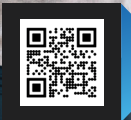


IDAHO SPINE & SPORTS
PHYSICAL THERAPY

**BE HEALTHIER
IN THE NEW YEAR**

WITH PHYSICAL THERAPY

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to schedule your appointment today!*

Has your pain come back?

Call Idaho Spine & Sports Physical Therapy today or visit www.SpinePT.com

Be Healthier In The New Year

We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months. While there's never a bad time to prioritize your health and wellbeing, the beginning of a new year certainly feels like a great time to make major changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Idaho Spine & Sports Therapy is here to help you!

Idaho Spine & Sports Therapy wants all of our patients to know that we are behind you 100% when it comes to maintaining your wellness and embarking on a journey to better health. That's why we wanted to share some of the best things you can start doing today to get your health on the right track!



Book An Appointment Today!

Stretches and exercises for improved health

When it comes to getting fit, exercising more often is truly a no-brainer. There are tons of targeted stretches and exercises that may help you feel better and get into better shape at the same time.

Idaho Spine & Sports Therapy physical therapists are movement experts who enjoy teaching our patients how to perform a variety of exercises to make them stronger, as well as increase their flexibility, stability, and stamina.

Here are some types of stretches and exercising pointers that may help you improve your overall health. If you see a physical therapist, they may incorporate some of these into a treatment plan for you.

Aerobic Activities

Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

Some forms of aerobic endurance exercises include:

- Biking
- Climbing
- Dancing
- Walking, sprinting
- Swimming
- Strength training exercises
- Playing a sport

Strength training makes your muscles stronger and helps to prevent fall injuries. *Some common forms of strength building exercises include:*

- Lifting weights
- Using resistance bands during a workout

Bring This Newsletter To Your Next Appointment For A New Years Gift!

Bring this newsletter in to your next appointment for your choice of a Chair Back Support, Exercise Band, or an Ultra-Soft Hot/Cold Pack!



Refer a Friend Prize Drawing! To Win A New FitBit!

January 1- March 31, 2022

Enter a chance to win a new FitBit each time you refer a friend or family member! We will enter your name into the drawing at each of our 4 locations for multiple winners!

We look forward to continuing to serve you and your loved ones on your journey to health this new year!



 fitbit



Feel Better By Eating Better! *Roasted Vegetables*

- 3/4 lb. Brussels sprouts, trimmed and halved
- 2 large carrots, peeled and sliced into 1/2" pieces
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. balsamic vinegar
- 1 tsp. chopped rosemary leaves
- 1 tsp. chopped thyme leaves
- Kosher salt
- Freshly ground black pepper
- 1/2 c. toasted pecans
- 1/2 c. dried cranberries

Preheat oven to 400°. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary, and thyme. Season with salt and pepper. Bake for 20 to 25 minutes, until the vegetable are tender, shaking the pan halfway through. Before serving, toss roasted vegetables with pecans and cranberries.



5 Health Tips For The New Year



- 1. Shop Well For Yourself.** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.
- 2. Schedule Your Exercise.** Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.
- 3. Just Say No.** You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.
- 4. Skip the Baking.** Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.
- 5. Hydrate.** Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



Staff Spotlight

Dr. Brandon Todd, PT, DPT

Brandon is a lifelong athlete with a passion for people! He uses his professional sports background combined with strong anatomical and physiological knowledge to deliver a unique brand of physical therapy that gets results. Brandon is a firm believer in the human body's propensity for healing when the correct tools are provided and the right recipe is followed. He strives to ensure that each and every patient he treats is not only able to return to doing what they love, but also is equipped with the knowledge to continue pursuing their activities while avoiding re-injury.

Specialties: Knee, Spine, Shoulder, Fall prevention, Strength and Conditioning, Pre-surgical weight loss

Hobbies: Brandon wrestled at the high school and collegiate level and transitioned to mixed martial arts where he fought professionally for two years before retiring in 2018. He continues to train, learn and teach grappling locally and is always looking for fun or interesting ways to exercise. Brandon enjoys biking, good movies, trying new food, spending time with his wife and has a pet tarantula named Webster!

Dr. Todd is taking new patients at our Orchard Clinic Location!

Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

Meridian Location

(208) 286-2707

Boise Locations

(208) 939-0533

Fax Number

(208) 939-3341

Clinic Hours

Monday - Friday | 7AM - 7PM

