

Simplify your **Holidays**

With high expectations and over-filled calendars, the holidays can be *overwhelming*. Use these tips to help manage **holiday stress**.



Be Realistic

It is easy to fantasize about the perfect family gathering complete with snowflakes and sleigh bells. Create realistic expectations and set simple measures of success.

Just Say No

Prevent feeling overbooked and overwhelmed by mindfully choosing how to spend your time. Prioritize your obligations and time commitments.

Take A Break

Non-stop holiday activity can zap our energy. When stressed, take a deep breath and slowly exhale, releasing any tension, or try calming, relaxation guided imagery.

Give Back

Few activities provide greater satisfaction than giving selflessly from the heart. Balance the crazy, materialistic holiday stampede by helping those in need.

Hand Made

Making a gift can be a meditative experience, provides creative expression, and connects you to the generous holiday spirit.

Be a Peacemaker

With the stress of holiday expectations, misunderstandings easily occur. Remember the big picture, listen attentively, show you understand, and help make peace.

Listen to Your Body

The holidays can mean excessive fat, sugar, caffeine, and alcohol, and too little sleep and exercise.

Give your body the healthy food, exercise, and sleep it requires.

New Traditions

Holiday traditions can create wonderful memories. Consider which traditions need an overhaul, or create a new one. Remember, the best traditions may be the simplest ones.

At the Root of It All

Sometimes, the deeper, spiritual meaning of the holiday season is lost in the shuffle of gift buying, goodie baking, and get-togethers. Reflect on the holidays' true meaning.

November is Diabetes Awareness Month

Regular exercise is important, especially for those with diabetes. A comprehensive physical activity routine includes three kinds of activities:

- Aerobic Exercise
- Flexibility Exercises
- Strength Training

Aerobic Exercise

Aerobic exercise increases your heart rate, works your muscles, and raises your breathing rate. It's best to aim for a total of about 30 minutes a day, at least 5 days a week. If you haven't been very active recently, you can start out with 5 or 10 minutes a day and increase your time weekly. Or split up your daily activity – try a brisk 10-minute walk after each meal. If you're trying to lose weight, you may want to exercise more than 30 minutes a day. Here are examples of aerobic exercise:

- Take a brisk walk
- Go dancing
- Play tennis
- Swim or water aerobics
- Ride a stationary bicycle
- Take a low-impact aerobics class

Strength Training

Strength training, done several times a week, helps build strong bones and muscles and

makes everyday chores easier. With more muscle, you burn more calories, even at rest. Here are some ways to do it:

- Use weights, elastic bands, or plastic tubes
- Lift light weights at home or join a class

Flexibility Exercises

Flexibility exercises, also called stretching, help keep your joints flexible and reduce your chances of injury. Gentle stretching for 5 to 10 minutes helps your body warm up and get ready for aerobic activities such as walking or swimming.

Being Active Throughout the Day

There are many opportunities to be active throughout the day, which helps burn calories. The more you move around, the more energy you'll have. These strategies can help you increase your activity level:

- Walk instead of drive whenever possible
- Take the stairs instead of the elevator
- Work in the garden, rake leaves, or do some house-cleaning every day

DIABETES FAQS

- 23.6 million people – or 7.8% of the population – have diabetes
- Since 1987 the death rate due to diabetes has increased by 45%, while the death rates due to heart disease, stroke, and cancer have declined.
- Annual dilated eye exams and routine foot exams and blood pressure checks can prevent blindness, amputations, heart disease, kidney disease, and strokes.
- The ADA is the source for diabetes information. Call 1-800-DIABETES (342-2383) or visit www.diabetes.org for information and materials.

Upcoming **Events**

- Nov. 11 Acupuncture**
The benefits of acupuncture for musculoskeletal complaints.
Lecture by Dr. Richard Koffler.

