



NEWSLETTER

Helping You Move
Through Life Pain-Free!

December



PHYSICAL THERAPY CAN HELP YOU STAY ACTIVE THIS WINTER

Do you find it challenging to get motivated when it's cold outside? Are you worried about spending your time slipping and sliding instead of getting a workout? At Achieve Therapy, we can help you find ways to stay active no matter the weather conditions safely!

Just because it is winter, it doesn't mean you have to stay indoors. Remaining active in the winter months is just as important as remaining active during other seasons. The winter presents several fun activities that can double as workouts. Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need.

At Achieve Therapy, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

What are the benefits of exercising during the winter?

It is undeniable that daily exercise is essential for staying healthy and promoting wellness. The American Heart Association recommends getting at least 150 minutes per week of moderate-intensity aerobic activity. Depending on the type of workout, exercising in colder weather can meet and exceed these recommendations.

Too often, it seems easier to stay in, nestled up in blankets, while it's snowy and cold, and there is evidence that we workout around 10 minutes less per day in the winter

compared with the summer months.

With winter, some risks don't exist in warmer months. For example, slipping on ice as you walk or run on the sidewalk or in more severe risks like hypothermia or frostbite can result from improper clothing or underestimating the temperature.

Staying active is a necessary component of well-being and one of the best ways to improve your mental and physical health. Physical activity has been linked to:

- Improved sleep
- Reducing anxiety
- Strengthening bones
- Strengthening your muscles
- Lowering blood pressure
- Lowering your risk of type 2 diabetes and many kinds of cancer
- Maintaining or losing weight
- Reducing the risk of dementia and Alzheimer's
- Improving balance and reducing your risk of falling

Exercising in the cold can be invigorating and serve as an immune system boost. Even just a few minutes of outdoor exposure during the winter can help prevent both bacterial and viral infections.

Staying safe is essential, and so is staying active. Anything you can do to spend less time sitting and keep active during the winter months is a step in the right direction!

Visit Us Online [achieve-therapy.com](https://www.achieve-therapy.com) or Call [866-320-3562!](tel:866-320-3562)



WHAT TO EXPECT FROM PHYSICAL THERAPY SESSIONS

At Achieve Therapy, we want to make sure you stay safe this winter, so you can enjoy doing the season's activities without fearing a harsh fall or other serious injuries.

No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity easier to perform.

Our physical therapists will start with an assessment identifying the factors contributing to your pain and/or injury. We will perform a thorough history to understand more about your challenges and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will progress your program to help you get back to the activities you enjoy in the most efficient way possible.

There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities.

Snow and ice are the main culprits for many injuries during the wintertime, which is why it is essential to add to your

stability. Choose shoes with winter soles for traction. Add slip-on spikes to your boots on the extra icy days to reduce your risk of slips and falls. You can also get a pair of ski or walking poles to help keep your balance.

Contact us today!

Whether you're looking for ways to recover from an injury and get moving in the winter, Achieve Therapy can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!

Sources: <https://pubmed.ncbi.nlm.nih.gov/31193280/> • https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf#page=56 • <https://pubmed.ncbi.nlm.nih.gov/30719382/> • <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

1425 S COLUMBIA RD
Grand Forks, ND 58201
Phone: [701-409-1614](tel:701-409-1614)

403 BRIGGS AVE S
Park River, ND 58270
Phone: [701-490-8150](tel:701-490-8150)

1421 CENTRAL AVE NW
East Grand Forks, MN 56721
Phone: [218-316-7798](tel:218-316-7798)

110 PLEASANT AVE S.
Park Rapids, MN 56470
Phone: [218-216-2491](tel:218-216-2491)

3035 DEMERS AVENUE
Grand Forks, ND 58201
Phone: [701-409-1592](tel:701-409-1592)

Visit Us Online achieve-therapy.com or Call [866-320-3562!](tel:866-320-3562)

Free Workshops

- Park Rapids: Dec. 12th @ 5:30 at Park Rapids Library
- Grand Forks: Dec. 19th @ 5:30 at Achieve clinic on Columbia

- Grand Forks: Jan. 16th @ 5:30 at Achieve clinic on Columbia
- Park Rapids: Jan. 9th @ 5:30 at Park Rapids Library

