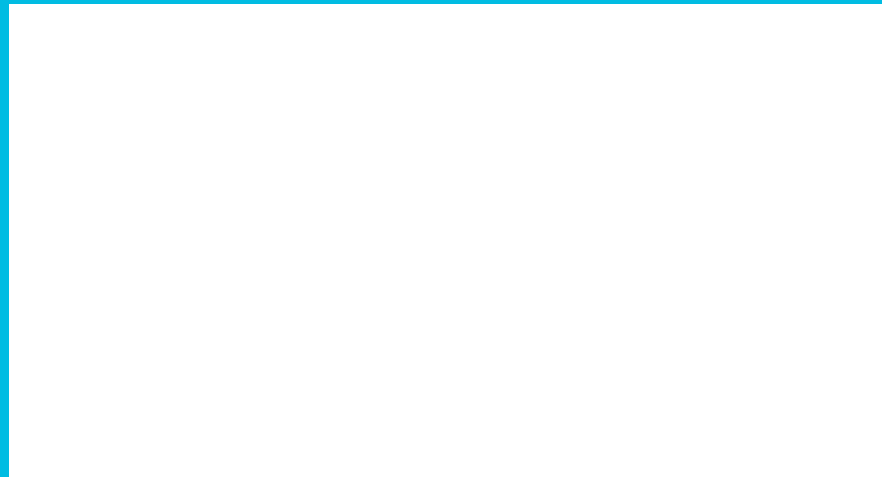




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## NEWSLETTER TITLE

APRIL 2019

### 3 OF THE WORLD'S GREATEST WINTER SPORT DESTINATIONS

The sound of the first carve through fresh powder is the anthem of all winter sports enthusiasts. Here are three of the world's best mountains to experience that powder you've been craving all year.

#### BRECKENRIDGE, COLORADO

"The Colorado Rocky Mountain high," sang John Denver about the freedom he felt on one of the world's most renowned mountain ranges. Where there are great mountains, there's even better snow, and at the pinnacle are the jagged peaks of Colorado's Rocky Mountains. If you've ever seen the groomed trails of Breckenridge, you'll understand why. The ski resort boasts five peaks, 187 trails, 34 lifts, four terrain parks, and a renowned cross-country trail. After a day on the slopes, head into the town of Breckenridge for dining and activities that ditch the glitz and glamour of Vail or Aspen and take you straight to the heart of fun.

#### WHISTLER, BRITISH COLUMBIA, CANADA

A destination that looks like a Nordic paradise met Olympic-level runs, Whistler is filled with true magic, winter activities, and a town that captivates the senses. When you see the mountains of British Columbia, you'll understand why they hosted the 2010 Winter Olympics. The location's beauty is only part of your stimulating experience, because every curve of fresh powder makes your pupils dilate. Once you're done flying



down the hill where Bode Miller took the Bronze Medal, head over to the winter wonderland of the old Olympic Village for a cozy night in a picturesque town.

#### ST. ANTON, AUSTRIA

If you want a great location for next year's Christmas card photo, there's no better place than the Tyrolean Alps. Nestled in a valley between perfectly molded mountains, the Austrian landscape provides a beautiful backdrop for your winter excursions. The densely wooded areas and the bright reflection of the snow frame the vibrant town that's just waiting to be explored. When you're ready for world-class runs, hop in one of the 11 gondolas and zip down the hills that hosted the 2001 Alpine World Ski Championships.

## A SLIP AND A FALL

### PREVENTING A FALL STARTS WITH BEING PROACTIVE

As we age, what we lose in agility we gain in wisdom. But wisdom can't always clear the path for a healthy, productive life as we age. Sometimes older citizens find themselves, through no fault of their own, in potentially life-threatening situations simply by moving through the house. A walk to go pick up the mail at the end of the driveway can turn into a disaster during slippery winter weather. Even walking the dog can turn dangerous if the leash gets tangled in your legs. Simply put, there's no way to avoid all the challenges life may throw at you, but precaution begins with prevention and prevention begins with staying proactive.

