

January 2020

**BODY GEARS**

# NEWSLETTER

THE FACTS ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



THE NEW  
YEAR'S  
ISSUE



**10 NEW YEAR'S  
RESOLUTION IDEAS**

**HEALING IN THE FACE  
OF THE UNKNOWN**

**RECIPE OF THE MONTH**

**EXERCISE OF THE  
MONTH**

enhancing **HUMAN** mechanics<sup>SM</sup>



# Welcome to a New Decade!



2020 is going to be a special year! Not just because this type of numeric alignment only comes along once in a century (shout-out to anyone who was alive in 1919), but because we have the opportunity to define a new decade. While there's no way of knowing what our double date with destiny will bring, every single one of us has the



power to make positive changes with our buying habits, our voices, and our votes. The year 1717 brought us the New England Great Snow and the rise of Blackbeard.

1818 brought us the flag as we know it today with 13 stripes and a star for every state. 1919 saw the end of World War I. 2020 will bring us the Summer Olympic Games that will offer new medals in surfing and skateboarding, the NFL will celebrate its centennial, and it's a leap year! Welcome to the next decade of our lives.



# 10 Meaningful Resolutions You Can Make and Actually Keep in 2020

## 1. Drink More Water

The exact amount of water you need each day depends on your weight and activity levels. Around 2L or 8x8oz of water a day is a good rule of thumb. Water promotes healing, beautiful skin, a healthy gut, and many other benefits.

## 2. Use Less Plastic

Figure out a system to remember your reusable shopping bags, say no to plastic straws, or get a water filter instead of bottled water. Every little bit counts.

## 3. Set a Better Workout Goal

Exercising to be thinner or healthier is just too abstract and only highlights the lack of those things in your current physical state. Instead, work towards being able to do a full pull-up, or run a half marathon, or deadlift your body-weight. Whatever will make you feel stronger, faster, and most of all proud.

## 4. Finish Reading a Book

Visit an old classic like "The Great Gatsby" by F. Scott Fitzgerald. Learn about your body in "Come As You Are" by Emily Nagoski. Take a dive into the human mind with "Nonsense" by Jamie Holmes.

## 5. Visit a New Country

Try using the everywhere or anywhere functions when searching for flight deals. Live like a local for a richer cultural experience and a cheaper overall trip.

## 6. Practice the Law of Attraction

The simplest way is to keep a representation of your aspirations in a place where you'll see them everyday. Whether it's a vision board, journal, or your desktop background, remember to dream big, be specific, and stay positive.

## 7. Clear out Your Clutter

Practice the Marie Kondo way of parting with anything that doesn't spark joy or restrict yourself to a single drawer or bin to keep those items you haven't touched in years but are convinced you might still need someday.

## 8. Practice Gratitude

First thing in the morning or last thing at night, in your head or in a notebook, record one thing you're grateful for - it's the secret to happiness after all.

## 9. Open a New Savings Account

Whether you're saving for a down-payment, a trip, or just to have an emergency fund, having a dedicated account where you can see the total will help you reach your goal.

## 10. Don't Ignore Pain

Whether physical or mental, it's important to get the right help at the right time. Alert your close friends and family first. If after 3 days, nothing is improving, then go to the experts. It's much easier and cheaper to handle pain early. Instead of pushing through pain, overcome it.



Record your resolution in a notebook, journal, vision board, or digitally to help keep yourself accountable!

# Can You Still Get Better If You Don't Know What's Wrong?

## Yes!

If you've ever had x-ray, MRI, or CT scan results come back without any significant findings, then you're familiar with that sense of relief being quickly replaced by anger or confusion from not knowing what's causing your symptoms.

*If nothing's wrong, why do I still have pain?*

*Mild to moderate degeneration can't be causing this much pain?*

*Are they going to think this is all in my head now?*

*How will I ever get better if no one even knows what's wrong with me?*

These are just some of the thoughts that patients have expressed to us when they come in for their free consultations.



Rest assured that scans are not the only means of diagnosing problems and that you can 100% get better even when your scans don't provide you with an official diagnosis.

How is this possible? First, let's put our reliance on technology into perspective.



