



## Happy New Year!!

Guilford Orthopaedic would like to wish you a Happy New Year as we come into 2013! Our office will be closing early New Years Eve December 31, 2012 and will be closed New Years Day January 1, 2013.

### Gearing up for the NC Special Olympics Polar Plunge!



It's that time again, and we need your help! Guilford Orthopaedic and Sports Medicine Center has a goal of \$2,500 to reach in donations. We will be taking donations at the front desk as well as having To-Go coffee mugs and Tumblers for a \$7.00 donation for the NC Special Olympics.

We are jump starting in effort to reach our goal and surpass it by February! We thank you in advance for helping us reach our goal for donations for a good cause!



### Dr. Graves shares tips on how to listen to your body with this years New Years resolution

The Holidays are upon us and many of us have indulged, and occasionally over indulged, in the wondrous treats of the season and with the change in schedules our exercise routines have frequently been neglected. This culminates on New Year's Eve where we begin to look forward to the coming year and frequently discuss New Year's resolutions. One of the most frequent New Year's resolutions is to begin a new exercise routine or renew an old exercise routine. Let us be clear, exercise is the cornerstone of physical and mental health, so we are very much in favor of exercise plans. We want these exercise plans to be safe, so that hopefully you will not end up in our office. For many, weight loss is a primary reason to begin an exercise program.



Thirty minutes of mild to moderate exercise will burn off around 300 calories.

So we can all agree that exercise is good for us. There is no better time than using the promise of the New Year to get started. Here are a few tips for beginning or renewing an exercise plan.

If you are concerned about your health, consult your doctor, but there is almost no one who cannot benefit from some form of exercise.

1. Start slow and build. With any activity that your body is not used to it is best to start well below your ultimate expectation for that activity. This allows your body an opportunity to adapt to the new movement, in particular, allowing your muscles and joints to accommodate the new stresses that you will be putting on your body.
2. Stretch. While the best way to warm up may be doing the same exercises that you will be doing later at a slower speed, when you finish exercising it is important to do traditional stretching while your muscles are warmed up to get them ready for the movement and strain that you will be putting on your body as your time and intensity increases. Many of these stretching routines can be found online or can be outlined through a session of physical therapy.
3. Remember that some parts of your body are stronger than others. Maxing out the upper body and the shoulder area can frequently cause problems in the elbow area where the muscles are not quite as strong. Respect this and keep your intensity at or below what the weakest muscles of your body can stand and build this up over time to allow for heavier and more intense exercise.
4. Just do it. There will be days when you do not feel your best or you have a ton of work or other things on your mind. It is best in these situations to just start exercising and see what happens. You will frequently find that if you just start, something good happens and you will find a way to make it through your exercise plan for the day. The use of an exercise buddy here is also helpful, in that some days you will be the motivator and some days you will need a little extra motivation.
5. Be realistic and honest with yourself. Select types and durations of exercise that you would enjoy, and can accommodate your schedule. Otherwise you may get frustrated and quit.

Whether it is for weight control or generalized fitness, exercise is the most important part of good long-term mental and physical health, so let us all use the excitement of the New Year to get started or to renew our commitment to an exercise program. Good luck and Happy New Year.

### Guilford Orthopaedics strives to ensure the best experience and availability to ALL our patients!



We are open Saturdays from 9am until 1pm.

Be sure to call 336-275-3325 to schedule your appointment.

If after hours please visit our Urgent Care located at 201 E Wendover Avenue Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30pm until 9pm and Sat./Sun. 10am until 2pm.