Concerns about slip-and-fall accidents are completely warranted. One-third of those over 65 have reported being in a serious fall. If that isn't shocking enough, further statistics just may surprise you: When an elderly person falls, their stay in the hospital is almost twice as long as those elderly patients admitted for any other reason, and two-thirds of individuals who have fallen will become a victim to another fall within six months. Unfortunately, falls also seem to discriminate, because the chance of sustaining a serious injury from a fall is greater for women than men. And it's not just hospital bills and mobility that you need to worry about, either. Falls can be lethal: they're the leading cause of death from injury among those 65 and older, which translates to nearly 10,000 deaths each year, most occurring in those aged 75 and older.

All hope is not lost, of course, because with preventive measures your risk of having a fall greatly decreases. Two important prevention techniques are vision and medication checkups. Many falls occur because of a lack of visual acuity, either from poor eyesight or from prescription-induced dizziness or impairment. Having regular checkups with your trusted physicians can help keep you in the clear, too.

Another series of safeguards lie in working on your balance, the safety of your environment, and your situational awareness. Many seniors suffer from chronic ailments like arthritis that can affect the way they walk. Meeting with a professional physical therapist can help remedy this situation and give better mobility and a greater sense of independence.



It's also important to understand where you're walking and what threats there are in those areas. It can be as simple as taking a walk through your home with someone you trust who can point out blind spots, slick surfaces, tripping points, and sharp edges. Then, take action: rearrange your environs as much as possible to prevent these things from playing a factor in a fall.

Finally, knowing what to do when you fall is the last line of defense in making sure your injuries don't worsen. If you fall, it is important to remain calm. While being aware of your surroundings, try to make noise to draw attention to yourself; call for help as soon as possible. And before help arrives, wrap yourself in a warm blanket. Make sure to change your position without overexertion. Do this about every half hour to ensure better circulation.

Whether you're worried about a potential fall or trying to recover from one, the professionals at APN Physical Therapy will help you get back on your feet and into your passions again. There is no better time to act than now. This March we are offering an exclusive — and more importantly free — fall and balance examination. Put your worries to rest!

-Signature

# SHOVELING, SCRAPING, & SHIVERING

## 3 WAYS THE WINTER WEATHER HELPS YOU BURN CALORIES



Winter can make it hard to stay physically fit. Between the aversion to step outside onto your ice-covered porch and the urge to drink that third cup of hot chocolate, these winter months can lead to unwanted weight gain. Nowadays, people will try almost anything to get rid of those extra pounds — yoga with goats, hula hoop fitness routines, and even underwater spinning classes. Believe it or not, you're already working harder than you think this time of year. Here are three ways the winter weather helps you burn calories.

### 1. SHOVELING

Love it or hate it, if you live in an area with a lot of snowfall, shoveling is a necessary chore every time it snows. While the repetition associated with this task bothers a lot of people, according to a Harvard study, you actually burn approximately 230 calories for every 30 minutes you shovel.

### 2. SCRAPING

In addition to shoveling snow, you can also get a workout by scraping those layers of ice off your windshield. In fact, you can burn up to 56 calories during a 15-minute scrape session. What's more, you can't slack off and skip this activity; it's a necessary part of your morning routine.

### 3. SHIVERING

Your body works hard to maintain a healthy temperature, and when that freezing wind rolls in, you'll likely notice your body start to shiver. Shivering is a physiological response that produces heat through small, rapid muscle movements. It also assists with weight loss; you can burn up to 100 calories in 15 minutes of shivering. Of course, you should never purposefully make yourself chilly just to shed a few pounds, but if you have to be outside for a prolonged period of time this winter, know that your body is helping you out in more ways than one.

# BALANCE BORN OUT OF HARDSHIP

## THE ORIGIN OF THE PILATES SYSTEM

When most people think of Pilates, they think of the exercise trend that was the butt of a hundred '90s sitcom jokes. In reality, this system of stretches and workouts is a great option for people of all ages looking to stay active, tone their muscles, and improve their balance, all with minimal space and equipment requirements. One need only look at the history of Pilates to understand how this century-old discipline has helped shape exercise science today.

