



PHYSICAL THERAPY
WELLNESS CENTER
PELVIC HEALTH

Health & Wellness

NEWSLETTER



A NEW YEAR TO MOVE MORE & LIVE LONGER

Yes, studies have shown that people that consistently move more, whether that's with exercising or having a physically active job, are overall healthier and have a better quality of life.

But telling someone to exercise and move more can be harder than it sounds. People are busy or have achy joints and painful backs that can prevent them from being able to exercise and move the way they want. That's where G3 Physical Therapy is committed to helping our patients move without pain. And be able to pursue new or old activities that they love.

With the new year comes resolutions and goals, especially after all the feasting and celebrating of the holidays. The new year is a great time to get back on track and into healthier routines. While there's never a bad time to prioritize your health and well-being, the beginning of a new year certainly feels like a great time to make goals!

It doesn't matter if you're looking for new ways to become more active, or you want to build consistency and habits for your overall health, G3 Physical Therapy is here to help you!

G3 Physical Therapy wants all of our patients to know that we are behind you 100% when it comes to maintaining your wellness and embarking on a journey to better health. That's why we wanted to share some tips on how to jump start or reboot your health journey!

5 Tips to Make Your Fitness Goals into a 2023 Reality

Most people find it relatively easy to have a strong start in the new year, but motivation can quickly wane with each passing week. What can be a helpful way to not get bogged down when motivation wanes, is to have a goal to just move, regardless of whether that movement is part of your original new year's plan. A key component is sometimes not what you do, but just get out there and do "something". The results will naturally happen regardless of the quality of your "workout". The key is to get into a routine of allocating time for yourself. With so many reasons to skip "workouts". Here are 5 tips to make occasional workouts into habits.

Visit Us Online g3.life or Call Today **760.452.2640**



Tip #1 Make it Easy

It's helpful to find activities that are easy to do with little to no barrier. For example, there's nothing easier than stepping out the door for a walk or jog. Depending on your fitness level, this can turn into a walk-jog-speed workout. We are also lucky to live on the coast where a dip in the ocean, hike up Torrey Pines, or stroll on the beach can turn into a great workout. Walking in the sand is hard work and great for your cardiovascular system and leg muscles. But if any of these activities start to irritate an old injury or if muscle soreness doesn't subside in a few days, you may want to consider calling G3 Physical Therapy. The sooner you get help on an injury, the quicker the recovery.

Tip #2 Make it Fun

There's nothing better than sweating and having fun at the same time. Find an activity that you can't get enough of. Over the last 5 years at G3 Physical Therapy, we've had a growing number of patients that fall in love with pickleball and are consistent with their physical therapy because they can't wait to get back to pickleball. The common adjective is how "fun" it is.

Tip #3 Find your Motivation

Find an activity that you love. I have a patient that loves her dance classes. She is motivated to do all her stretches, mobility, and strength workouts from G3 Physical Therapy to keep her hips mobile so she doesn't throw her back out during her dance routines. She even has a stretch cage in her living room.

Tip #4 Have a Workout Buddy or Accountability Partner

It's sometimes easy to skip a workout when you are busy, but if you are meeting a friend, you are more likely to show up. I recently got myself to start jiu jitsu. I've always wanted to try it and never did until a neighbor asked me to join her. I've tried a few sessions and it's both mentally and physically challenging. I can't remember the moves and it's seriously mentally taxing. It's one of those activities that will need repetition and time. But I can't let my neighbor down, so I'm committed to go, even at 6:30am in the morning.

Tip #4 Make it a No Brainer

If a class like jiu jitsu has too many barriers to make it easy, take a group fitness class where you just have to follow along. Or a spin class where you can just listen to the music and let your legs pedal. These workout classes can be fun, motivating, and get your heart rate up.

Tip #5 Don't Give Up

Just like dieting, consistency with your exercise is the ultimate key to your success. If your body starts letting you down and keeps you from being consistent with your new program, consider letting the great physical therapists at G3 help you with those achy joints and muscles so that you can keep up with your program on a consistent basis.

Our whole goal at G3 Physical Therapy is to help you reach your functional goals. We want to partner with you and help you reach the goals that you set for yourself in 2023.

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HEALTHY RECIPE

PALEO BBQ BACON BURGER BOWLS

Ingredients:

- 3 pounds ground bison or beef
- 1/4 cup grated red onion
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 tablespoons Healthy in a Hurry BBQ Rub*
- 1/3 cup Primal Kitchen Classic BBQ Sauce

For serving:

- 10 cups chopped romaine lettuce
- 1 cup halved cherry tomatoes
- 1/4 cup dill pickle slices
- 8 slices Baked Bacon, chopped
- 3 avocados, halved, pitted, peeled, and sliced
- Primal Kitchen Honey Mustard Vinaigrette and Marinade

Preheat the grill to medium-high heat for indirect-heat cooking. In a large bowl, combine the bison, onion, olive oil, salt, and pepper and mix gently with your hands until all of the ingredients are evenly distributed. Do not overmix. Shape the mixture into eight 3-inch patties. Do not pack them too tightly. Sprinkle the rub on both sides of each patty. Sear the patties over direct heat for 1 minute on each side, then move the patties to indirect heat as far from the coals or gas jets as possible and cook for 5 minutes more per side, until a meat thermometer inserted into the center of a burger reads 160°F for medium. During the final few minutes, brush the top of each burger with BBQ Sauce. Transfer the burgers to a cutting board and tent with aluminum foil to keep warm. To serve, set out the burgers and buns and top as desired!

Source: <https://daniellewalker.com/paleo-bbq-bacon-burger-bowls/#tasty-recipes-9884-jump-target>

EXERCISE ESSENTIALS

DYNAMIC CALF STRETCH

Use this exercise to improve lower body pain



Beneficial for all ages and all fitness levels. This helps to relieve pain in foot/ankle/plantar, knee/hip, even your lower back pain. Perfect warm up for walking or running. It's the foundation for your alignment and posture. Call us for an appointment if you'd like a review or a tailored stretching routine.

1. Use an incline, half foam roller, or if you have super tight calves... test out on flat surface or roll up a towel to replicate a slight incline.
2. Put front 3rd of foot on towel or 1/2 foam roller. Make sure foot is pointing straight.
3. Lean forward with your whole body and step forward with other foot, at the same time. Pretend you're a falling tree and only your ankle bends.
4. Step back and repeat. Gently move back and for 10x each side, 2 sets.

Update on Holiday Donations

A BIG THANK YOU to the G3 community! You made the Advent Gift Bag event a huge success. You met our challenge of matching \$1,000 dollars for a total of \$2,086. St. John the Evangelist Church in Encinitas was able to help 200 families make Christmas a bit better. They saw a lot of smiling faces on the families that visited us. Each of the bags included a \$100 gift card to the Stater Brothers grocery store, a \$25 gift card to Walmart/Target, and other miscellaneous Christmas items. We feel very blessed to be a part of such a caring community.

Thank you again, God Bless, and Happy New Year!

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ ENCINITAS LOCATION

★ SOLANA BEACH LOCATION

Visit us at g3.life today!



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