



# HARBOR PHYSICAL THERAPY WINTER NEWSLETTER

## Staying Motivated During the Winter

1. Staying motivated, especially during the winter months, can be challenging but doing so is imperative to staying in shape for the spring.
2. After you wake up, stretching your muscles is a good way to start off your day as you will be more relaxed and prepared for the day!
3. Setting aside thirty minutes to an hour to exercise every day is another way to stay active through the winter months. There are so many exercise options out there to try: yoga, pilates, strength training to name a few.
4. Going on walks is another simple way to stay active. If you are walking weekly, make sure to bundle up!
5. Keeping a diary or workout log can help you stay focused on your goals and keep track of your progress.

## Setting Realistic New Year's Resolutions

1. Keeping it simple isn't a bad thing! Starting with smaller more attainable goals can help build momentum towards completing harder ones!
2. Quality over quantity. Setting too many goals can lead to fatigue especially early on in the New Year. Set a reasonable amount that you know you will commit to!
3. Get others involved! Having friends or family help out to achieve your resolutions is a good way to stay motivated and make it more fun!

## Sugar Cookie Recipe from Scratch

### Ingredients

2 1/2 cup 3/4 cup all purpose flour, 1 teaspoon baking soda, 1/2 teaspoon baking powder, 1 cup softened butter, 1 and 1/2 cups white sugar, 1 egg and 1/2 teaspoon vanilla extract

### Directions

Combine dry ingredients in one bowl and wet ingredients in another and gradually blend them together.

Once blended well, roll dough into balls and make them into any holiday themed shape!

Finally place in oven for 10-15 minutes at 375 degrees and enjoy!



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