



CHESTERTON
**PHYSICAL
THERAPY, INC.**
Great Health Through Great Physical Therapy

DECEMBER 2021

Happy Holidays

STAYING **WINTER STRONG**

Just because it is winter, it doesn't mean you have to stay indoors! It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season!

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 Chesterton Physical 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!

Continued inside.



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WORD SEARCH

WHAT WILL 2022 BRING YOU?

THE FIRST 3 WORDS YOU SEE IS YOUR ANSWER!

S R O I C S U R P R I S E A J Q C
P R P O N U P Q W Y U V B P P J S
I I E N Y G F L O W E R S U U O U
R N M L O V E L C D E Q H V Z U C
A G E J H I K R N H D H J Y Y R C
T S Y D D W M H X G D O N Z W N E
I P T P B E A U T Y N U N K O E S
O Y C S O N G G N B L S G J C Y S
N P W I S D O M B E N E L H J J L
L A D R E A M F C P R O P O S A L
F D I N N E R R H A P P I N E S S

HEALTHY RECIPE

CHOCO-PEPPERMINT PROTEIN BALLS



INGREDIENTS

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use SunButter or nut-free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy-free chocolate chips (optional)

DIRECTIONS Put everything except the candy cane or cacao nibs, chocolate chips, and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well-mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow batter to chill in the fridge while you clean up, then roll into balls.

Recipe: <https://www.veggiesdontbite.com/no-bake-chocolate-peppermint-protein-balls>

STAYING WINTER STRONG



Continued from previous page.

What Are The Benefits Of Exercising During The Winter?

It is an undeniable fact that daily exercise is an important part of staying healthy and promoting wellness. It seems easier to get up and exercise when it is warm out, but there is actually evidence to support the benefits of working out in the cold. Depending on the type of workout, exercising in colder weather can actually have a more positive effect on the body than exercising in the heat.

According to a study titled "Exercise in the cold," found in the Journal of Sports Sciences, temperatures hovering around 50 degrees Fahrenheit are optimal for high or moderate intensity workouts. Conversely, low intensity workouts are better performed indoors during colder months, as sufficient metabolic heat may not be generated well enough to offset the cooler environment.

Exercise also helps loosen muscles that may become stiff in the winter months, making it easier to maneuver around in your orthotic or prosthetic device. Additional benefits to winter exercising include:

- **Sunlight intake.** Vitamin D is important! Many people lack Vitamin D in the winter, due to a scarcity of desire to venture out in the cold. However, simply stepping outside can have positive effects. Sunlight can act as a natural mood booster, which may even increase motivation to exercise.
- **Absence of heat/humidity.** Too much heat or humidity can sometimes feel suffocating. During colder months, this isn't an issue. In fact, exercising in the cold can feel invigorating, as the crisp air can increase your energy. You run out of breath easier when it is hot and humid, so when that is taken away, you may be able to work out for longer periods of time.
- **Immune system boost.** According to the Centers for Disease Control and Prevention, even just a few minutes of outdoor exposure during the winter can help prevent against both bacterial and viral infections.

Whether you're looking for ways to get moving in the winter or figuring out how to maneuver icy terrain, Chesterton Physical Therapy can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!



5 Tips to Help You Avoid Falls in the Winter



While exercise in the winter is important, icy walkways unfortunately pose a higher risk of falling. This can lead to a higher risk of injury, such as strains, sprains, and tears. At Chesterton Physical Therapy, we want to make sure you stay as balanced this winter, so you can enjoy doing the activities of the season without fearing a harsh fall!

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. These include:

- 1. Choose shoes with winter soles for traction.** You can also get a pair of ski or walking poles to help keep your balance. As an added bonus, these poles will also help you burn extra calories since your upper body is getting a workout too.
- 2. Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.**
- 3. Allow at least 10 minutes to warm up when exercising in the winter.** When it's cold, your heart and muscles need more time to get ready and prepare for exercise – this can help you avoid unwanted injuries.
- 4. 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.** For example, if you decide to go on a walk or run through the winter wonderland that your street has become, you could warm up with lunges, squats, arm swings, or jumping jacks, making sure to also get a good stretch in your calves and thighs. This will keep your body warm while you exercise and will be a good way for you to feel out the terrain beforehand to see if it's too icy.
- 5. Add in any additional assists, as needed.** Snow and ice are the main culprits for many injuries during the wintertime, which is why it is important to add to your stability. Ice cleats or rubber-soled boots can provide you with grip and support. Using a cane or crutch can also help in remaining steady on frozen terrain. Our trained CPOs can help you figure out if an additional assist would benefit you.



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VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT!

Chesterton Physical Therapy is Proud to Announce a
NEW LOCATION COMING SOON!

PORTAGE CLINIC – OPENING 1/3/2022

3190 Willowcreek Road, Suite A
Portage, IN 46368



Happy Holidays

EXERCISE ESSENTIALS

Try this simple exercise to keep you moving...

Quad Stretch Prone

Lie on stomach. Hold ankle with hand. Gently pull ankle toward the buttock. You should feel a stretch in the front of your thigh.



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COMING
SOON!**



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