



## Healthy Holidays

The holidays are coming and no matter which ones you celebrate, you are sure to be busier than usual and faced with less than healthy food choices. It is a time to focus on family and friends but rarely on yourself. Weight loss may be out of the question, but you can avoid gaining weight, getting too stressed and even keep up with exercising if you plan it just right.

According to Srinii Pillay, MD in an article on WebMD from December 2002, called *Holiday Stress*, there are many reasons for the increase in stress during the holidays. High expectations for the “perfect holiday”, financial concerns and missing loved ones are common stress points. There is also a tendency to

over-commit and that can be very stressful. Setting spending limits ahead of time and staying organized can help to avoid some of that stress. It is also very important to set time aside to be alone and just relax, take a bath or read a magazine.

It is a common misconception that everyone gains five pounds over the holidays. Studies show that the average is actually only 1-2 pounds and the real problem is not being able to lose the weight after the holidays are over, according to Denise Masin in a March 2000 article on WebMD called *Only About a Pound Lingers After the Holidays*. Plan to have a light snack before going to a dinner party. Do not go hungry.

It is also helpful to have family members and friends around you that will help you stick to your diet and exercise plans. Plan to work out together and hit the buffet line together at parties.

Simple modifications to your everyday errands and chores can also help to burn extra calories. Park at the far end of the mall and walk. Take the stairs instead of the elevator. Set and clear the table making extra trips to and from the kitchen. Play some music while cleaning up and dance while you work!

You may not lose weight, but you can be less stressed and avoid weight gain with just a little discipline, good friends and a plan!

Happy Holidays!

See page two for more information on where to find these articles.

## Mat Classes Are Filling Up!

Meghann Oakes, Certified Pilates Instructor in San Clemente, teaches our mat classes on Tuesdays, Thursdays and Saturday mornings. The Tuesday and Thursday classes are for all levels while the Saturday classes are

separated into Beginner and Intermediate levels. Classes are kept to 10 participants so Meghann can ensure everyone is safe while being challenged at the same time. We provide all of the equipment, including mats

and towels. Mat classes are a great way to try out Pilates for the first time and still focus on core strength, flexibility and tone.

Call to sign up for a class!

949-366-3362.

All new design and articles inside!

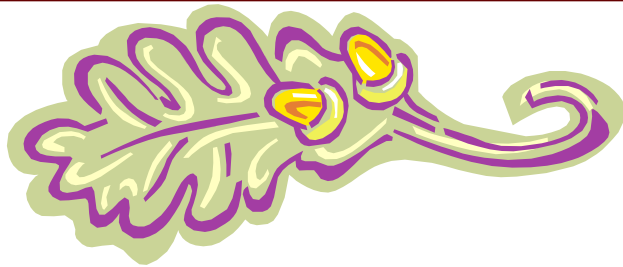
### Special points of interest:

- Check out our improved website at [www.BodyAwarenessPT.com](http://www.BodyAwarenessPT.com)
- Sign up to get *The Body Beat* by email
- Try a Pilates mat class in San Clemente
- Optimize your healthcare benefits in 2006
- Win movie passes from Body Awareness

# Q'n'A Your questions answered by the Licensed Physical Therapists of Body Awareness

**Q.** I am on a pretty good exercise routine but I always miss work outs during the holidays. What can I do to stay in shape with family in town?

**A.** Ask your guests to exercise with you. They may be missing out on their exercise routine too. Family members who are at a lower level of fitness than you are may still appreciate a walk. We are lucky to live in Southern California with beautiful weather year round. Take advantage of our sunny winters- your out of state guests will appreciate being outside. Or have something else planned for your guests to do with another family member and take the time to squeeze in your regular work out.



**Q.** Last year I ended up with neck and back pain after all of the lifting and carrying bags over the holidays. How can I avoid that pain this year?

**A.** For women, a major cause of neck, shoulder and back pain stems from carry-

ing a heavy purse over one shoulder. Downsize what you carry and distribute bags evenly in both hands. If you are doing a lot of walking while you shop, get a small wheeled cart and pile things in it instead of trying to carry everything. Make sure to bend your knees when you lift and use the muscles in your legs instead of your back. This can help to avoid painful back strains.

**Q.** Should I start a new exercise program at this time of the year?

**A.** There's never a bad time to start taking care of yourself. If you are out of shape or if you under a physician's care for any conditions, check with your doctor before starting something new.

