Check out this month’s special section, with information and resources for all your health and fitness needs!
Welcome to your 20s! Have you made a goal to feel like you’re actually in your 20s? Well you may just find some of the information you need right here in The Journal’s 2020 Health & Fitness Guide. Do your resolutions include living with less stress, losing weight, making your sense of wellness a priority, taking care of neglected appointments and more? Our guide has lots of answers from great professionals who can help you reach your goals and enjoy a better quality of life. Thanks for reading and congratulations on all your upcoming accomplishments!

At Advanced Wellness, we have a unique approach with helping people who struggle with weight loss.

For many, cutting calories and increasing exercise simply isn’t enough. Realizing each person is unique in their genetic makeup, hormone levels and/or health issues, we assess the root cause of what may be preventing weight loss. By addressing nutrition, hormone imbalances, detoxification, metabolism and appetite control, we are able to break through the difficulty of releasing body fat and achieving long-term success. We guide our patients to create lifestyle changes that result in sustainable weight loss and overall better health. Patients often say they do not feel like they are on a diet and never feel deprived.

To add to our program, we have introduced the StrawberryLaserLipo® which is an FDA approved level 2 cold laser. The StrawberryLaserLipo® allows us to target hard to lose areas such as, belly, thighs, love handles, back and arms. This non-invasive laser assists in the release of stubborn fat within the cells with zero pain or downtime. The laser targets fat cells, allowing them to drain and naturally metabolize through the lymphatic system. Combined with our medical weight loss program, our patients experience accelerated inch loss in hard-to-lose areas which results in weight loss that is proportionate and ideal. If you are struggling with weight loss or have a stubborn area that doesn’t seem to budge, call us today for a complimentary consultation. We are looking forward to helping you achieve your weight loss and health goals in 2020!

Vision plays such a crucial role in everyday life, and that’s why the doctors at Atlantic Eye offer a full continuum of the most up-to-date eye care procedures for restoring and maintaining eye health and function for their patients. From routine eye examinations to cosmetic improvements to state-of-the-art eye surgery, as well as specializing in the most progressive dry eye treatment, the staff at Atlantic Eye is dedicated to providing comprehensive, high-quality, personalized eye care. The guiding principle of the team of physicians and staff is to always provide the highest standard of patient care and service.

Some of their services include advanced custom cataract surgery, laser vision correction, corneal transplant surgery and DSEK, and they are also sought out for expertise in glaucoma evaluations, laser therapy, and retinal care for diabetes and macular degeneration. They perform eyelid rejuvenation, Botox and Restylane procedures in the office as well. No matter what procedure you choose, the knowledgeable and friendly staff is committed to providing you with all of the information you need to feel comfortable with the process.

Atlantic Eye is also there to help you with any eye related injuries and emergencies. They have the expertise, the experience and the facilities to take care of you and your family members should an eye-related emergency arise.

In addition, each location has a full Optical Center offering a wide selection of frames, and the newest lens technology for each specific prescription. Experienced opticians are available at all locations and available to help with all of your optical needs.

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continued on page 38
FINALLY, THIS IS IT!

The last weight-loss program you’ll ever need!

Claudia Huegel, M.D.
Board Certified Family Physician
Board Certified Bariatrician
(Non-surgical Weight Management Specialist)

Lisa Kaplan
Certified Behavioral Counselor
Program Coordinator
Office Manager

Mention this ad for a FREE consultation

732.389.0131 | www.medimorphweightloss.com
499 Broad Street | Suite 110 | Shrewsbury, NJ 07702
Give yourself permission to look better, younger, healthier and happier! If you wish for whiter or straighter teeth or to give your smile some overdue TLC, Dr. Valerie Barba, DDS, LLC performs a wide variety of cosmetic and reconstructive dental procedures personalized to be as unique as her patients. Dr. Valerie Barba says, “My highly trained team and I have the knowledge and experience to help you achieve the best possible results using a minimally invasive approach in a serene, relaxing and luxurious setting, where less is more. The focus is always on the whole person, mind, body and spirit. From general dentistry to whitening, crowns, veneers, implants, Invisalign and full reconstruction and sleep medicine, the Manasquan dental practice uses only the best, state-of-the-art dental technology in a calming, spa-like environment to achieve the results you have always wanted. We’re changing lives one smile at a time. We offer a full range of services from the most basic dental hygiene service to complete dentistry of a full-mouth rehabilitation.”

