

HAPPY New YEAR

It's a New Year, did you make your resolution?

New Year's resolutions are the perfect opportunity for all those who have failed to start making the changes that they said they would make next week, next month, or perhaps when winter starts. Whether your resolution is to eat healthier, spend less time on social media, or get better quality sleep, find something that is realistic to you and your goals and that impacts your life in a positive way. You will be more likely to stick with it and feel accomplished. It takes on average 66 days to form a habit, so get started!

Expert Health & Exercise Tips:

For a large selection of health blogs by the Atlas Therapy physical therapists to kick off your New Year, head to:

WWW.AtlasTherapy.Com/Blog

Healthy Substitutions

For those of you looking to kick start a healthful New Year, here are a few food substitutions you can easily make to help with that.

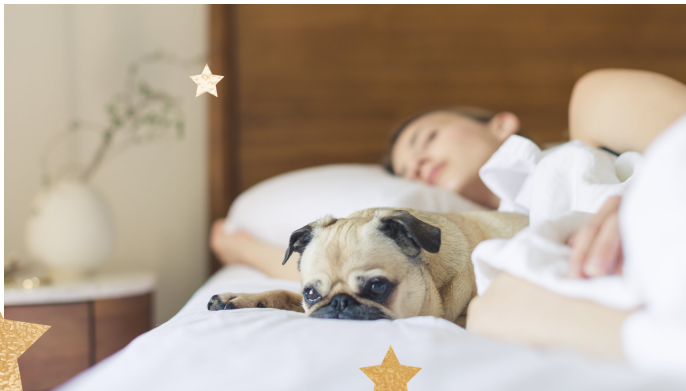


Ingredient

- Mayo or Sour Cream
- Pasta
- Baking Oil
- Cheese
- Tortillas or Bread
- Rice, Pizza Crust or Potatoes

Substitution

- Greek Yogurt
- Zucchini Noodles or Spaghetti Squash
- Applesauce
- Nutritional Yeast
- Lettuce Wraps
- Cauliflower



Festival of Sleep Day January 3rd, 2021

Feeling exhausted after the holidays?
“Festival of Sleep Day” is a day to highlight the importance of a good night's sleep to our health and well being.

Benefits of Sleep:

- Improves immune function to fight off colds and viruses
- Promotes tissues healing from any recent injury or surgery
- Helps reduce pain
- Improves cardiovascular health and cognitive function
- Is crucial for learning and memory

How Much Sleep Do You Need?

The American Academy of Sleep Medicine and the Sleep Research Society recommend that adults get 7 or more hours of sleep per 24-hour period. Youth ages 13 to 18, are urged to get 8 to 10 hours of sleep, and 6- to 12-year-olds are advised to sleep for 9 to 12 hours per 24-hour period.

Atlas Therapy Mobile Rehabilitation

Are you interested in receiving high quality physical therapy in the location of your choosing? In 2020, Atlas Therapy opened it's newest branch, Atlas Therapy Mobile Rehabilitation (ATMR) For more information about ATMR from ATMR Physical Therapist, Garrett Brown, DPT, visit our website: <https://www.atlastherapy.com/blog/post/benefits-physical-therapy-your-home>

7 ways to practice self care after the holidays are done and over

1. Plan ahead for self-care. -Self-care looks different for everyone, so find something that makes YOU feel good.
2. Set realistic expectations. -Are you a resolution kind of person? Want to try something new?
3. It's ok to say no. -Finally feel like you're winding down after the craziness that is the holidays? This is the time to put yourself first.
4. Check in with your support system. -Family. Friends. A therapist. Anyone you can trust.
5. Get enough sleep. -Sleep is an essential function that helps your mind and body recharge.
6. Maintain your healthy habits. -People can overindulge during the holidays. Time to get back into good and healthy habits!
7. Give yourself a break. - You deserve it!