



# Health and Wellness For The New Year

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## Focus On Healthy New Year's Goals! Physical Therapy Can Help

We bet if you're reading this, you've been focused on setting goals to improve your life over the next 12 months. While there's never a bad time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make major changes!

Achieve Therapy finds that many of our patients have one goal in common; maintaining a healthy lifestyle. We put together a little bit on information about healthy eating and nutrition tips for you!

### *Is maintaining a healthier lifestyle part of your New Year's Resolution?*

Many diseases and illnesses are far less common in individuals who eat well. That's why improving the nutritional value of a poor diet can help to reverse the symptoms of many painful conditions significantly.

It can be challenging during this part of the year to kickstart a diet. However, there are ways to choose better foods to nourish your body and boost your energy levels!

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# Navigate the Grocery Store with Good Nutrition In Mind

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Are you on a newfound mission to eat healthier? Are you unsure where to start? Do you need help navigating the aisles at the grocery store? If so, you've come to the right place! With these tips and tricks for healthy shopping, you'll be whizzing through the grocery store like a pro.

## 1. Make a list– and stick to it.

Making a list is the single most crucial step in forming healthy habits at the grocery store. Plus, going shopping without a plan is a surefire way to end up buying items you don't need. Before you write your list, research healthy recipes and select a few you want to try for the week. From there, think about what ingredients you already have and which ones you still need. This strategy also saves you time and money!

## 2. Don't go shopping on an empty stomach.

One of the biggest mistakes people make– hurting their wallet and health– is going shopping hungry. This usually results in impulse purchases, and these impulsive purchases aren't always the healthiest options. When you're hungry, you might buy snacks or sweets you wouldn't usually go for. To avoid this, make sure you've eaten before hitting the supermarket.

## 3. Compare labels.

Even if you think a food is healthy, it's essential to read the Nutrition Facts label. Ingredients and nutrient content can vary significantly– even between similar items. When you have more than one option, make sure to compare the labels. Select the item with the lowest sodium, saturated fat, and added sugars.

## Give Achieve Therapy a call today!

We are here to set you up for success in the new year, no matter what your condition may be. It's never too late to get a jump start on wellness, and Achieve Therapy is here to make sure you start your health journey off on the right foot. Call us today to schedule your appointment!



## It's Time for Your New Year's Tune-Up!



Start the new year on the right foot! The professionals at Achieve Therapy will help you regain lost motion, strength, balance and coordination resulting from pain in your shoulders, back, neck, hips, or knees. Get back on track with your health and fitness goals! Schedule your tune up today to review your long forgotten home exercise program or to receive a consultation on a new problem. Call to schedule a **Free Tune Up Consultation** with a licensed physical therapist now and get moving again.

**Contact Us Today To Schedule Your Tune Up!**

## Patient Success



"Everyone was always super nice and I saw a lot of improvement with my shoulder!" – Ari



# Staff Birthdays & Work Anniversaries



## January Celebrations for Our Staff

### Staff Birthdays

Greg Paintner – January 12th

Lyndsi Klundt – January 17th

### Work Anniversaries

None for the month of January

**We wish our staff a happiest birthday and celebrate their contributions to our patients and community!**

## January Fitness Member of the Month



### Meet Delores our January Fitness Member of the Month!

**Fitness centers you attend:** S. Columbia

**Favorite thing about Achieve Fitness:** Everybody is so friendly and they make me laugh!

**Favorite fitness class:** I really enjoy the balance class. I have seen much improvement in my balance since joining the class.

I love coming here to workout it is such a fun place!

## Healthy Recipe

### The Very Best Roasted Carrots

#### Ingredients

- 2 lbs carrots, peeled and sliced on diagonal
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 2 tsp finely chopped parsley or 2 tsp thyme

**Directions** Preheat the oven to 425 degrees F. Peel the carrots and cut off the tops. Slice carrots on the diagonal so each piece is about 1/2 inch thick at the widest part (each diagonal cut you make should be about 1 inch apart). Make sure carrots are all cut around the same size to ensure even roasting.

Add cut carrots to a very large sheet pan. Add olive oil, salt, pepper, paprika, and garlic powder. Toss to coat all the carrots. Spread carrots into an even layer and roast in the oven for 10 minutes. Remove from the oven and quickly toss/flip the carrots then return to the oven. Bake for another 8 to 15 minutes, until caramelized and tender. Remove the carrots from the oven. Toss with fresh herbs and serve immediately.



## Staff Spotlight

### Meet Shayna!

Shayna is an Athletic Trainer that covers Thompson, Fisher, Climax and Minto Schools. She is certified in Hawkgrrips and Rock Pod Cupping. She lives in Grand Forks with her husband (Taran), daughter( Lanorah), and dog (Toby)! She likes to stay active by taking Toby for runs/walks and chasing after Norah. In her free time she likes to knit, bake, watch criminal and do house DIY renovations (even though her husband doesn't.)





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