### UNLIKELY BEGINNINGS

The man for whom the Pilates system is named, Joseph Pilates, was no stranger to health challenges. Born in Germany in the late 19th century, Joseph suffered from both asthma and rickets, making any form of physical activity difficult. But rather than shy away from exercise, he enthusiastically followed his father into gymnastics, later picking up bodybuilding and martial arts. Instead of being held back by his body, Joseph made it his life's mission to help himself and others live healthy lives. Eventually, he would begin developing his own fitness theories.

### LIGHT IN A DARK TIME

Joseph became a known quantity in the fitness world, going as far as training Scotland Yard officers in self-defense after moving to England in 1912. Then the First World War broke out. Despite having worked closely with English law enforcement, Joseph's nationality was enough to land him in an internment camp alongside fellow German citizens. As the world was consumed by the bloodiest conflict it had ever seen, the young fitness instructor did what he did best: He helped those around him get stronger and healthier.

### KNOWLEDGE THROUGH ADVERSITY

In this internment camp, the system that would eventually become Pilates was developed. Because of the constraints of captivity, Joseph had to devise exercises that didn't rely heavily on equipment and could be performed in tight, confined spaces. To this day, Pilates remains one of the most flexible, scalable fitness methods around.

The techniques first developed by Joseph Pilates are still practiced today, helping thousands of people develop their core postural muscles, gain better fitness, and improve their balance. As a result of his forward-looking techniques and steadfast spirit of personal development, Joseph Pilates remains an inspiring figure in the world of physical fitness.



# NOT HITTING ANY PRS LATELY? TIME TO EXERCISE YOUR MENTAL FITNESS

Sports psychology has helped athletes, like Michael Jordan, and golf pros, like Greg Norman, become legends. "What separates the good from the great is between the ears, the way they talk to themselves, their inside communication," says Dr. Sylvain Guimond, a sports psychologist. World-class athletes stay mentally tough and visualize their victories to propel them past competitors. This same strategy can help you take your training to the next level. Outside of the professional sphere, mental exercises based on sports psychology can help you hit new PRs by changing the way you think about your performance.

Psychologists have found that believing you can succeed — whether it's scoring a goal or stealing a base — is key to actually succeeding. One of the newer techniques to enter the sports psychology scene, neuro-linguistic programming (NLP), aims to instill this belief in athletes. While the subjective nature of NLP makes its effectiveness hard to verify, NLP reportedly increases confidence in athletes, as Rhonda Cohen notes in "Sport Psychology: The Basics: Optimising Human Performance." It focuses on building confidence through visualization and speech patterns to help athletes tune into a winning mindset. While the

name might sound complex, NLP is anything but — it can be as simple as choosing a song that you associate with confidence and playing it on repeat for 10 minutes as you visualize yourself getting a PR for squats. Before your next workout, play the song as an audio cue to go into that confident state of mind.

Mindfulness exercises can also be extremely effective at improving athletic performance. These exercises, like yoga and meditation, build a strong foundation for mental fitness. By learning how to ease your thoughts and calm your mind, you'll be better prepared to call on techniques like positive thinking and mantras during your workouts so you can, as one NLP expert says, "consciously enter a state of peak performance."

Even as you're incorporating sports psychology techniques into your routine, remember that they're only going to be effective if you put in the work when you're training. As Cohen says, "It is one thing to think about or want to change; it is another thing to go ahead and actually do it."

# TAKE A BREAK



## BRUSSELS SPROUT HASH



### INGREDIENTS

- 4 cups Brussels sprouts, finely shredded
- 4 eggs
- 1/4 cup onions, chopped
- 2 cloves garlic, minced
- 1 sprig fresh rosemary
- 2 tablespoons extra-virgin olive oil
- Salt and freshly groundpepper

### DIRECTIONS

1. In a cast-iron skillet or large sauté pan, heat oil to medium.
2. Once shimmering, add rosemary for 1 minute, then remove sprig.
3. Reduce heat to medium-low, add onion and garlic, and cook until onion softens, about 5 minutes.
4. Increase heat to medium-high, add Brussels sprouts, season with salt and pepper, and cook for 5 minutes.
5. Using a large spoon, create 4 wells for eggs. Pour 1 egg into each well and cook until set.
6. Carefully remove eggs and Brussels sprouts from pan and serve.