



Slow & Steady Makes Successful Resolutions

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Happy New Year everybody! How many of you made resolutions to exercise and lose weight? How many of you are still following those resolutions this far into the New Year? This is the time of year when the gyms are crowded and the media is flashing commercials of perfect bodies to panic everyone into a frenzy. We've all been stressed to our limit over the holidays and partied and over-eaten our way into January all over again.

Soon is the daunting downhill slide to spring and walking into stores seeing summer shorts and dreaded swimsuits on the racks. Then we go into the fitting rooms under fluorescent lighting and look at our "dead perch white" skin, complete with cellulite, and walk out thinking, "I better really work it now or never", or worse yet, "I quit!" Our society is really based on black and white thinking, which puts many of us into an all or nothing phase that often sets us up for failure and injury. We work ourselves into a panic and try to get back into an exercise routine that may not be the right fit for where we are right now. Our bodies are great at adapting, but a routine needs to be done gradually to prevent injury or illness. This will prevent further setbacks that can be frustrating. Many times our clinics get patients that have injured themselves because they are expecting too much too quickly with their exercise regimen. The most common visits occur from low back and shoulder injuries. Some people run too many miles in their running regimen too quickly and suffer from foot injuries, such as plantar fasciitis or knee injuries. We can help people get back on track safely if they come in before starting an exercise program. This is especially important if the person already has an existing injury. Physical therapy can help an injured person modify their workout routine, so that they work out safely and the rest of their body can continue getting stronger as well. Don't give up, but build a routine gradually and try to be consistent! Don't be afraid to ask a professional for help getting back on track.

Do's and Don't for Successful New Years Resolutions

Do: Start an exercise regimen gradually. Use time or distance to measure improvements.

Example: Week 1: warm-up 5 minutes, jog 10 minutes 3-4 times/ week,

Week 2: warm-up 5 minutes, jog 15 minutes 3-4 times/week.

Week 3: warm-up 5 minutes, Jog 20 minutes 3-4 times/week.

Do: Make sure to do at least 5 minutes of a warm up such as walking or going up and down a flight of stairs before any cardiovascular exercise or weight training.

Do: Be consistent. Try to exercise at least every other day, so your regimen is spaced out evenly throughout the week.

Do: Try to eat food that is close to it's natural form (not processed). This choice will help you feel more energy and give your body more efficient fuel to burn.

Don't: Get discouraged or overwhelmed. Set short goals that you know you can attain, such as "I want to lose 2 pounds by this Saturday."

Don't: Take the whole weekend off from exercising. Do at least one day on a weekend.

Don't: Take the whole week off and then go like mad just on the weekends unless you want an injury or a failed resolution!

Don't: Give up. If you fall off track, start up again until exercise becomes a habit! Remember that even a little time to work out or walk is better than no time at all.