



Tips for Keeping Active During the Holidays

The holidays are often hectic, and finding time to exercise can seem impossible. Planning ahead can help you stay active even while juggling a chaotic schedule. Head to the mall or market for a 15-30 minute walk. Invite a friend or family member along and utilize this time to catch up on all of the holiday news! You don't need the fancy gym machines or weights to sneak in some exercises. Simple exercises such as mini-squats and heel raises can be performed at the kitchen counter while preparing your holiday feast.

'TIS THE SEASON... Stay Comfortable During Holiday Travel*

It's that time of year again! Whether you're heading home for the holidays or going on a winter vacation, you may be in for a long flight or drive. CompletePT can offer some simple and effective ways to help ease the discomforts of traveling this season. First off, remember to take breaks every hour, if possible. Pull off to the side of the road or get out of your plane seat and go for a walk to the restroom. Grab some

water to stay well hydrated. Here are a few stretches that will help you stay loose, but remember, always consult a healthcare professional before beginning any exercise program.

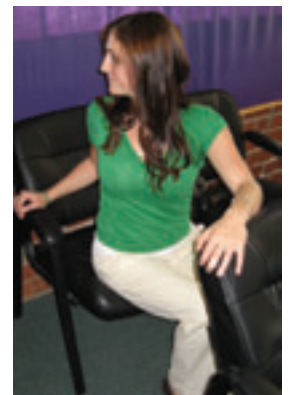


1. Upper Trapezius (Neck/Shoulder) Stretch. Sit on your right hand. Slowly and gently tilt your head to the left. Hold the stretch for 30 seconds. Next, sit on your left hand. Tilt your head to the right. Hold the stretch for 30 seconds. Repeat these stretches 2-3 times on each side.

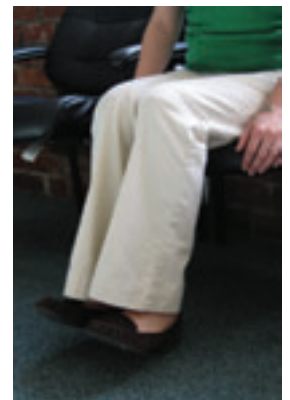
2. Trunk Rotation. In your seat, turn your body to one side as much as possible. Use one hand on the seat in front of you to assist in maintaining the position. Squeeze your shoulder blades together and lift your chest. Turn your head and look behind you. Hold this stretch for 30 seconds and repeat on the other side.



3. Seated Marching. Alternately raise and lower both legs, as if marching in place. Continue for 1-2 minute intervals.



4. Seated Heel and Toe Raises. Raise then lower your heels. Pause for a second, and then lift up your toes. Perform 20-30 repetitions of each.



*Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these activities, stop and consult your healthcare provider.

Latest Happenings at CompletePT:

- **This month's giveaway:** a CompletePT notebook with calculator for the first ten people who call in and mention this promotion.
- **CompletePT's December Sporting Event:** 32nd Annual Santa Monica/Venice Christmas Run on December 12.



On October 25th, our physical therapy staff volunteered at the 22nd annual CORBA Fat Tire Festival in Castaic Lake. We were on hand to take care of the mountain bikers' post-event aches and pains. We also provided helpful tips on training and staying safe while enjoying an active life-style.

Happy Holidays from all of us at CompletePT!

Our West LA clinic will be closed Dec. 24-26, and Dec. 31-Jan. 2. The Motion Picture Clinic will be closed Dec. 24-Jan. 3.

Make the New Year a Healthy One!



Start the New Year Right by setting two types of goals. Begin with a long term goal, then break it down into simple, easily attainable short term goals that act as stepping stones towards achieving the final result. Make your goals specific and realistic!

For example, a specific long term goal would be to lose 10 pounds by May. Break that down into smaller, easily attainable steps such as losing 2 pounds a month for 5 months. Take it a step further and outline a plan to incorporate a regular exercise program 3-5 times a week and keep a daily food journal to monitor caloric intake. To help you remember your goals, write them down and place them around the house. Share your goals with a loved one or a close friend so you have a good support system to help you stay on track. Don't beat yourself up if you miss a day or aren't perfect in following your plan. Take it one step at a time and remember to congratulate yourself for every victory! At CompletePT, we can help you put together a plan for your fitness, and help you stick to it. **Give us a call at 310.845.9690 to schedule your appointment today.**



3283 MOTOR AVENUE • LOS ANGELES, CA 90034



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