



Performance For Life

NEWSLETTER

Healthier You In '22

Fitness Challenge

It's that time of the year when many people make resolutions for the New Year. The dawning of a new year motivates a lot of people to make changes in their life to improve their health and well-being. According to an article on Forbes.com, it is estimated that 40% of Americans make a New Year's resolution, but the reality is, only 8% of people achieve their New Year's goals. Our goal at Achieve Therapy & Fitness is to change that statistic by introducing the "Healthier You in 2022" New Year Fitness Challenge.

Open the Newsletter to Read More! >>



ALSO INSIDE...

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- Key Steps To Accomplishing Your Fitness Goals
- Healthy Recipe: Garlic Parmesan-Stuffed Mushrooms
- Taylor Kunz, PT Is Now Seeing Patients At Our Grand Forks Clinic



www.achieve-therapy.com

Healthier You In 2022

Fitness Challenge



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Getting started on a healthier, more active lifestyle is a challenge for most of us and outright overwhelming for others. This is especially true if you have any medical issues such as high blood pressure, osteoporosis or joint pain. These are all legitimate concerns that should be addressed when taking on a New Year's resolution that involves an increase in physical activity. People question how to get started, what activities are best for their goal(s), what they should be doing, and probably even more importantly, what they shouldn't be doing.

Our mission at Achieve Therapy & Fitness our mission is helping people achieve 'Performance for Life'. Whether it be through physical

therapy, occupational therapy or our fitness programs, we are here to help people with their health & wellness journey. To help in that journey, we have created this program to answer those questions and to get people started on the right foot. The Achieve Therapy & Fitness "Healthier You in 2022" New Year Fitness Challenge is designed to help everyone in their quest for improved health. This Challenge is an eight-week program that provides people the tools, resources and support they need to make their journey to better health, a safe and successful one.

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Key Steps To Accomplishing Your Fitness Goals

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The keys to success when pursuing anything in life are 1) Setting realistic goals, 2) developing a plan of action, 3) measuring your progress, 4) staying on track and then celebrating your victories, no matter how big or small those victories may be. Our health & fitness professionals will guide you through each of these key steps to ensure that you have a fun but safe program that moves you towards accomplishing your goals.

We know that people are all at different starting points when it comes to their health journey. That is why "Healthier You in 2022" New Year Fitness Challenge has 3 different levels of participation; Bronze, Silver & Gold. All three levels include an initial wellness assessment, program planning, progress assessments 8 weeks after your start date and another follow-up assessment at the 12-week mark. Every participant will receive a Challenge Kit and free admission to the "Healthier You in 2022" kickoff event on Jan 19. Participation in the Achieve Gold plan includes weekly progress sessions with your personal trainer, the Achieve Silver progress sessions every two weeks and the Achieve Bronze program one progress session at the four-week mark. Sessions can be done either in person or virtually, so you can participate in the challenge no matter where you live.

To enroll in the "Healthier You in 2022" New Year Fitness Challenge, call us at 701-746-1323 or 886-320-3562 and visit with one of our health & fitness experts to find out what package is the best fit for you. You can enroll anytime throughout the month of January with your eight-week plan beginning on the date of your initial assessment. Don't wait any longer and let us help you Achieve, "Performance for Life!"

<https://www.forbes.com/sites/dandiamond/2013/01/01/just-8-of-people-achieve-their-new-years-resolutions-heres-how-they-did-it/?sh=456df0aa596b>



Call Us Today

866-320-3562

Exercises of the Month

Use These Exercises to Keep You Moving!

DEAD BUG | HEEL TOUCHES

Lie on your back with your hands and knees raise upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.



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HIP ADDUCTION | SIDELYING

Lie flat on your side. Place a rolled towel between your waist and the floor, directly above your hips. Position your bottom leg in line with your trunk. Bend your top knee and place your foot flat on the ground directly in front of your bottom knee. Lift your bottom foot as high off the ground as you can, keeping your knee straight. Relax your leg back to the start position. Repeat 10 times on each leg.



Taylor Kunz, PT Is Now Seeing Patients At Our Grand Forks Clinic

Achieve Therapy is excited to announce that Taylor Kunz is now seeing patients at our DeMers Ave clinic in Grand Forks. Taylor has been with Achieve since September of 2020, seeing patients in our Detroit Lakes & Park Rapids clinics. A 2020 graduate of the University of North Dakota, Taylor enjoys treating a wide variety of patient populations, including orthopedic conditions, neurological rehab, chronic pain, concussions, vertigo, and women's health. As a physical therapist, Taylor's ultimate goal is to assist people in attaining their highest quality of life, by working to reduce their pain, improve their movement, and restore their peace of mind. Taylor's interests outside of physical therapy include her faith, spending time with friends and family, exercise and nutrition, playing and attending sporting events, and anything outdoors.



Welcome to Grand Forks, Taylor!

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Healthy Recipe

Garlic Parmesan-Stuffed Mushrooms

Ingredients

- 15 mushrooms
- 1 tbsp canola oil
- 2 tbsp garlic, chopped
- ½ tsp kosher salt
- ½ tsp black pepper
- 8 oz cream cheese, softened
- ¼ cup italian breadcrumbs
- ½ cup shredded parmesan cheese, divided
- 2 tbsp fresh parsley, chopped
- 1 teaspoon kosher salt
- 1 tsp black pepper
- fresh parsley, chopped

Directions Preheat oven to 350° F. Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later. Heat the oil in a pan over high heat. Cook the chopped stems with the garlic, salt, and pepper for about six to eight minutes, constantly stirring. Remove from heat. In a medium bowl, combine cooked stems, cream cheese, breadcrumbs, half of the parmesan, parsley, salt, and pepper, mixing until evenly combined. Space out the mushroom caps evenly on a baking sheet, upside down. Spoon a generous amount of the cream cheese mixture on top of each mushroom. Top each mushroom with a sprinkle of parmesan cheese. Bake for 20 minutes. Garnish with a sprinkle of parsley, then serve!

<https://tasty.co/recipe/garlic-parmesan-stuffed-mushrooms>



ACHIEVE THERAPY & FITNESS

NEW YEAR FITNESS CHALLENGE

An eight-week program to help you Achieve
your goals

ENROLLMENT BEGINNING
JANUARY 1ST, 2022- JANUARY 31ST 2022

This challenge will be offered at every location
including a virtual option as well.

Join us for a

FREE Shoulder Pain & Rotator Cuff Workshop

February 3rd • Grand Forks

February 10th • Grafton

Register Today!

achievetherapy.ptworkshops.com/AchieveTherapy-GrandForks/rotatorcuff/workshop



Has Your Pain Come Back? Call us at 866.320.3562 or visit achieve-therapy.com today!



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DIRECT ACCESS
TO PHYSICAL THERAPY

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JOIN US FOR A **FREE** SHOULDER PAIN & ROTATOR CUFF WORKSHOP!

February 3rd • Grand Forks • 6:00 PM

February 10th • Grafton • 5:30 PM

REGISTER HERE:

achievetherapy.ptworkshops.com/AchieveTherapy-GrandForks/rotatorcuff/workshop