



CAMERON HIGHLANDS - MALAYSIA



Miami Physiotherapy
+
Lakelands Physiotherapy & Allied Health

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Tips For Successful New Years Resolutions

The start of the new year is an exciting time where many of us feel inspired to set goals with the aim to improve our health, finances and overall wellbeing. Many of us have tried to set goals before, and found that even with the best intentions, the new found enthusiasm doesn't last long and we are back to old habits. Here are a few tips to help you keep your New Years Resolutions for longer and reach the goals you do want to set for yourself.

Start before the new year

Many of us put off setting goals until New Years, especially with Christmas and New Years Parties making healthy living seem a little more out of reach. However, starting your resolutions earlier can actually be a great idea. This means you already have momentum once the new year arrives and are ready to continue on. Another benefit to starting your goals early that they will encourage you to go a little lighter throughout the holidays.

Let go of 'all or nothing thinking'

The problem with many diets and exercise programs is that once you miss a day at the gym or have a day or extras food or drinks, this is seen as failure, which can lead to feeling like giving up altogether. Strict

regimes are both unrealistic and unhealthy and don't leave a lot of room for fun and flexibility.

Track your progress

One of the best ways to stick to a new routine is to keep track of how often you show up. Start a checklist and tick off every day that you stick to your new routine. It only takes 21 days for a new habit to form, which means if you are able to keep it up for just 21 days, you've done most of the hard work.



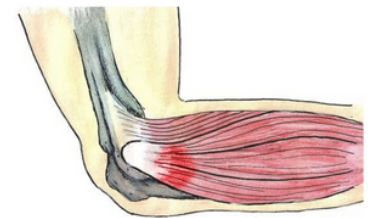
Get your niggles checked out

Nothing will stop a new exercise program faster than pain or injury. Unfortunately, small niggles do often become more problematic when you start asking more from your body. Pop to your physio for advice on how to avoid any injuries if you are taking up a new sport and get those small aches and pains sorted out.

Ask your physio for more tips on how to plan and stick to your New Years Goals. Happy New Year from our team!

Tennis Elbow

Careers that involve repetitive arm movements or working with vibrating tools can be a risk factor for developing tennis elbow.



Health Tip

Make the most of your health insurance by making sure you book your next Physio appointment before your benefits reset for the new year.

PHYSIOFACT

When you blush, your stomach also turns red.

Focus On Improving Your Posture

For most of us, screen time and sitting go hand in hand and both are only increasing as our lives move online. While short periods in any posture aren't harmful, a lack of movement combined with long periods spent in hunched positions can lead to spinal pain, headaches and even shoulder pain. If you're noticing yourself needing to spend more time in front of a screen, here are a few tips that can help you to keep flexible and avoid pain.

Set movement breaks

Posture in itself isn't always a problem. Spending long periods of time in these postures without taking breaks is a little more problematic. When your body is so used to one position, muscles may become shorter and joints a little stiffer, making it harder to move out of this posture and cause

pain and discomfort. You can break up your day by setting a timer to move and take a break every 20-30 minutes. Using these short breaks for movement is a great way to both help focus at work and keep your body more flexible.

Setup your work and home environment properly

Adjusting your work station or setting up a place to relax at home where you can avoid a hunched posture can help you to reduce time in the same posture. Your physiotherapist can give you tips for how to setup your home and office environment correctly.

Take stock of your time spent sitting

Time in the car, time on your computer and time on the couch can all quickly add up without you realising. By accounting for the amount of time you spend sitting, you can find more ways to move. For example, if you notice that you're sitting down as soon as you get home,

try swapping out watching an episode to relax for a walk while listening to a podcast.

Ask your physio for specific stretches

If you can identify the posture you spend the most time in, your physio can help you to develop a specific exercise and stretching program to counteract these positions most directly and keep you strong and flexible.

None of the information in this newsletter is a replacement for proper medical advice. Always see a medical professional for advice on your individual injury.



Pan Fried Gnocchi with Fresh Parsley

Ingredients:

- 500g Potato Gnocchi
- 1 cup Fresh Parsley
- 1/2 cup Parmesan Cheese
- 1/4 cup Butter
- 2 cloves crushed Garlic
- 1 tsp. Cracked Black Pepper
- 1/2 Fresh Lemon
- 2 Tbsp. Olive Oil
- Salt



1. Heat a medium-sized frying pan to high heat and cover with 2 Tbsp. of olive oil, sprinkle salt and pepper and add 2 cloves of diced garlic. Add gnocchi and fry until lightly crispy. Remove from pan and set aside.
2. Add butter to pan and allow to melt. Add cracked black pepper and whisk until slightly brown. Add lemon juice. Remove from heat and add gnocchi back to the pan, stirring through butter.
3. Chop fresh parsley and gently stir through gnocchi. Sprinkle parmesan slices on top.

Add cracked pepper and fresh lemon to garnish. Serves two



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