All events are held at the New Fairfield office

- November Diabetes Awareness and Prevention Month**
- December National Handwashing Awareness Week; 7th – 13th**
- January National Volunteer Blood Donor Month**
- February American Heart Month**

To keep your energy up

during the holiday season try one of these classes at Prime Time Fitness

Located next to New Fairfield Physical Medicine & Rehabilitation

Mondays:	Step & Sculpt	9:30 am – 10:30 am
Tuesdays:	Cardiokickbox	6:30 pm – 7:30 pm
Wednesdays:	Bootcamp	8:30 am – 9:15 am
Thursdays:	Cardioblast	9:15 am – 10:15 am
Fridays:	Cardioblast	8:30 am – 9:15 am
Saturdays:	Spinning	8:15 am – 9:00 am or 9:15 am – 10:00 am
Sundays:	Kinetic Core	9:30 am – 10:30 am

Fresh Cranberry Relish

Ingredients

- 2 cups Fresh cranberries
- ½ cup Fresh or canned pineapple, drained & chopped
- 1 Granny Smith apple, peeled, cored, & finely diced
- 1 cup Mandarin oranges, drained & chopped
- 2 tbsp Honey
- ¼ cup Walnuts, chopped (optional)
- ½ cup Cranberry juice

Directions

Rinse the cranberries, and coarsely chop them into small pieces. Combine with all remaining ingredients.

Serve immediately or chill for a few hours to allow the flavors to meld. Serve with a slotted spoon.

For a sweeter dish, add extra honey. A sweeter apple may also be used.

This is an incredibly fresh and fruity cranberry relish recipe your holiday guests will enjoy with either turkey or ham. It can be modified to accommodate the fresh fruits and holiday ingredients you have on hand.

Nutrition Information

Cranberries are a rich source of Vitamin C, Vitamin A, Vitamin B1 Thiamine, Vitamin B2 Riboflavin, and Vitamin B2 Complex Niacin. This healthy holiday side dish can help boost your immune system during the season of colds.



Dr. Paul Ciatto



“Medical conditions can be exacerbated by exhaustion, stress, and poor self-care.”

Every year, we seem to spend the last few months in a flurry of activity. With all the holiday preparations and the family’s schedule of sports, get-togethers, and daily obligations, it becomes increasingly difficult to find time for yourself. Sleep, exercise, proper nutrition, stress-relief, and relaxation usually come last on the list.

Medical conditions can be exacerbated by exhaustion, stress, and poor self-care. In this newsletter, we offer ways to help you manage stress and stay healthy during this time of year. During the coming months, try not to constantly worry over details. Be there fully in the moment so you can enjoy it. Know your limits, and stick to them. And most of all, be self-aware and listen to your body.

If you find yourself needing help to get back on your feet during the holiday season, New Fairfield Physical Medicine & Rehabilitation is here to help.

We combine traditional methods with the most cutting edge technology and techniques of all major disciplines. We emphasize aggressive rehabilitation and educate our patients about their diagnosis and treatment plan so exercise becomes a pleasant routine, benefiting the patient for a lifetime.



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Look inside for tips on handling stress during the holidays.

more than simply, “where does it hurt?”

Living Well

with



PositiveHealing A Patient Profile



I have been a patient of New Fairfield Physical Medicine and Rehabilitation more than once. I have been active my entire life participating in a variety of sports such as horse-back riding, down-hill skiing, and water skiing. With these adventurous sports also come some risks. Several accidents combined with good old heredity expedited my need for physical therapy.

The doctors and therapists performed a thorough exam and, after x-rays and an MRI, decided on the most effective course of treatment to address my arthritis, bursitis, and tendonitis. A combination of cold laser, electrical stimulation, therapeutic massage, and strengthening exercises were used to improve my range of motion and reduce my pain. I leave my appointments positive and encouraged knowing I’m on the right path to healing.

In the future, I’ll be able to participate in the same activities that give me pleasure because of the doctors and therapists at New Fairfield.

Valerie
– New Fairfield

The Doctor’s View

As a patient, Valerie is an ideal example of how being proactive and following a prescribed care plan will prolong life and alleviate pain. Although some of her conditions are hereditary, she does not let that deter her from setting serious goals for her health. We helped her attain those goals by prescribing a therapeutic exercise program and a thorough explanation of how the program would help her and why it was important.

This explanation is often the missing piece in many long term care programs. Valerie has approached this plan as a lifestyle change. As a teacher, she is looking forward to being able to keep pace with her students.

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