



**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

# NEWSLETTER

PERFORM BETTER. RECOVER FASTER. STAY IN THE GAME  
JANUARY 2021



NEW YEAR,  
**NEW YOU!**

• BECOME YOUR BEST  
• SELF IN 2021!  
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**INSIDE:**

- New Habits For The New Year
- Say Hello To Our New Student!

- Help Us Help Our Community!
- Student Spotlight





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## NEW YEAR, NEW YOU!

*BECOME YOUR BEST  
SELF IN 2021!*



- 1. Get in shape.** The most common New Year's resolutions have to do with getting in shape. If you're resolving to hit the gym to improve your health or just your physique, you can avoid falling off the fitness cliff come February by enlisting a friend to exercise with you, or joining a regular class where you'll be missed if you skip a session or two. Need additional motivation? Use fitness technology to stay on track. Fitbits or other fitness trackers will tell you when you've been sitting too long and you need to move. Food apps will tell you when you've eaten too much and you need to stop. Exercise apps will tell you how many calories you've burned. Virtual classes will help you get in shape and stay safe!
- 2. Lose weight.** Spend any amount of time on Instagram and you won't be able to avoid the avalanche of products and schemes promising quick weight loss. And while the thought of shrinking a pant size or five by Valentine's Day is a gift in itself, there really aren't any shortcuts when it comes to dropping pounds. While we've long heard the message that the key to weight loss lies in diet and exercise, the latest research suggests that, while exercise is important for overall health and keeping weight off, it isn't actually that useful for weight loss. The bottom line: If you want to lose weight, focus on cutting calories.
- 3. Spend less, save more.** If your bank account is looking a little low after the holiday gifts have all been purchased, you may be one of the many people who resolve to get their financial house in order in 2021. Buy and sell clothes at consignment stores, consider refurbished electronics, and try to buy products only when they are on sale.
- 4. Spend more time with family and friends.** Spending time with loved ones is great for your health and well-being, so it's not surprising that many people resolve to put more effort into nurturing their connections with family and friends, especially in the era of COVID. Set aside time each week to either call a friend or family member. Take turns hosting dinner, or just get together for a walk (when social distancing mandates allow, of course). Friends far away? Set up a weekly Skype chat instead.
- 5. Get organized.** Getting organized is a noble goal. But in order to make this resolution stick, you're going to need some concrete strategies. Some examples include avoid impulse purchases so you don't end up with more clutter, setting aside 10 minutes each day to file and delete old emails, and setting up files to keep track of paperwork, such as medical bills, taxes and home maintenance documents.

Contact Us For Your Appointment Today! (905) 847-5227 • [info@leapsandbounds.ca](mailto:info@leapsandbounds.ca)



# NEW HABITS FOR THE NEW YEAR



Now that you've been inspired by our top 5 New Year's resolutions, here are three easy tips to turn into habits:

- 1. Drink half your body weight in ounces of water.** If you weigh 160 pounds, you should drink 80 ounces of water. When the body is dehydrated, it doesn't run efficiently. Drinking water has plenty of benefits, including increasing energy, flushing out toxins, improving skin complexion and boosting immunity.
- 2. Relax between stressors.** The stress response is controlled by the autonomic nervous system, which controls heart rate, blood pressure, and digestion. Two branches of this system, sympathetic and parasympathetic, work together to keep the body in balance before and after stressful situations. Daily stresses such as work and traffic on commutes can keep the body in sympathetic or "fight or flight" mode.

Chronic stress has been linked to low immunity, common illnesses, depression, high blood pressure, and heart disease. You can reduce the risk of these by allowing your body to return to a parasympathetic or "rest and digest" state

after a stressful event, such as by meditation. Find a comfortable location with minimal distractions and focus on the repetition of a sound, word, or phrase. It may help to focus on your breath while counting inhalations and exhalations: in (one), out (two), in (three), and so on.

