



Preferred Health Partners Newsletter

January 2024

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New Year, New You: A Guide to Exercise Resolutions

The new year is a time for fresh starts and new beginnings. Many people use this time to set resolutions for themselves, often with a focus on improving health and fitness. If you're one of those people, you're not alone; even your doctor has made these resolutions.

This newsletter will provide you with a brief overview of several types of exercise to help you find the right fit for your New Year's resolutions:

Cardio:

- Jogging/Brisk Walking: A classic and efficient way to exercise, offering cardiovascular benefits and improved endurance.
- Swimming: A low-impact exercise that's easy on your joints, making it suitable for all ages and fitness levels.
- Cycling: Great for building leg strength and endurance and can be done stationary indoors or while enjoying the fresh air outdoors.
- Dancing: A fun and social way to get your heart rate up, with various styles to suit different preferences.
- Stair Stepping/Climbing: An excellent conditioning, balance training and lower extremity strengthening option.

Strength Training:

- Weightlifting/free and machine weights: Builds muscle mass and strength, which can improve metabolism and bone health.
- Bodyweight/compound exercises: Push-ups, squats, lunges, planks, pull-ups, dips can be done also anywhere, anytime with minimal (if any) equipment.
- Resistance bands: Offer a portable and versatile way to build strength, with varying levels of resistance. This is great for rehabbing prior injuries.

Mind-Body:

- Yoga: Combines physical postures, breathing exercises, and meditation, promoting flexibility, strength, balance, and mental well-being.
- Pilates: Focuses on core strength, flexibility, and posture, with a low risk of injury.
- Tai Chi: A gentle exercise that combines slow, flowing movements with deep breathing, with very important balance benefits.

Important Considerations:

- Consult: Talk with your doctor about fitness goals and if you are healthy enough to pursue desired exercises.
- Your fitness level: Choose exercises that are appropriate for your current fitness level to avoid injury and get a trainer involved if needed.
- Your interests: Make exercise something you enjoy to increase your chances of sticking with it.
- Time commitment: Consider how much time you can realistically dedicate to exercise each week.
- Access to equipment: Some exercises require equipment, while others can be done anywhere.

Tips for Success:

- Set realistic goals: Start with small, achievable goals and gradually increase the difficulty as you get stronger.
- Find an exercise buddy or class/team sport: Working out with a friend or finding like-minded exercisers in a class or a team sport at local community centers can provide motivation and support.
- Track your progress: This will help you stay motivated and see how far you've come.
- Don't be afraid to try new things: There are many different types of exercise.
- Remember, the most important thing is to find an exercise routine that you can stick with for the long term. There is no better way to improve your quality of life and working to maintain a high level of endurance is hands down the most strongly correlated indicator of longevity.

Additional Resources:

- American Council on Exercise:
<https://www.acefitness.org/fitness-certifications/default.aspx>
- Centers for Disease Control and Prevention:
<https://www.cdc.gov/healthyweight/index.html>



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Healthy Habits

Broccolini, Chicken Sausage & Orzo Skillet

(Adapted from EatingWell Test Kitchen)

Ingredients

- 4 tsp olive oil, divided
- 6 oz cooked chicken sausage, cut into 1/4-inch slices (Brands I like are Amylu, Al Fresco or Bilinski's)
- ½ cup onion, chopped
- 1 cup whole-wheat or casava orzo
- 3 cloves garlic, minced
- 2 ½ cups low-sodium chicken broth
- ¼ tsp crushed red pepper, plus more for garnish
- ¼ tsp kosher salt
- 1 lb broccolini, trimmed, or 4 cups broccoli florets
- ½ pt of cherry tomatoes, halved
- ¼ cup grated Parmesan cheese, plus more for garnish
- 2 tsp lemon zest

Directions

1. *Pre-heat oven to 425 degrees*
2. *Over medium-high heat, heat 2tsp oil in a large heavy skillet.*
3. *Add sausage and onion. Cook, stirring occasionally, until the sausage is browned, 3 to 4 minutes.*
4. *Add orzo and garlic; cook, stirring, for 1 minute more.*
5. *Stir in broth, crushed red pepper, and salt. Bring to a boil. Stir in broccolini (or broccoli).*
6. *Reduce heat, cover and simmer until the orzo is tender, 8 to 10 minutes. Uncover and continue cooking until the broth is absorbed.*
7. *While orzo is cooking toss cherry tomatoes in 2 tsp oil and then roast in oven for ~10-15 min until bubbling*
8. *Once orzo is cooked, stir in Parmesan and lemon zest. To serve, top with roasted tomatoes additional Parmesan and crushed red pepper.*

Locations

Austin

1305 W. 34th St. Suite 204
Austin, Texas 78705
737-285-3770

Dallas - Gaston

3417 Gaston Ave. Suite 700
Dallas, TX 75246
214-823-4800

Dallas - Junius

3900 Junius St. Suite 415
Dallas, TX 75246
972-993-8300

Frisco

3535 Victory Group Way Suite 330
Frisco, TX 75034
972-993-5070

Las Colinas

440 W. I-635 Suite 405
Irving, TX 75063
972-993-5080

Park Cities

8215 Westchester Dr. Suite 320
Dallas, TX 75225
972-993-5040

Plano

4708 Dexter Dr. Suite 400
Plano, TX 75093
972-993-5050

Walnut Hill

8144 Walnut Hill Suite 360
Dallas, TX 75231
972-993-8350