



NEWSLETTER



Evan, Melissa, Brooklyn, Tony

Happy Holidays!

Our greatest joys this holiday season are our friends and family. We count you as our friend. You may have entered our doors as a person in need of care, but over the course of your visits, you became a friend. We want to give you a gift this holiday season for a FREE Wellness Consultation with James. It's a great way to get you motivated to stay fit. Hurry and reserve your spot as he can only see the first 20 friends who call and mention this offer in the newsletter.

Offer ends 1/12/24



We also consider the Kinetix Team as part of our family. We are grateful for each one of them and how they go over and beyond to extend compassion, care, and hope to our community. What a joy they are to us!

- Tony & Melissa Cere





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.

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 when 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.

(more tips inside)

STAY MOTIVATED TO WORK OUT DURING **THE HOLIDAYS**

CALL US TO GET STARTED 352.604.3367

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 by calling 352.604.3367. It's also a great time to get a Kinetix PT evaluation for all your aches and pain.

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.

A FEW LAST HEALTHY REMINDERS:

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.

KEEP YOUR EMOTIONAL WELL-BEING TOP OF MIND

- 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.fittinggeats.com/9-ways-to-stay-healthy-through-the-holidays/> • <https://www.topfitness.com/blogs/blog/how-to-stay-motivated-to-work-out-during-the-holidays>

Holiday Recipe: Cut-Out Sugar Cookies

COOKIE DOUGH

- 3 c all-purpose flour, plus more for surface
- 1 tsp baking powder
- 1/2 tsp kosher salt
- 1 c (2 sticks) unsalted butter, softened
- 1 c granulated sugar
- 1 large egg
- 1 tbsp milk
- 1 tsp pure vanilla extract

BUTTERCREAM FROSTING

- 1 c (2 sticks) unsalted butter, softened
- 5 c confectioners' sugar
- 1/4 c heavy cream
- 1/2 tsp pure almond extract
- 1/4 tsp kosher salt
- Food coloring, for decorating

INSTRUCTIONS:

In a large bowl, whisk flour, baking powder, and salt until combined. In another large bowl, using a handheld mixer on medium-high speed, beat butter and sugar until fluffy and pale in color. Add egg, milk, and vanilla and beat until combined. Gradually add dry ingredients and beat on medium-low speed until combined and no dry streaks remain. On a clean work surface, shape into a disk and wrap in plastic wrap. Refrigerate 1 hour. Preheat oven to 350°. On a lightly floured surface, roll dough to 1/8" thick. Cut out shapes and transfer to 2 parchment-lined baking sheets. Freeze 10 minutes [so your shapes hold while baking!]. Bake cookies until edges are lightly golden, 8 to 10 minutes. In a large bowl, using handheld mixer on medium-high speed, beat butter until smooth, then add confectioners' sugar and beat until no lumps remain. Add cream, almond extract, and salt and beat until combined. Bake cookies until edges are lightly golden, 8 to 10 minutes. Let cool. Frost and decorate cookies as desired.



<https://www.dailylife.com/cooking/recipe-ideas/4588830/cut-out-sugar-cookie-recipe/>

LEARN ABOUT ALL-NATURAL SYMPTOM RELIEF AT OUR FREE WORKSHOPS!

BACK PAIN & SCIATICA: Do you have pain when you stand, walk, or sit? Do you experience pain shooting down your buttocks or leg?

SHOULDER PAIN/ROTATOR CUFF: Do you have pain when reaching overhead or behind you? Is your shoulder pain keeping you awake? See our diagnostic ultrasound in action!

KNEE PAIN: Is your knee stiff? Does your knee ache or "give out" on you?

BALANCE OR DIZZINESS: Have you fallen because you're unsteady? Do you experience dizziness or spinning?

Learn the common causes of your symptoms and how to fix them naturally without medication, injections or surgery. Call to register now as seating is limited.



PATIENT SUCCESS

"Had a great experience at Kinetix! I have a torn rotator cuff and labrum. I went to Kinetix in lieu of surgery, and to see if they could alleviate some of my pain and lack of mobility. Carter Meyers was excellent. The exercises used not only helped with my strength in the shoulder, but also range of motion. My pain is not as bad now either! The exercises they taught me will be useful as I continue my rehab at home. Laser helped the healing process also, and I was glad they offered it!" — **Gregory**



OUTSMART YOUR INSURANCE DEDUCTIBLE!

Did you know that you may have already met your insurance deductible or your out-of-pocket costs for 2023? That means coming to Kinetix may be of little to no cost to you!

When you set up your evaluation, we will check your insurance benefits and let you know if you have any PT cost in 2023. Now's the time to use the remaining dollars on your Health Savings Account too!

Tip: In most cases, insurance deductibles start over on January 1, 2024. So call us today!

You could be pain-free or have your dizziness resolved, by the end of the year... and save money!

KINETIXPT.COM | 352.604.3367

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!**

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