[Click here to learn more & register today!](#)

Staff Birthdays & Work Anniversaries

December Celebrations for Our Staff

Birthdays

Emma Richards | Dec. 3rd
Gary Schindler | Dec. 14th
Michelle Ellis | Dec. 16th
Mary Lynn Berntson | Dec. 31st



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

EXERCISE ESSENTIALS

CAT COW FLOW



Begin on your hands and knees in table pose, with a neutral spine. As you inhale and move into cow pose, lift your sit bones upward, press your chest forward and allow your belly to sink. Lift your head, relax your shoulders away from your ears, and gaze straight ahead. As you exhale, come into cat pose while rounding your spine outward, tucking in your tailbone, and drawing your pubic bone forward. Release your head toward the floor.

HEALTHY RECIPE

CHOCOLATE CHIP PUMPKIN BREAD

Ingredients

- 1 1/4 c almond flour
- 1/4 cup tapioca or arrowroot flour
- 2 tbsp coconut flour
- 1 tsp baking soda
- 3/4 tsp unrefined salt
- 1 1/2 tsp cinnamon powder
- 1/2 tsp ginger powder
- 1/4 tsp nutmeg powder
- 3 eggs
- 1/4 cup coconut oil
- 1 cup pumpkin puree (fresh or canned)
- 1 tsp vanilla extract
- 1/3 cup coconut sugar
- 1/2 cup chocolate chips

Directions

Preheat oven to 350° F. Grease a 9 inch loaf pan or line with parchment paper. In a large bowl, combine dry ingredients. In another bowl, whisk together wet ingredients. Pour wet into dry. Mix until well incorporated. Fold in chocolate chips and pour into prepared loaf pan. Scatter extra chips on top. Bake for 50-55 minutes, until top is golden, the center is set, and a toothpick inserted in the center comes out clean. Allow bread to cool in pan for about 15 minutes before turning out on a wire rack to cool completely before slicing and serving.

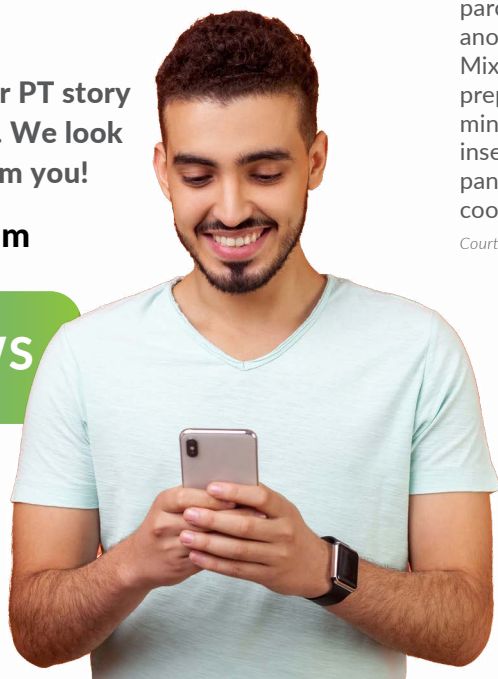
Courtesy: savorylotus.com/pumpkin-chocolate-chip-bread-gluten-free

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

achieve-therapy.com

★ REVIEWS



Call [866-320-3562](tel:866-320-3562)
to start healing today!

DECEMBER

CLINIC NEWS

FITNESS MEMBER OF THE MONTH

Meet Kathleen, our fitness member of the month!

Our December fitness member of the month is Kathleen! Kathleen's favorite thing about Achieve Fitness is the new friends that she has made. She enjoys the move and groove class because it is fun and she always leaves happy!



STAFF SPOTLIGHT

Say Hello to Matti, Patient Care Coordinator!

Matti is the patient care coordinator at our East Grand Forks location. She has been with Achieve for 13 years. Some of her favorite parts of working at Achieve include working with her awesome coworkers, getting to see patients improve from visit to visit, and folding hospital gowns. She lives in Grand Forks with her husband Ryan and their daughter Lydia. In her free time she enjoys baking, playing guitar and piano, and keeping up with her busy 3 year old!



Visit Us Online achieve-therapy.com or Call [866-320-3562!](tel:866-320-3562)