requirements of today's elders. The medical community

needs to have confidence that when they refer someone to a fitness class, the instructor will do no harm. The fitness trainers of the future should understand the diversity within this group and understand how to assess and train older adults with varying degrees of ability and fitness. It's essential to adapt fitness methods to a patient's abilities and conditions and focus goals on improving functional wellness. Ideally, this article will serve as a wake-up call, not only to the fitness industry but also to health care professionals to work toward establishing national standards for trainers who work with older adults. A great opportunity will be lost if there are not enough trained fitness professionals available to serve this burgeoning demographic. The field of gerontology promotes aging in place as a viable option. If early and comprehensive frailty prevention programs can be conducted in senior centers, hospital settings, or assisted-living communities, it could possibly delay the onset of frailty along with the associated costs.

Canyon's **REALfit** Program is designed to increase functional strength so you can perform your everyday activities with confidence. Read full article at <http://todaysgeriatricmedicine.com/archive/090913p16.shtml>

Understanding the Importance Of Proper Hydration

Health Benefits

Water has many health benefits. Health benefits include the **following**.

Healthier Skin — Ensuring that you are properly hydrated will prove to be a far better solution to preventing or decreasing wrinkles than the many expensive and in most cases barely effective products being marketing to the public.

Healthier Teeth & Bones — Water also makes teeth and bone stronger. The additional fluoride added to our water supplies provides extra strengths and bone density to our teeth and bones.

Healthier Joints — Water is extremely important to the joints. Because the synovial fluid contains water, if you become dehydrated less synovial fluid is available to protect the joints

Healthier Mind & Body — Water is essential for nutrient absorption and many chemical reactions in the body for overall health, including proper brain function and improvements in memory.

Healthier Digestive System — Water also helps improve the digestive process and is imperative in maintaining a healthy urinary tract and digestive system. Water is also important to properly metabolize food and drinking sufficient amounts of water will help reduce constipation. Drinking sufficient amounts of water will help the body process and transport nutrients and excrete any waste products once they are metabolized.

Reduces Fatigue — Since water is the medium in which all energy reactions take place. If you become dehydrated you will become lethargic, can experience cramping and endurance and strength performance will suffer. In fact, athletes that do become dehydrated often find reduced performance in the days following.

Helps in Weight Loss — Water can suppress the appetite naturally and increases the body's ability to metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits. This is thought to occur because a reduction in water decreases the efficiency of the kidney's, which results in some of the kidney's functions being shunted to the liver. Since one of the liver's primary functions is to metabolize stored fat into usable energy for the body, it metabolizes less fat while performing functions normally performed by the kidney's. This results in less stored fat burned, and a reduction in weight loss.

Reduces Fluid Retention — Drinking increased amounts of water is the best natural treatment for fluid retention. Water is stored in extracellular spaces (outside the cell) which can result in swollen extremities (feet, legs and hands). Diuretics offer a temporary solution, but can cause more harm than good if abused. Why? Because they will cause the elimination of the water, along with essential nutrients. Also the body will again perceives this conditioning as a threat and replace the lost water at the first opportunity, causing bloating and fluid retention once again. Drinking plenty of water will eliminate this problem.

Increases Energy — Although water does not provide energy in the same way carbohydrates and fat do, it plays a very important role in energy transformation. Since water is the medium in which all energy reactions take place. If you become dehydrated you will become lethargic, can experience cramping and endurance and strength performance will suffer. In fact, athletes that do become dehydrated often find reduced performance in the days following.

Increases Muscle Tone — Muscles are made primarily of water. Dehydration can prevent muscles from properly contracting, reducing muscle tone. Increasing water intake will help prevent muscle cramping, improve the strength of muscle contractions and quicken muscle response. Preventing dehydration will also help prevent sagging skin, since water will fill out the muscles, resulting in clear, healthy and resilient skin.

Reduces Risk Of Disease — Studies have shown that increasing daily water intake has shown to decrease the risk of colon cancer by 45%, reduce the risk of bladder cancer (by 50%) and it can potentially even reduce the risk of breast cancer. It is also believed that water may prevent kidney stones and urinary tract infections.

Other Known Benefits

Water also aids circulation, and helps regulate the body's cooling system

Article at <http://www.bodybuilding.com/fun/behar12.htm> (Read More)

JAN/FEB/MAR

**CANYON PHYSICAL
THERAPY AND AQUATIC
REHABILITATION**

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Hours

Monday, Wednesday, Friday - 7am-6pm
Tuesday, Thursday - 8am-7pm
Saturday - 8am-5pm

Canyon Wellness Program

Aqua Aerobics Class—Mondays at Noon
Tuesdays & Thursdays at 1pm
REALfit Class—Wednesdays at Noon

**SCHEDULE OF
EVENTS**

- Jan 1st New Years Day — Closed
- Jan 20th MLK Jr. day — Open
- Feb 17th Presidents day — Open
- Feb 22nd — Closed

CPTAR SERVICES

Canyon provides the best equipment and treatment technologies available to allow optimal and complete patient care. We provide both land-based and aquatic environments for rehabilitation. Our saltwater pool allows our patients to enter rehabilitation earlier and allows them an accelerated return to their prior level of function. This environment is optimal for post surgical patients of all types, including those patients who are losing the battle with gravity and may benefit from a more forgiving environment to regain function. Our patients also utilize our land-based gym with state of the art strength training and cardiovascular equipment. This assists us in treating a wide variety of conditions including, but not limited to, orthopedic injuries, post-surgical, back and neck, geriatric, sports and auto injuries, workers' compensation, work hardening, balance and fall risk, foot and ankle injuries, Fibromyalgia and acute vertigo (BPPV).



Visit our website: www.canyonpt.com