

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

**BE HEALTHIER
IN THE NEW YEAR**

WITH PHYSICAL THERAPY

www.SpinePT.com



Scan the QR Code to visit our website at www.SpinePT.com
to schedule your appointment today!

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!

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



Book An Appointment Today!

Bring This Newsletter To Your Next Appointment For A New Year's Gift!

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



Free Workshop

Spring Forward Into Running Safely: Tips for Injury Prevention and How To Safely Return To Running



When: Tuesday, February 28, 2023 5:30-6:30 p.m.

Where: Idaho Spine and Sports Physical Therapy 12072 W. McMillan Road, Boise, ID 83713

RSVP: Call 208-939-0533, Text 208-794-4283, or Register with QR Code above

After a long, dark winter with less activity, it's time to get ready for walking/running fitness for the spring.

In this workshop, you will learn how to begin a fitness program, get tips for stretching, progress your exercises safely, what proper footwear to get, and more!

This free workshop is only limited to the first 10 people so sign up today! We intentionally want this group small so we can take questions and do a brief screening for those who want it.



Leave Us A Review!

Have you been loving Idaho Spine & Sports Physical Therapy?

We would love to hear! Scan the QR code or visit our website at www.SpinePT.com to tell us how we're doing!

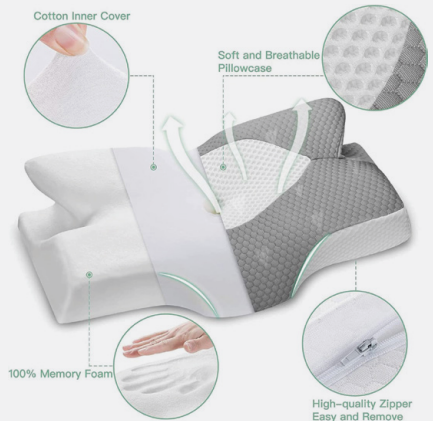


The Boise District Community Schools thanks everyone for their donations last month. Your donations helped students and their families in need. We are grateful to be a part of such a kind and giving community! Thank you all!

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.



Refer a Friend Prize Drawing!

To Win the Best Pillow You've Been Waiting For!



Jan 1-March 31, 2023

Enter a chance to win a new Cervical Contour Memory Foam Pillow with Ergonomic Design 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!

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

