



Health and Wellness For The New Year

We bet if you're reading this, you've been focused on setting goals to improve your life over the next 12 months. While there's never a bad time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make major changes!

[Zenith Physiotherapy](#) finds that many of our patients have one goal in common: maintaining a healthy weight. We put together a little bit of information about healthy dieting and nutrition tips for you!

Is Maintaining a Healthy Weight Part of Your New Year's Resolution?

Many diseases and illnesses are far less common in individuals who eat well. That's why improving the nutritional value of a poor diet can help to reverse the symptoms of many painful conditions significantly.

It can be challenging during this part of the year to kickstart a diet. However, there are ways to choose better foods to nourish your body and boost your energy levels!

Two common diets that a physiotherapist can help you begin to implement are the DASH diet and the Mediterranean Diet.

- **The DASH Diet** stands for Dietary Approaches to Stop Hypertension. This diet can reduce hypertension and lower the risk of heart disease while also helping patients manage their weight. DASH is also low in saturated fats and cholesterol and heavily emphasizes fruit and vegetable intake.
- **The Mediterranean Diet:** This diet has been linked to the strikingly low rates of heart disease in certain Mediterranean countries. This diet features a lot of fish with Omega-3 fatty acids and is high in plant-based fats such as olive oils and nuts.



How Can I Get Started?

We are here to set you up for success in the new year, no matter what your condition may be. It's never too late to get a jump start on wellness, and [Zenith Physiotherapy](#) is here to make sure you start your health journey off on the right foot.

Call us today to schedule your appointment!



Zenith Physiotherapy and Wellness Clinic

Unit 309, 800 Yankey Valley Blvd.
SW Airdrie

1-403-768-2747

Office Hours:
Monday - Friday: 8 AM - 8 PM
Saturday: 9 am - 2 PM
Sunday: Closed
Statutory Holidays: Closed

ZENITHPHYSIO.COM

Exercise Essentials

Try this movement to help strengthen your core.

CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner.



SICILIAN EGGPLANT CAPONATA

Ingredients:

- 3 tbsp golden raisins
- 1 1/2 tbsp red wine vinegar
- 2 tbsp olive oil
- 8 oz eggplant
- 1 cup chopped red bell pepper
- 3/4 cup chopped white onion
- 1 cup chopped tomato
- 2 tbsp chopped drained capers
- 1/4 tsp crushed red pepper
- 2 tbsp chopped fresh mint

Directions:

Combine golden raisins and red wine vinegar in a bowl. Heat olive oil in a large nonstick skillet over medium-high. Cut 8 oz. eggplant into 3/4-inch cubes. Add chopped red bell pepper, chopped white onion, and eggplant cubes to skillet. Cook, stirring occasionally, until softened, 10 to 12 minutes. Stir in chopped tomato, chopped drained capers, crushed red pepper, and raisin mixture. Simmer until slightly thickened, about 5 minutes. Sprinkle with chopped fresh mint.

Source: <https://www.cookinglight.com/recipes/eggplant-caponata>