Highly requested services include Invisalign, porcelain veneers, bonded restorations, whitening and facial rejuvenation services. Oral cancer screenings are routinely done to ensure overall health and wellness. So go ahead and accept your right to change your life! New patient offer: 50 percent off your cleaning with a comprehensive exam and full mouth series of X-rays. Call today for more information or to schedule an appointment that will transform your life.

Your Retreat By The Sea – Cryolete Body Sculpting & Wellness Center is Asbury Park’s first premier wellness spa, featuring popular state of the art body sculpting, non-invasive anti-aging face lifts, whole body cryotherapy and infrared sauna. The atmosphere is welcoming, and the staff goes above and beyond to ensure you receive the ultimate experience as you enjoy therapies to help you look and feel your best. Their services, which use the newest technology on the market, take self-care to a whole new level. Detoxing in the infrared sauna followed by reducing inflammation in the sub-zero cryotherapy chamber is a must-try for a real sense of rejuvenation. Take it one step further and pamper yourself with a wrinkle-re-
ducing face lift that tightens, tones and turns back time. Looking for a boost in confidence to start the year off right? They've got the tool for you. With their body sculpting services, they guarantee immediate results of at least 1/2 an inch difference each session, or your next one is on them! Every Thursday night at 6:30 pm, you are invited to an open house that includes live demonstrations of their body sculpting and face lifts as well as complimentary wine and hors d’oeuvres.

Book your complimentary tour and consultation. Don’t forget to ask about their in-home services and party options too!

**eMedical Urgent Care**

2 Kings Highway in Middletown  
732-957-0707  
369 Springfield Ave. in Berkeley Heights  
908-464-6700  
eMedicalUrgentCare.com

Open 8 am to 8 pm seven days a week. Holiday hours may change, please see website

For more than 35 years, eMedical Urgent Care has been providing high-quality and caring healthcare in two locations, Middletown and Berkeley Heights. They are a walk-in clinic, meaning no appointment is needed. Each center offers complete urgent care, lab and X-ray services, including vaccinations and back-to-school physicals.

Urgent care is a great alternative when your primary care provider is not available. The staff will send your visit information electronically to your primary care provider upon request.

The staff is composed of highly trained, board-certified emergency and family physicians, providing you care during convenient hours, designed to fit your schedule.

eMedical Urgent Care accepts most major insurance carriers, and its eCard discount program is an affordable option if you are uninsured. They are a proud member of the Urgent Care Association of America. They hope that you will “feel better knowing we’re here.”

**Medimorphosis Physician Assisted Weight Loss**

499 Broad St. in Shrewsbury  
732-389-0131  
MedimorphWeightLoss.com and on Facebook and Twitter

Open Monday and Wednesday 1 to 8 pm, Tuesday 10 am to 4 pm, Thursday 9 am to 4 pm and Friday 7 am to 2 pm. Closed on weekends.

It’s the new year, and the holiday hustle and bustle is behind you. Now you are ready to make a serious commitment to losing weight and keeping it off for good. Medimorphosis Physician Assisted Weight Loss is your only choice. This is because Dr. Claudia Huegel, owner and medical director, and her talented team, including behavioral counselor Lisa Kaplan, treat the chronic condition of excess weight. They understand that treatment must be lifelong because the challenges do not end just because you reach your goal weight. Treatment begins with a full medical evaluation to identify any physical, medical, environmental, behavioral or emotional difficulties that lead to your weight problem. The comprehensive approach includes a research-based eating plan, a physical activity prescription as well as cognitive and behavioral counseling to help you change unhelpful thought patterns. FDA-approved medications are often used as well to assist in the weight loss process. Visits are weekly, and treatment is individualized as no two patients are exactly alike. A highly successful optional Mindful Eating class has been added to the offerings this year. The effective program works for all ages and is especially helpful for those with medical conditions brought on by weight who require close monitoring and attention. Take control and make the commitment at Medimorphosis Physician Assisted Weight Loss.

