



**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

# NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

FEBRUARY 2022



## KEEP YOUR FOOTING *This Winter!*

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## KEEP YOUR FOOTING *This Winter!*



Just because it is winter, it doesn't mean you have to stay indoors! It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season!

The winter presents several fun activities that can double as workouts. Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need.

At Leaps & Bounds, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

### WHAT ARE THE BENEFITS OF EXERCISING DURING THE WINTER?

It is an undeniable fact that daily exercise is an important part of staying healthy and promoting wellness. It seems easier to get up and exercise when it is warm out, but there is actually evidence to support the benefits of working out in the cold. Depending on the type of workout, exercising in colder weather can actually have a more positive effect on the body than exercising in the heat.

According to a study titled "Exercise in the cold," found in the Journal of Sports Sciences, temperatures hovering around 50 degrees Fahrenheit

are optimal for high or moderate intensity workouts. Conversely, low intensity workouts are better performed indoors during colder months, as sufficient metabolic heat may not be generated well enough to offset the cooler environment.

Exercise also helps loosen muscles that may become stiff in the winter months, making it easier to maneuver around in your orthotic or prosthetic device. Additional benefits to winter exercising include:

- **Sunlight intake.** Vitamin D is important! Many people lack Vitamin D in the winter, due to a scarcity of desire to venture out in the cold. However, simply stepping outside can have positive effects. Sunlight can act as a natural mood booster, which may even increase motivation to exercise.
- **Absence of heat/humidity.** Too much heat or humidity can sometimes feel suffocating. During colder months, this isn't an issue. In fact, exercising in the cold can feel invigorating, as the crisp air can increase your energy. You run out of breath easier when it is hot and humid, so when that is taken away, you may be able to work out for longer periods of time.
- **Immune system boost.** According to the Centers for Disease Control and Prevention, even just a few minutes of outdoor exposure during the winter can help prevent against both bacterial and viral infections.

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





# KEEP YOUR FOOTING THIS WINTER WITH **LEAPS & BOUNDS!**

While exercise in the winter is important, icy walkways unfortunately pose a higher risk of falling. This can lead to a higher risk of injury, such as strains, sprains, and tears. At Leaps & Bounds, we want to make sure you stay as balanced this winter, so you can enjoy doing the activities of the season without fearing a harsh fall!

There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. These include:

- Choose shoes with winter soles for traction. You can also get a pair of ski or walking poles to help keep your balance. As an added bonus, these poles will also help you burn extra calories since your upper body is getting a workout too.
- Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.
- Allow at least 10 minutes to warm up when exercising in the winter. When it's cold, your heart and muscles need more time to get ready and prepare for exercise – this can help you avoid unwanted injuries.
- No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity

movements that will make the physical activity easier to perform. For example, if you decide to go on a walk or run through the winter wonderland that your street has become, you could warm up with lunges, squats, arm swings, or jumping jacks, making sure to also get a good stretch in your calves and thighs. This will keep your body warm while you exercise and will be a good way for you to feel out the terrain beforehand to see if it's too icy.

- Add in any additional assists, as needed. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is important to add to your stability. Ice cleats or rubber-soled boots can provide you with grip and support. Using a cane or crutch can also help in remaining steady on frozen terrain. Our trained CPOs can help you figure out if an additional assist would benefit you.

Whether you're looking for ways to get moving in the winter or figuring out how to maneuver icy terrain in your orthosis or prosthesis, Leaps & Bounds can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!



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## HELP US HELP OUR COMMUNITY!



This month we will be raising money for [Heart and Stroke Foundation!](#) We will donate \$10 for every Google review we receive!

**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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# FEBRUARY IS HEART HEALTH MONTH!

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
- 6. Think beyond the scale.** Ask your doctor if your weight is

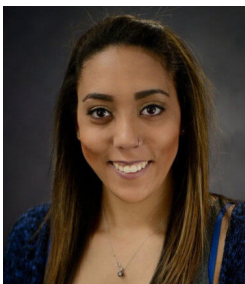
OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.

- 7. Ditch the cigarettes, real and electronic.** Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.

- 8. Clean up.** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).



## STAFF SPOTLIGHT



### ONIKA GREEN HONS BA PSYCHOLOGY, MHK

Onika completed her Master of Human Kinetics, with a concentration in performance intervention and consultation, at the University of Ottawa. This program prepared her to facilitate the training and development of mental skills, which her clients can then use to perform more consistently at their personal best, recover more quickly from injuries, and manage their pain more effectively. These mental skills include goal setting, focus, motivation, mindfulness, imagery, stress management, and more. She is invested in the well-being of her clients, and wants to help you get back to your best as quickly as possible.

Onika grew up in the competitive dance scene in Oakville. Her familiarity with the competitive environment inspired her mission to make a difference by supporting the wellbeing and mental health of athletes across the GTA. She has her mental health first aid certificate, and is familiar with both the mental health and performance enhancement aspects of sport and recovery.

Onika's person-centered approach as a counselor involves a balance between discussion and application. She works collaboratively with clients to create a plan for action, and offers a structure for accountability to ensure their success. All of the skills discussed in sessions are transferrable – these are skills that can help you in sport and in life.

When Onika is not working, she enjoys time spent at the cottage floating on the lake, running the trails, or sitting around a campfire with friends... she seems to be an expert in applying the relaxation skills she teaches her clients to her own life!