In the same way text messages and emails can't accurately convey tone, imaging can't convey movement dysfunction. X-rays are simply shadows cast by your bones during one moment in time. If you've ever played around with shadow puppets, you'll know that just slightly angling toward or away from the light source can change your dog into a bunny. X-rays and MRIs are designed to pick out the big threats like fractures, tumors, lung problems, and internal bleeding. If you've been cleared of any major medical diagnosis then you're an excellent candidate for physical therapy!

Physical therapy treats movement dysfunction, which isn't something scans pick up on since you usually need to be incredibly still during the imaging process.

Remember, the purpose of imaging is to rule out the big scary stuff. If that's already done, then breathe a sign of relief and set up an appointment at your nearest Body Gears clinic to start moving better so you can start getting better.

*Joint keeps swelling up and no one knows why? **Movement dysfunction***

*Pain moving a limb past a certain degree and scans are all clean? **Movement dysfunction***

*Vague "age-related changes" findings that everyone over the age of 25 has? **Movement dysfunction***





## Farro Salad with Asparagus and Parmesan

Prep Time 10min  
Cook time 55min  
Serves 12

### Ingredients

2 cups farro  
3/4 lbs fresh asparagus  
1 cup red and yellow  
cherry tomatoes  
3/4 cup chopped walnuts  
3/4 cup dried cranberries  
1/2 cup fresh parsley  
1/3 cup fresh chives  
1/4 cup balsamic  
vinaigrette (or to taste)  
1 cup shaved Parmesan

Optional: replace  
Parmesan with goat's  
cheese and walnuts with  
almonds.

### Directions

1. Bring a large pot of salted water to a rolling boil over high heat. Cook the farro uncovered, stirring occasionally until al dente or tender (20-30min). Drain and allow to cool.
2. Bring another pot of lightly salted water to a boil while trimming the asparagus. Cook uncovered until tender (3min). Drain and immediately immerse in ice water. Once cooled, drain, chop, and set aside.
3. Place farro, asparagus, halved tomatoes, walnuts, and chopped parsley and chives into a large serving bowl. Drizzle on the balsamic vinaigrette and sprinkle in 3/4 cup of Parmesan. Toss and top with the remainder of the Parmesan.

### Farro Fun Facts

An ancient grain with the potential to beat out quinoa as the "it" carb of 2020 with almost double the amount of fiber and protein. Its nutty flavor and texture make it a filling rice or pasta alternative. Soak it overnight to reduce cook times.

# Exercise of the Month



## Reaching for the Stars

from the Institute of Physical Art

### Single leg hip extension with external rotation.

Get your lower limbs firing on all cylinders to help you reach your 2020 fitness goals. This exercise focuses on one leg at a time to ensure proper muscle coordination for maximum benefit. While there's a slight strengthening component, this exercise is more about establishing synergies in the leg muscles. Make sure you take your time with each rep so you can feel how to create each component in sequence.

1. Lay on your back with one knee bent.
2. Push down through your foot to engage your glutes and hamstrings.
3. Begin reaching your hip up to the "stars" while keeping the other on the floor (this will create rotation in the spine).

4. Ensure your knee stays in the same place by rolling the thigh outward (ie. creating external rotation at the hip joint will prevent the knee from falling in).

Perform 2x10 each side

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## Wheaton

400 S COUNTY FARM RD #310  
WHEATON, IL 60187

**630-937-3030**

## West Loop

211 NORTH CLINTON ST #2N  
CHICAGO, IL 60661

**312-728-3030**

## Lincoln Park

2316 NORTH CLARK ST  
CHICAGO, IL 60614

**312-739-3030**

## Oak Brook

2311 WEST 22ND ST #110  
OAK BROOK, IL 60523

**630-912-6040**

## Winnetka

914 GREENBAY ROAD #202  
WINNETKA, IL 60093

**847-447-6040**

## Oak Park

1049 LAKE ST #201  
OAK PARK, IL 60301

**708-607-6040**

## SCHEDULE YOUR FREE DISCOVERY SESSION

### Visit our website or give us a call.

Whether you're recovering from an injury, training for a competition, or you're striving for better health, wellness and freedom of movement, Body Gears can help you achieve your optimum self.

This 20-minute appointment will allow you to meet with a physical therapist, share your story, and complete a mini-assessment. The purpose of this session is to answer two questions:

- 1. Which techniques will help you change your story?**
- 2. How can Body Gears help you achieve your functional goals?**

Our physical therapists will be able to quickly provide you with the information you need to take the next step.

We hope it's with us!

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