

Stick to Your Resolutions This New Year

2019 is almost here! We all start off January with the best of intentions: to eat right, exercise more and to finally get our health under control.

Sure, we start the year with big plans, but how many of us actually follow through on those goals? Here's the good news: with this simple, three step plan, you can stay on track with your resolutions! Let's do this together and make 2019 our healthiest year ever!

Step One: Set a Goal

If your goal is very general, increase your chance of success by writing down the specifics. For example, I will walk for 20 minutes after lunch every day. Saying I'll be more active is great – but not specific enough to help you follow through when faced with the obstacles of daily life.

When setting goals, think about whether or not your goal is realistic. Making a lot of changes at the same time can be overwhelming; instead, try a step-by-step approach. If your over-arching goal is to start exercising 45 minutes, 5 days a week and you haven't been active for a while, break it up into smaller goals. Keeping your timeline short for achieving these smaller goals will help you stay motivated and focused.

Step Two: Make a Plan

Once your goals are set, it's time to make a plan that will help you achieve them. Consider the following:

- What do you need to start working toward your new goal?
- What might get in the way of your plan?
- What can you do when you hit an obstacle or barrier?
- When will you start?

It's important to be ready to tackle your goals and to have a back-up plan. Remember even with a plan, there will be setbacks. Don't worry: just get back to your routine the next day.

Step Three: Take Action

Start working toward your goals with your plan in mind. For many people, tracking progress is helpful. Keep a food or physical activity log – whatever's relevant.

Once a new habit becomes second nature, add a new goal to keep working toward that over-arching goal.

Finally, remember to reward yourself for achieving goals with non-food based celebrations or treats.

Thinking About Orthotics?

Many types of foot pain are caused by unstable or faulty mechanics of the foot and ankle. The ideal way to make the foot and ankle work more efficiently, and to keep pain away long term, is the use of a custom foot orthotic.

Orthotics are custom designed insoles for your shoes. The orthotics reposition your foot to allow them to work as efficiently as possible and provide for a stable “base of support” for the rest of your body. They are made from a mold of the foot taken in a “neutral position” that is modified based on a comprehensive biomechanical examination of the lower extremity.

You should consider orthotics as a solution if you suffer from bunions, hammertoes, heel or arch pain, Achilles tendonitis, shin splints, tired feet, or any pain in your feet, legs, knees, hips, or back during walking or exercise.



Why You Should Try Cryotherapy



We here at Tanglewood recently began collaborating with Defy Cryotherapy Studio and we want to spread the word about the benefits of cryotherapy!

In a nutshell, cryotherapy is any form of treatment that involves the use of near-freezing or freezing temperatures.

And don't worry about safety: to protect your skin from frostbite, treatments typically last between three and five minutes.

Dr. Schneider is personally a fan of cryotherapy, and he also recommends it for the temporary relief of pain associated with plantar fasciitis, Achilles tendonitis, posterior tibial tendonitis, Morton's Neuroma and Capsulitis.

Not sure what to try when you head over to the studio? Here are some of Dr. Schneider's recommendations: local cryotherapy of your inflamed structure, BEMER (Bio Electrico magnetic energy regulation), air relax and the ever-popular zero gravity massage chair.

Want more information? Feel free to stop by the front desk and ask for a cryotherapy referral on your next visit!

Give The Gift of Life!

If you've already crossed all the presents off your holiday shopping list this year, we urge you to consider adding one more (free item): consider becoming an organ donor!

Donors can save up to eight lives with one donation of their vital organs, and can improve the lives of many more by donating eyes, cornea or tissue. In certain cases, like with kidneys, you can be a live donor and go on to see the life-changing gift you have given make its impact! And while many other gifts on your holiday list are costly and leave you scouring the aisles in search of just the right item, registering to become an organ donor is very easy—and it costs you nothing!

If you're 18 years of age or older, you can sign up with your state's organ and tissue donor registry. Children under the age of 18 can register with parent's permission.

You can also register to become a donor at the Department of Motor Vehicles (DMV) when you get or renew your driver's license.

At the time you register, you can designate specific organs or tissue you want to donate, if you aren't comfortable with donating everything. After signing up, you can remove your name from the registry at any time. Not only is it free to register, but your donation is also completely free. The costs are added to the recipient's medical expenses.

Organ donations are usually kept within the donor's community, so the life you save could be your friend or neighbor's. Too many people die while waiting for an organ transplant: please join our efforts to increase the number of local organ donors!



6 Coping Tips For Holiday Stress

1. Get Some Sun!

Luckily for us Houstonians, it isn't difficult to find a sunny day in December. During this stressful holiday period, however, it's important to actually stand in that sunlight--ideally outdoors, but if all else fails, at your window. Sunlight is known to boost your body's production of serotonin, a feel-good compound that is bound to boost your mood and lift your spirits.

2. Take a Walk

While all exercise can have a positive impact on your mood (and your waistline--buh-bye, holiday cookies!) walking is particularly effective because the repetitive motion of your stride helps calm your brain, counteracting your anxiety and even helping improve the quality of your sleep!

3. Squeeze in Stress Relief

This trick may sound crazy, but it actually works: next time you're feeling overwhelmed, grab the fleshy spot on your hand, between your thumb and pointer finger, and apply firm pressure. Hold this squeeze for at least 30 seconds, while breathing deeply, and you'll feel calmer and more centered afterwards.



4. Spice Things Up.

Grab a plate of hot chicken, or reach for the Sriracha with that sushi platter--spicy foods trigger the release of endorphins in your body!

5. Blast Your Favorite Play List



Listening to music you like actually has a clinical effect on your body: it relaxes your blood vessels (and you!) for better blood flow and improved mood!

6. Think Good Thoughts

As cheesy as it may sound, positive thinking is crucial when it comes to coping with holiday stress. Focusing on all the wonderful parts of the season will help you cope better when less-thrilling events come up. Remember, you can't control every interaction you have with others at this time of year, but your thoughts are always in your control!

Tanglewood Foot Specialists

Advanced care with a compassionate touch

Tanglewood Foot Specialists

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Keep up with us on social media!



Thanks for a Great Year! From all of us here at Tanglewood Foot Specialists, we would like to express deep gratitude for allowing us to be a part of your medical team. It is an honor and privilege to know you and to help you walk more comfortably, each and every day. We look forward to seeing you in 2019!

"Evil" Edition Sudoku!

2	4		1	6				3
1			2		8	7		
			5					
						6	8	
	8						1	
	7	2						
				3				
		9	5		2			1
8			4	7			5	6

Answer

6	2	4	7	8	1	3	5	9
1	9	3	5	6	2	8	7	4
7	5	8	3	9	4	1	6	2
4	7	2	6	3	9	5	8	1
9	1	6	4	5	8	2	3	7
8	3	5	1	2	7	9	4	6
3	8	1	2	4	6	7	9	5
5	6	7	9	1	3	4	2	8
2	4	9	8	7	5	6	1	3

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our last newsletter of 2018. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along to a friend or loved one who you think may benefit from this information.



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