



DECEMBER 2021

# NEWSLETTER

Your Resource for a Healthy Lifestyle

## STAYING HEALTHY & HAPPY THIS HOLIDAY SEASON!



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## 5 TIPS TO PREVENT HOLIDAY STRESS

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**T**HE HOLIDAYS DON'T HAVE TO BE PERFECT! Follow these five tips to help prevent holiday stress

- 1. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.
- 2. Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Also, try these money saving ideas:
  - **Make a List.** Write down everyone you plan to buy a gift for, no matter how small the gift may be. Include ideas of what to give each person, along with the maximum amount you're willing to spend. Don't forget to list the people who will receive holiday gifts, such as your doorman, babysitter, and mail carrier.

This will help you manage your holiday budget.

- **Start Early.** Don't wait until after Thanksgiving to start buying holiday gifts. Keep your eyes open all year round for items friends and family would like; it's often when you're not looking for something specific that you stumble across the perfect gift for Dad or your best friend Jenny. Once December hits, you'll be glad that you already have some people crossed off your list. Just make sure to keep all your advance gifts in a designated (and hidden, if necessary) spot so that you don't forget a purchase you made months in advance.
- **Do It Yourself.** There's an abundance of homemade pickles, hand-knit hats, and handcrafted stationery these days, thanks to a growing obsession with all things crafty, artisanal, and homespun. If you're creatively inclined, avoid mall madness altogether and bake a batch of cookies, sew personalized tote bags, or make beautiful earrings for friends and family. If you need to learn a new skill, look into classes in your neighborhood

or invest in a how-to book—there's one for just about every craft out there.

- 3. Try these alternatives.** Donate to a charity in someone's names to give a gift that gives twice. Also, use this as a time to tap into your creative juices and make some homemade gifts! This can act as stress-relief for you and give a one of a kind gift to a loved one.
- 4. Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.
- 5. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

*Call one of our convenient locations TODAY to schedule your return appointment!*

# HOW TO STICK TO HEALTHY EATING DURING THE HOLIDAYS

'Tis the season to be jolly... but for many who have struggled with weight loss the holidays can put a damper on the most wonderful time of the year. Surrounded by traditional favorites, baked breads, rich desserts and decadent cocktails, one can almost visualize the numbers on the scale heading in the wrong direction.

**Fear not and RSVP yes to your festive engagements by arming yourself with these helpful tips:**

- **Eat before you go.** As silly, as this may sound, the best way to arrive at your function and be able to pass on high calorie and high fat hors d'oeuvres is to not be plagued with hunger pangs. In addition, you will be able to make healthier food choices placing more emphasis on salads, protein and vegetables.
- **Avoid high sugar spirits like daiquiris, coladas and margaritas.** With just two of these types of cocktails, you could consume half of your days' worth of calories. Instead, choose light beer, red wines like pinot noir or chianti, white wines like pinot grigio or sauvignon blanc or mixed vodka club drinks with a splash of juice. Since alcohol dehydrates the body which can lead to extra snacking, be sure to drink plenty of water in between.

- **You can't have your fruitcake and eat it too.** Holiday desserts can be rich in sugar, fat and calories which can really pack on the pounds especially if coupled with a high carbohydrate dinner. Try chewing on gum or sipping on a flavored herb tea to help squelch the desire to sample a little bit of everything. But if you must indulge, choose a reasonable portion of one of your favorites or two half portion sized desserts.
- **Calories in, calories out.** If you are going to indulge you must exercise. Exercising an hour a day, or 30 minutes at high intensity, 5 times a week will help keep your clothes fitting nicely.
- **80/20 rule.** Stick with a low carbohydrate diet throughout the season with plenty of protein, vegetables and healthy fats. No need to add any extra rice, pasta, cereal or bread to breakfast and lunch meals. This will allow you to partake in some decadent foods a few times a week without adding the average 5-7 pounds of holiday weight gain.

**Call the location closest to you or go online today to set up an appointment if pain is keeping you from staying healthy this holiday season. We want to help you start the new year off on the right foot.**

**HAVE YOU SEEN OUR M.O.G.?  
REQUEST A TOUR TODAY!**

## THANK YOU FOR DONATING

Thanks to your generosity and donations, we raised a total of \$1,062 in October for Breast Cancer Awareness Month! All of the proceeds went to Roswell Park Comprehensive Cancer Center. We want to thank everyone who donated a basket or purchased tickets, you helped to raise awareness and contribute to prevention and treatment of breast cancer in our community.



## EXERCISE OF THE MONTH

**Helps To Strengthen Shoulders.**

### RESISTANCE T PULL

Stand with your back against the wall and your hands in front of your torso, holding a resistance band. Bring your arms to a "T" flat against the wall, then slowly return to the start position. Repeat 15 times.



[mytrilogy.org](https://www.mytrilogy.org)

Always consult with your physical therapist before engaging in an exercise you are not comfortable with.

Exercises copyright of  
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# WHAT'S HAPPENING AT TRILOGY?



Are you an avid golfer? Are you looking to improve your balance, consistency, develop a more powerful swing, increase your balance, or gain distance? Do you struggle with back pain, limited mobility, or flexibility? If you're nodding your head "yes" to any or all of these questions, chances are you could benefit from our golf fitness program.

Our program starts in January and runs for 12 weeks. We have a Titleist Performance Institute (TPI) certified physical therapist that will conduct the TPI screen focused on golf-specific movements. With the use of the TPI screen, our staff can determine the body-swing connection to allow for the best possible rehab/fitness program for your individual needs. In addition to your individual plan, we have a group circuit class on Saturday mornings that focuses on golf specific strength and conditioning exercises.

Our goal is to provide the best training and thorough assessments that will help you play better while experiencing less pain. If you are interested in registering, please e-mail us at [info@mytrilogy.org](mailto:info@mytrilogy.org) or call us at 716-773-1600!

## Season's Greetings

### CHALLENGE YOUR MIND

ENTER TO WIN A **30** PERSONAL TRAINING SESSION

WORD SCRAMBLE  
**iholiday trsses**

Rearrange the letters and then bring in this newsletter to win a 30-min Personal Training Session.

Expires 12/31/21

**We need your help!** Would you mind taking a few minutes to share your Trilogy experience with the community? Center the QR code of your Trilogy location in the frame of your smart phone's camera to visit our Google Review page and share your success story. Your 5-star review helps us to change more people's lives! THANK YOU for your support!

GRAND ISLAND



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WHEATFIELD

