New Year's Resolutions:

How to get healthy without getting hurt.

With the end of the year approaching, now comes the time many people aim to exercise more, eat better, and overall live a healthier life. This pursuit is fantastic and encouraged by all healthcare providers. With it however, can come some common pitfalls that do more harm than good. Here are a few examples of what to avoid when trying to achieve those New Year resolutions.

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Start out slow!

Many times when people vow to exercise more, they do too much too soon. This can cause you to feel burned out and quit the activity altogether or even worse, cause an injury. Your body is used to the day-to-day stresses it encounters with daily life. When you drastically change this routine, such as going to the gym for an hour five days a week when previously you did not attend, your body will in turn pay the price. For some, this means you may feel sore or “achey” for several days and for others this can cause pain.

Rather than jumping into the deep end, try to change one aspect of your routine and then expand from there. If exercising more is your goal, start out with two days a week for a half hour and see how your body reacts. This goes for people trying to lose weight as well as for folks trying to get that “beach body” back. Your body will thank you greatly and you will avoid seeing us a few months later due to not changing too much too soon.