## Graduate of the Month

Monica Giazzon started coming to physical therapy for treatment of her low back pain and some tingling sensation down one leg following back surgery one year before. Monica is a full-time mom that leads an active life with walking and swimming as her preferred exercise, but was having trouble sleeping through the night and lifting heavy objects due to the pain in her back. After her course of physical therapy, Monica states she is 90% improved. She has a great home exercise program to help



her meet that 100% goal and knows she can always call on Body Awareness for a tune up.

*The staff at Body Awareness has always been professional, caring, kind and empathetic. Their eagerness to share their knowledge made it easy to succeed. Thanks to all at Body Awareness! You rock! I'll miss you!*

*Monica Giazzon*

## Optimize your healthcare benefits in 2006

One more thing to think about this time of year is that the deductible on your health insurance probably starts over on January 1st. This means if you wait to take care of doctor visits or other medical care until after the New Year, you will have to pay out-of-pocket until that deductible is met again. If you know you need to see the doctor, start physical therapy, or take care of some other medical concerns, you will optimize your

benefits to doing so before the year ends. Call your insurance carrier by the end of the year to find out if your benefits are going to change in 2007. Some plans take this opportunity to make changes to plan benefits even if it is not your open enrollment period. Call the number on your insurance card for



member services. If your insurance is through your employer, then your Human Resources department will be able to help you.

Any other questions? Call Body Awareness and we can help.

**Costa Mesa 714-546-7575**

**San Clemente 949-366-3362**

Articles sited in "Healthy Holidays" on page one. Mann, Denise (3/22/00). *Only About a Pound Lingers After the Holidays* retrieved 10/5/06 from [www.webmd.com/content/article/22/1728\\_55928.htm](http://www.webmd.com/content/article/22/1728_55928.htm). Pillay, Srimi (12/10/02). *Holiday Stress* retrieved 10/5/06 from [www.webmd.com/content/article/77/95468.htm](http://www.webmd.com/content/article/77/95468.htm).

# Community Corner

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Chrissie Morgan Sulkess, owner of Body Awareness, and her husband Glenn are excited to celebrate the holidays this year in their new home in Forster Highlands in San Clemente. They have two young children, Luci, 2 1/2 years old and Nathan who will turn one this month.

Chrissie opened Body Awareness Physical Therapy in 2000 to offer individualized care to patients. Our first location was on Harbor at Adams in Costa Mesa. A year later, we moved to Harbor and Baker to a larger suite in order to accommodate a growing patient load and staff.

In 2002, newlyweds Chrissie and Glenn moved from Huntington Beach

to San Clemente to start a family and were impressed by the sense of community in San Clemente.

Not long after, Chrissie and Glenn found out they would be expanding



their family as well as the business. We opened Body Awareness Physical Therapy and Wellness Center at the Courtyards in Talega on February 18, 2004 and Luci was born on March 3rd. It was a busy and exciting first few months!

Since then we have started a Women's Health Program in both locations and Pilates Conditioning in San Clemente.

San Clemente and Costa Mesa are both special places with a real sense of family and community. We are privileged to be a part of these communities and love working with our patients and their families that make up these two great cities.

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## Receive The Body Beat by Email!

You can now go on to our website and sign up to receive **The Body Beat** by email. Enter your name and home address to be removed from our mailing list and you will no longer receive anything by mail. We will also add monthly health tips to our online subscription to help you stay on track through out the

year. We've made some other exciting changes to our website, including a Pilates Photo Gallery and lots of new information. We look forward to receiving your feedback on the new and improved website

*Check out the  
new and improved website at  
[www.BodyAwarenessPT.com](http://www.BodyAwarenessPT.com)*

and **The Body Beat**.

Call the office and keep checking online for new articles, surveys and photos.

Our website is

**[www.BodyAwarenessPT.com](http://www.BodyAwarenessPT.com)**.

Check it out!

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## Win a pair of movie tickets!

The first 5 people that call in with the correct answers will win a pair of movie passes from Body Awareness!

Unscramble these 10 words from this edition of the Body Beat.

1. CEEIXSRE
2. RESTSS
3. LKAW
4. IYSDOHLA
5. YHLTEAH
6. RYAPT
7. LTREAECBE

8. ITSSRA
9. UMCSI
10. XEARL

Call 714-546-7575 or 949-366-3362 with all 10 correct answers to get your movie passes!

***Good luck!***



# *Body Awareness*

## *Physical Therapy*

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## Healthy Holiday Hints

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- Make time for yourself to relax, read a book or go for a walk.
- Stick to your regular exercise and eating routines.
- Don't try to lose weight, just try not to gain any.
- Distribute the weight of bags evenly in both hands or get a wheeled cart for heavy and bulky items.
- Use proper lifting techniques when picking up those big presents!
- Remember what this season is all about and do not over-commit or let stress ruin your holidays.