



A person is running on a paved road during a sunrise or sunset. The person is wearing black leggings and black sneakers with white soles. The road has "2022" and "START" painted on it in large, white, block letters. The background is a warm, golden glow from the sun.

HOW A HEALTH COACH CAN HELP YOU LIVE A HEALTHIER NEW YEAR

Read more inside on What To Expect At Health Coaching Visits,
5 Health Tips For The New Year, and Patient Success Spotlight!

DarienPhysicalTherapy.com

Give us a call today at (203) 655-6464



HOW A HEALTH COACH CAN HELP YOU LIVE A HEALTHIER NEW YEAR

Are you interested in eating healthier, getting more active, or living a healthier life? Do you struggle with chronic pain, Type 2 diabetes, or high blood pressure? At Darien Physical Therapy, we offer health coaching to ensure you meet your goals and have a healthier New Year!

Chronic health conditions like heart disease and diabetes are associated with low mortality and high morbidity rates. Health coaching can help you learn to adopt healthy lifestyle behaviors that prevent and control infections.

Our team of coaches can help encourage you to take responsibility for your wellbeing and self-manage any chronic conditions you may be dealing with.

At Darien Physical Therapy, we are here to help! Call us today to schedule an appointment to get started towards a happier and healthier New Year!

What Is Health Coaching?

A health coach is your personal guide to help you implement lifestyle changes that improve your physical health and wellbeing. A coach's job is to help you structure a program that is tailored to your specific needs. The main objective is to help educate you about choices that ensure you have the results you are looking for.

Growing evidence indicates having support and guidance with your wellness increases your chances of success. A health coach will help you set up a plan to reach your goals and

guide and support you every step of the way. Their expertise will help you learn how to create new habits and make healthy decisions for lifelong transformation.

One of the main benefits of a health coach is having someone strategize and make adjustments when you run into obstacles or don't see the success you are hoping for.

The main areas a health coach typically addresses are:

- Nutrition
- Weight management
- Exercise/activity
- Stress reduction
- Sleeping habits
- Medication adherence

Our health coaches will work with you to improve your behaviors through goal setting and motivational strategies. The coach's job is to collaborate with your other health care providers to make sure you have the tools necessary for success.

Fortunately, our health coaches can help you learn how to manage your chronic health conditions and help you live a healthier life!

**Get Your Life Back with
Darien Physical Therapy!**

(203) 655-6464



WHAT TO EXPECT AT HEALTH COACHING VISITS

Health care professionals play critical roles in promoting healthy behavior and helping to motivate adults with chronic diseases. Our coaches will work with you to ensure you have a happy and healthy New Year.

We will start with a health assessment to identify important information about your daily habits, including how much exercise/activity you get daily. We will also determine your nutritional habits and your understanding of how you eat affects your body.

A key component of our coaching program is to perform a thorough health history to ensure you have the right tools for success. At times this will require coordination with other health care practitioners to provide an integrative approach for your wellbeing.

Finally, we will identify your personal goals. You need to take personal responsibility for your health, and we are here to help you achieve your goals and help you feel your best.

Based on all this information, we will design an individualized plan that is simple but effective. We will help you incorporate easy-to-follow (but very powerful!) habits into your daily routine. Your

health challenges and personal goals are unique to you, and our health coaching will help ensure your plan is perfect for you!

Call To Schedule An Appointment With One Of Our Coaches

At Darien Physical Therapy, our team provides personalized health coaching to help you achieve optimal health and feel your very best. We will identify your specific needs and tailor a program to meet your individual goals.

Call us today and let us help you start your New Year on the right path to long-term health and wellbeing!

Sources:

<https://journals.sagepub.com/doi/abs/10.4278/gjhp.090313-LIJ-101>

<https://www.sciencedirect.com/science/article/abs/pii/S0738399114003000>

<https://online.library.wiley.com/doi/abs/10.1111/hsc.12536>

<https://www.ingentaconnect.com/content/wk/ncm/2017/00000022/00000005/art00006>

Have pain that won't go away? We want to help!
Give us a call at (203) 655-6464 or visit
DarienPhysicalTherapy.com today!

Life is too short to not feel your best. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!

5 HEALTH TIPS FOR THE NEW YEAR

- 1. Shop Well For Yourself.** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.
- 2. Schedule Your Exercise.** Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.
- 3. Just Say No.** You probably aren't aware how much extra food you consume just from people offering it to you. A sample

at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

- 4. Skip the Baking.** Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.
- 5. Hydrate.** Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



PATIENT SUCCESS SPOTLIGHT

"Quick recovery from shoulder surgery after both Mike and Juan worked to rehabilitate my shoulder. Excellent treatment." - 5-Star Google Review

FREE HEALTH ASSESSMENT FOR YOU AND A FRIEND.

Call Today As Spots Are Limited.
Expiration: 02/28/2022

COVID-19 PRECAUTIONS

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution. All of our clinicians have been vaccinated for your safety.



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS



OUR CLINICIANS HAVE BEEN VACCINATED

Your health is our highest priority. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!