



kinetix
PHYSICAL THERAPY

WWW.KINETIXPT.COM | 352.604.3367

NEWSLETTER



*Wishing You Happy Holidays
& A Joyful New Year!*

We want to offer you a special **Thank You Gift** for being such an awesome friend and patient of Kinetix Physical Therapy!

Choose either a FREE Laser Therapy session or a Foot Levelers scan.

Call 352-604-3367 to schedule your appointment. Offer ends 12/31/22.



"Our wish is that you will live healthy and pain-free in the New Year."

— The Kinetix PT Team



How To Stay
Motivated to Work
Out During The
Holidays

Get Help At Our
Free Shoulder Pain
Workshop

Don't Keep
Your Success A
Secret!



NEWSLETTER



HOW TO STAY MOTIVATED TO WORK OUT DURING THE HOLIDAYS

Adopting a healthy lifestyle and keeping up with your regular fitness is a hard thing to obtain in the first place, and the holiday season can get you completely off track. It is common for the "happiest time of the year" to also be the most stressful.

Still, finding the time to better your body and health might be even more important during the holidays due to shopping, cooking, decorating, and more. To stay on track, here are some ways you can find motivation during the holidays.

WORK OUT AT HOME

Holiday traffic can be an absolute nightmare, making it even harder for you to get to a gym where you are a member. It can be very easy to simply drive home if traffic gets too crazy. There is also the weather that can keep you stuck at home. However, an easy solution is to just workout at home. This can make it easier on yourself to work out regularly. There are plenty of workouts you can do at home that can be just as effective. **Take time to review and implement your Kinetix PT Home Exercise Plan that you received the last time you visited us.**

CREATE A PLAN

The holiday season is usually the busiest time of the year. This is, of course, due to all the holiday parties, shopping, and travel you will have to do. To make sure that you don't lose any of that progress in the gym, make a plan for when and how you will work out. Figure out when you plan on having rest days and what time holiday festivities are. This way, you can be sure to get whatever workout you need to get done prior to any important holiday matters.

GET MORE DONE IN THE MORNING

Many people get their regular workouts done in the morning for various reasons. While the idea might be unappealing to some, it can set the tone for the rest of your day and keep you productive. By getting your workout out of the way early in the morning, you then have the whole day to take care of other matters. Another option you have is to get your workout done during the evening when most people are shopping. Get that shopping done in the morning.

(continued inside)

HOW TO STAY MOTIVATED TO WORK OUT DURING THE HOLIDAYS

CALL US WITH ANY QUESTIONS AT 352.604.3367

(continued from outside)

HAVE A PARTNER

You never have to work out alone, and it can even give you more motivation for days when you feel tired. Try to coordinate with someone else who is in a similar position as you and work out together. This is not only safer, but it can make your workout more enjoyable. You can also socialize during your workout too and get some ideas on what gift to get for someone, or just talk about the holidays in general. **You can also join the Kinetix PT Wellness Program to hold you accountable for workouts during the holidays where you feel you might start slacking off.**

GET ENOUGH SLEEP

Seven to eight hours of sleep will keep your energy levels high so you will be in the mood for a workout. If you are sick or tired during the holiday season then it makes it even harder to motivate yourself to workout. This is part of why planning when you should get your workout in is so important.

BE PRODUCTIVE ON YOUR REST DAYS

Take advantage of those days when you are on rest. Not only do you need to take rest days when you are busy running around during the holidays for your health, but you can also use that time to get things done. When you are not supposed to work out, take

that time of your day to do some shopping, decorating, or wrap presents. You still need to rest as much as you can, but you can also count on getting more holiday work done on those two to three days a week when you don't need to exercise. Because it is still a rest day for your body, choose to do something that can be calming and quite fun.

DON'T WAIT UNTIL THE NEW YEAR

Many people make New Year's resolutions to get back in shape and adopt a healthier lifestyle. However, because of how popular this resolution is, the motivation can fade away quickly. It can also be harder to adopt a completely new lifestyle after the busy holidays, because you might be too tired to commit. Instead, try and get back in shape before the new year by getting comfortable with the new lifestyle change. **Find out more about the Kinetix Wellness Program today at 352-604-3367. It's also a great time to get a PT evaluation for all your aches and pains.**

USE EXERCISE AS A STRESS RELIEVER

Exercise can serve as a healthy escape from daily stresses in our personal lives. Like we mentioned earlier, the holiday season brings a lot of stress due to how much you may need to do to prepare. It can be really overwhelming, but exercising can be used as a stress reliever for when times get tough. Working out is just as good for your mental health as it is for your physical health.

Source: <https://www.kinetixfitness.com/blogs/blog/how-to-stay-motivated-to-work-out-during-the-holidays>

STAY PHYSICALLY & MENTALLY HEALTHY THROUGH THE HOLIDAYS

The reality is, maintaining healthy habits through the holidays is doable (with a little flexibility) and ultimately, it comes down to making a choice.

STAY ACTIVE DURING THE HOLIDAYS

- **Do something every day to just move.** Get a plan and do it.
- **Get your family and friends involved.** Do a run/walk together.

FOCUS ON NUTRITIOUS CHOICES

- **Quality over quantity.** Instead of seeing just how high you can stack your plate with yummy goodness, take a look at the holiday spread and decide on a select few items that you want to try, first.
- **Savor your foods.** Being mindful of what we are eating forces us to slow down, allowing our body to process and digest our foods better.

- **Eat before you go.** Having a healthy snack before heading out the door to get to the next holiday festivity can help prevent overeating once you're there.

NURTURE YOUR EMOTIONAL WELL-BEING

- **Practice gratitude.** Spending five minutes each morning to practice gratitude can help set a positive and uplifting tone for the day.
- **Focus on friends and family.** Be mindful not to let your ever-growing to do list or work commitment get in the way of spending quality time with your loved ones
- **Give yourself some grace!** it is okay to give yourself a break from time to time.

<https://www.fitnessgoals.com/5-ways-to-stay-healthy-through-the-holidays/>

Come back to physical therapy by calling 352.604.3367

WWW.KINETIXPT.COM | 352.604.3367

GET HELP AT OUR FREE SHOULDER PAIN WORKSHOP

SHOULDER PAIN SUFFERERS:

- Do you have pain when reaching overhead?
- Is your shoulder pain keeping you awake?
- Is it hard to reach behind you?

If you have answered YES to any of these questions, then this shoulder pain workshop may be a life-changing event for you or a loved one. Learn about the common causes of shoulder pain and how our diagnostic ultrasound, EMG and Nerve Conduction tests can find the root cause of it.

Register now at 352.604.3367 or kinetixpt.com.



PATIENT SUCCESS STORY

"I have spent over 13 years as active-duty military with regular PT visits due to the nature of my work. I injured my back within a year of getting out of active duty to where I struggled with basic activities such as brushing my teeth and getting dressed. Dr. Jake Reidy, Carter and the team gave me better care than I have ever gotten through the military. They diligently worked with me to address my back pain and restore my quality of life without the need for surgery. The entire staff at Kinetix is incredibly kind and professional, catering the exercises to fit your needs and physical ability."

— Kamil



*Good News! You may have
already met your annual
insurance deductible.*

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining in their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for physical therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2023. Have you undergone surgery recently?

Call us today to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

Don't Keep Your Success A Secret!

Leave a review for our practice & help us connect with the community. We make it easy to leave a review! Scan the code with your camera app, and post your success story on our Google Reviews page.



kinetix
PHYSICAL THERAPY

**ARE YOU IN PAIN? HAVE YOU SUSTAINED
AN INJURY? GIVE US A CALL TODAY!**

352.604.3367