



Trilogy

JANUARY 2022

NEWSLETTER

Your Resource for a Healthy Lifestyle

2022 CAN BE YOUR HEALTHIEST YEAR YET



READ INSIDE...

How To Approach
2022 Resolutions

Exercise Of The Month:
Repeat Trunk Flexion

What's Happening
At Trilogy?



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NEWSLETTER

Your Resource for a Healthy Lifestyle



HOW TO APPROACH 2022 RESOLUTIONS

Grand Island

(716) 773-4323

West Seneca

(716) 675-4444

Kenmore

(716) 871-1100

Wheatfield

(716) 695-7848

Buffalo

(716) 431-5141

IT'S TIME TO START THINKING ABOUT NEW YEARS RESOLUTIONS. Here are five tips on how to approach your goals this upcoming year.

- 1. Consider Your Intentions.** The most common resolutions are to lose weight, spend less money, and get organized. Those are all valuable and healthy practices. But why are they your intentions? Do you want to feel better about your body? Know that you won't need to worry about money for retirement? Honoring the personal meaning behind an action helps us maintain our resolve.
- 2. Focus on Process, Not Results.** Don't focus on a result, with no identification of a process for how to get there. Intensely focusing on results paradoxically makes us less likely to achieve them. Instead of focusing on "losing 10 pounds," try focusing on going for walks or eating healthy salads for lunch – you will probably end up losing some weight in the process. And you'll probably enjoy the journey a lot more.

The focus of our resolution should be the process – the infinite present moments in which transformation will occur – rather than the single instance of its attainment.

- 3. Consider Resolution Alternatives.** If the pressure of New Year's Resolutions is too much, consider a few alternative ways to set your intentions for the upcoming year:
- 4. Make a Vision Board:** A vision board compiles images that represent what you want for yourself in the upcoming year. It's a great way to have a visual reminder of your intentions.
- 5. Choose a Word of the Year:** Many people have embraced the trend of choosing a word for the year – like breathe, trust, dance, fly – that encapsulates the feelings, attitudes, and behaviors they desire in the year ahead. This word can guide your choices and actions – instead of setting firm expectations for yourself, you can ask if a particular behavior aligns with your word and your intentions.

Ultimately, New Year's Resolutions are about growth and improvement. They are about bringing health and joy and ease into our lives. With mindfulness we can bring awareness to our habits and hold ourselves with compassion and kindness as we seek meaningful transformation.

Let Trilogy Physical Therapy Help You Reach Your Health & Fitness Goals This Year!

The professionals at Trilogy Physical Therapy will help you regain lost motion, strength, balance and coordination resulting from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and conservative treatment that gets results, we can help to strengthen and increase your mobility, while decreasing pain.

Our goal is to empower you to actively manage your pain, increase your range of motion and get you moving again. We will get you back to living the life you deserve.

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

HOW EXERCISE IMPROVES BACK HEALTH

Here at Trilogy Physical Therapy, we fully believe that movement is medicine. The more you move around, exercise, and strengthen your core, the better back health you'll experience!

According to Spine Health's website, "Exercising the back reduces stiffness by keeping the connective fibers of ligaments and tendons flexible. Improved mobility through back exercise helps to prevent the connective fibers from tearing under stress, which in turn prevents injury and back pain."

You can train yourself to move in ways that will help you prevent back injuries and chronic pain.

If you want to improve your back health and avoid future back pain, you can make sure you're doing these three things

Stretching

Stretching before your exercise routine reduces stress on your joints and spinal discs, and can help to decrease tension in your back muscles. Regular stretching before and after a workout also helps to increase your mobility levels and range of motion.

Using good posture

Our spines are designed to move. They should never remain in any one position for a long time. Most people slouch and then hold that position for extended periods. By finding a "good" posture, you can counteract the slouch. When you're standing, imagine your breast bone lifting towards the sky. Imagining this will naturally cause your spine to straighten out as it lifts you, which will keep your hips, spine, shoulders, and neck aligned.

Strength training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running, and swimming, you can keep them strong. Strength training helps strengthen the muscles of your hips, pelvis, and spine (your core muscles!) When your back hurts, the worst thing you can do is sit around all day with your fingers crossed that the pain will dissipate on its own. Chances are that it won't! Education, exercise, and continuing regular activities will help to decrease back pain.

<https://www.spine-health.com/wellness/exercise/back-strengthening-exercises>

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

HEALTHY RECIPE BALSAMIC BERRY SALAD

Ingredients:

- ¼ cup balsamic vinegar
- 2 tbsp plain Greek yogurt
- 1 tbsp strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ½ tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce



- 1 small Gala apple, thinly sliced
- ½ cup crumbled blue cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

Directions: For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/pi/>

EXERCISE OF THE MONTH

Helps To Relieve Back Pain.

REPEAT TRUNK FLEXION | TO FLOOR

Sit in a chair with good posture. Hands on thighs. Let your trunk sag toward the floor use your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up. Repeat 10 times.



mytrilogy.org

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

Exercises copyright of
 SimpleSet Pro

WHAT'S HAPPENING AT TRILOGY?



NEW CLASS ALERT

We will be offering yoga from 6:00 - 7:00 PM on Wednesdays at our Grand Island facility starting Wednesday, January 5th.

COLLABORATIVE PARTNER SPOTLIGHT

Clarke Family Medicine is moving into a suite at our Grand Island location! Starting January 3rd, Clarke Family Medicine is accepting new patients on Grand Island. They handle primary care, well exams, sports physicals, immunizations, preventative healthcare, pre-operative clearance, and steroid injections. **Call (716) 297-1027 or visit their website at clarkefamilymedicine.com to make an appointment.**

FREE LOW BACK PAIN SCREENING

For the last two weeks of January we are offering a FREE low back pain screening. Spots are limited so be sure to call and reserve your spot today!

Happy New Year

CHALLENGE YOUR MIND

ENTER TO WIN A

STRETCH-N-GO

WORD SCRAMBLE

nulroesosti



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

Expires 01/31/22



[PTMOGTrilogy](#)



[PT_MOG_Triology](#)

Start the new year off right by kicking off your health and fitness goals. Our traditional memberships, MOG MAX is more than an ordinary membership. A MOG MAX membership will help you maximize your workouts and your health. The most popular membership at the M.O.G. includes:

- An initial fitness evaluation and exercise program,
- Quarterly re-evaluations, regular exercise program updates,
- Progress notes to your physician, red flag assessments,
- Nutrition counseling, educational programs and access to all group exercise classes.

It doesn't matter if you're brand new to exercise or a seasoned veteran, a MOG MAX membership will take you to the next level.

We provide one-on-one assistance to help you reach your goals. Our exercise programs can help aid neurological conditions, fall risk management, and more. Request a tour at one of our facilities today!

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



KENMORE



WEST SENECA



WHEATFIELD

