



# Next Step Newsletter

Next Step  
Physical Therapy  
(516) 681- 8070

January, 2010

*Giving you information and answers to any physical therapy, health or fitness related questions*

## How to stick with exercise for your New Year's resolution.

While watching football, or the Rose Parade, and munching on holiday leftovers you decided to start exercising for the new year. What a great idea!! For some of you, exercising is already part of your daily or weekly routine. However, there are many of us who have not yet incorporated exercise into our life. With the dawning of a new decade upon us, now is the perfect time to start.

Adding exercise into our very busy lives can seem like a difficult task. To some of us it can be downright overwhelming. If this describes you, have no fear, you can do it. Here's the trick...create a habit. Good habits can be just as hard to break as bad habits.

Remember that when we talk about incorporating exercise into our lives, the goal is for exercise to become a part of our lifestyle—we're not talking about trying to jog every morning for 2 weeks in order to lose our holiday weight or running off to the gym for a month to get buns of steel. What our goal should be is for exercise to become a regular occurring event in our lives. Most of us shower everyday, or at least a few times a week. We take responsibility for our hygiene without a second thought. Most people don't even think about showering, they wake up half asleep and immediately head off to the bathroom. When you form a habit for exercise it can be the same way. You won't even think about it—you'll just do it. The same amount of time it takes you to go through your showering rituals would be about the same amount of time it takes to go through your brand new exercise routines. Like showering, you could do it every day, or even just a few times a week.

Never exercised in your life??? Go out and walk for ten minutes every day. Dust off that stationary bike and ride it during the commercials of your favorite shows. Do that for a month, and then add another five minutes. Add another five minutes the next month. Don't feel like going out to walk or bike on a particular day—too busy or too tired. Then go outside and walk to your mailbox or to the street in front of your house. Pedal the bike for one minute. It's not exercise but it keeps you in the habit of going to exercise—you might even feel a little guilty on the way to your mailbox and decide that you have time for a one or two block walk.

When you're really tired at night, do you brush your teeth perfectly every time? Do you sometimes skip washing your back in the shower in the morning when you're late? Stuff happens, life throws you a curveball, sometimes we make mistakes, but even when we're late for the train, we manage to go into the bathroom and pay some kind of attention to our hygiene. That's because it is an ingrained habit in our lives. Let's try to do the same for our body's health by making exercise a routine in our life. I can help you with this, just call or email me.

### Updates

**Welcome to the Next Step Newsletter!**

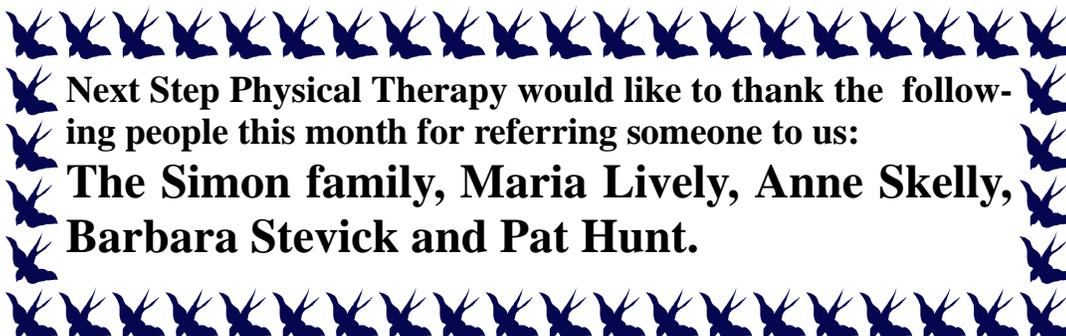
**Win a pair of movie tickets!!**

**The first 2 people to call us with the answer to this question wins a pair of movie tickets.**

**What's the trick to incorporating exercise into your life???**

- If you have a friend or family member that you think could use our help please let us know or have them call us.
- If you would like more information on any of the topics discussed here please give us a call.
- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.
- What topics are you interested in and would like to see in the newsletter? Let us know.

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**Next Step Physical Therapy would like to thank the following people this month for referring someone to us:**  
**The Simon family, Maria Lively, Anne Skelly, Barbara Stevick and Pat Hunt.**