- 3. Be active daily.** Aim for 30 minutes of daily activity, 5 days a week. If needed to fit in your schedule, split up your exercise throughout the day: 10 minutes before work, 10 minutes afterward, and 10 minutes at home with the kids.

If a long-term resolution seems daunting, think short-term and aim for new measurable goals monthly. For example, drink homemade juices or smoothies five days a week or remove packaged snacks from your diet for a month. It will not seem like such a life overhaul if you add or eliminate a certain food for a few days. Once you get in rhythm, you just might continue it and make it a habit. If not, you know you will get to start a new goal the next month. For more tips on helping your resolution game, check out an old blog of ours [HERE](#).



 **HELP US HELP  
OUR COMMUNITY!**



Last month we raised money in support of "Kerr Street Mission." This month we're supporting Oakville Hospital Foundation. Click [here](#) for more information!

**DO GOOD — LEAVE US A REVIEW TODAY!**

**LET'S GET  
SOCIAL!**

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!



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# SAY HELLO TO OUR STUDENTS AT LEAPS AND BOUNDS

At Leaps and Bounds Physiotherapy, we are happy to say that we are a teaching clinic. We have a student on our team who has been doing placements to get their physiotherapy licensure.

We are so excited to be able to provide this opportunity to our valued student staff member, he is constantly providing us with fresh new ideas and helping our physiotherapists to best serve your needs. Even better, he is able to train to be the very best physiotherapists he can be, so once his placements are complete, he can join our team as a full-time physio!

We understand that there can sometimes be hesitation when working with a student, but we can assure you that our student, Harjunt Johal, is dedicated to learning and growing into his future career as a physiotherapist. Additionally, our student will always be accompanied by a licensed physio who can evaluate their methods and step in at any point if needed.

Teaching clinics such as ours are not common, but at Leaps and Bounds Physiotherapy, we take pride in helping prepare the next generation of highly qualified, devoted physiotherapists. Our student takes on a lot, and we are excited to be an integral part of his success in becoming the best!

If you happen to see our student observing or assisting with physiotherapy techniques in our clinic, feel free to say hello! He is eager to learn and meet you, and we are eager to watch him grow into a successful member of the Leaps and Bounds Physiotherapy team! Harjunt will be starting on January 11<sup>th</sup>!

# WE ARE DEDICATED TO KEEPING YOU SAFE

- While we know there is still uncertainty around going to public places, we want to put your mind at ease to let you know you are safe in our clinic.
- Leaps and Bounds Performance Rehabilitation is taking all of the necessary precautions to ensure both our staff and our patients remain healthy. It's very important to us to follow sanitation protocols.
- **Rest assured that we are:**
  - Practicing social distancing
  - Performing routine temperature checks for employees/patients
  - Sanitizing equipment/surfaces before and after use
  - Wearing masks
- Our clinic is doing its very best to provide and maintain a safe, comfortable and inviting environment for your appointments, however, we do understand that some of our patients are unable to receive in-person care.
- We are currently offering virtual Telehealth appointments for this reason.
- Rest assured you will still receive the same high quality of care that you would in our clinic! We look forward to continuing your treatment.
- To learn more about what our clinic is doing to assure that our patients receive treatment in a clean environment, contact us today, or visit us [HERE](#) for information on our COVID Procedures, or [HERE](#) for information about our Virtual Rehab!

## STUDENT SPOTLIGHT



### HARJUNT JOHAL STUDENT INTERN

My interest in Martial Arts from a young age allowed me to appreciate the biomechanics and anatomy behind sport early on, my curiosity eventually led me to pursue my Bachelor of Science degree in Kinesiology at York University. I am currently completing my last semester of the Doctor of Physical Therapy program at D'Youville College.

I have an interest in sport, orthopaedic, and geriatric Physical Therapy and hope to pursue further credentialing in these specialties. When I am not studying for my board exams, I enjoy cycling, running, and hiking with my dog, Enzo. I am a firm believer that learning is a lifelong process, and I am looking forward to learning from Pat and the team at Leaps and Bounds, hopefully I can share some of my experiences with them as well!



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