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**YMCA of Greater Monmouth County**

Freehold Family YMCA  
732.462.0464  
Old Bridge Family YMCA  
732.727.0704  
Red Bank Family YMCA  
732.741.2504  
YMCAOFGREATERMONMOUTHCOUNTY.ORG

1119-5060.14-THQ

**Here for all.** Financial assistance is offered based on availability of funds.
Your active lifestyle includes playing the sport(s) of your passion. Whether you are a professional or student athlete, an enthusiast, or someone who's lifestyle is go, go, go, you can’t let an injury slow you down. When you need help, turn to Professional Orthopaedic Associates, experts in Orthopaedics and Sports Medicine.

Since 1985, the specialty-trained doctors at POA have remained the premier orthopaedic providers for care of the ankle, back, elbow, foot, hand, hip, joint replacement, knee, neck, shoulder, spine, sports medicine and wrist.

Their board-certified/ fellowship-trained orthopaedic surgeons have trained at some of the most prestigious medical schools in the country including the Hospital for Special Surgery, John’s Hopkins, Stanford and Duke, so there is no need to travel for state-of-the-art care. They proudly serve as team doctors for Monmouth University, Georgian Court University, Brookdale Community College and more than 22 area high schools including Rumson-Fair Haven, Red Bank Regional and Middletown.

For more than 30 years, POA has been listening to patients, answering their questions and caring about them as individuals while offering a superior level of excellence. Let Professional Orthopaedic Associates help you get back to living without limits!

When your day cries out for relief, Rumson Therapeutic & Sports Massage Center is ready to help you feel better fast. Created to nurture your mind, body and spirit, Rumson Therapeutic and Sports Massage Center is an oasis of calm where you can relax and be pampered. Owner Cynthia Gardella and her friendly, caring, highly skilled staff are dedicated to your complete comfort and well-being.

Massage can work wonders on an aching back or neck. If you’re suffering from a stressful schedule or recovering from illness or injury,
Our VISION FOR YOU IS 2020
Cheers to a Healthy New Year!

New Jersey’s Leading Practice for Comprehensive Eye Care and Surgery

Eye Exams
Optical Center
Surgical Center
Cataract Surgery
Premium IOL's
Glaucoma
Corneal Disease
Retinal Disease
LASIK
Contact Lenses
Lipiflow (Dry Eyes)
Oculoplastics

Atlantic Eye
A Continuum of Eye Care

HOLMDEL  LITTLE SILVER  LONG BRANCH  WALL | WWW.ATLANTICEYE.COM  (732) 222-7373
massage is an ideal way to revive, re-balance and renew your spirit. Visit their website and explore their menu of classic and specialty therapies designed to melt away tension, help you relax and get you on the road to wellness. Classic therapies include Swedish massage, scalp massage and sports massage. Specialty therapies include Manual Lymphatic Drainage (MLD), deep tissue, pre-and peri-natal massage, craniosacral therapy and foot reflexology.

They are to have been serving Rumson, Fair Haven, Red Bank, Little Silver, Middletown, Atlantic Highlands and the surrounding Monmouth County area since 1995.

YMCA of Greater Monmouth County
170 Patterson Avenue in Shrewsbury
ymcanj.org
Facebook.com/ymcaGMC
Twitter.com/ymcaGMC
Instagram.com/ymcaGMC/
LinkedIn.com/company/ymca-of-greater-monmouth-county

Start the new year off right at the Open House at the Red Bank, Freehold and Old Bridge branches on Saturday, Jan. 11 from 10 am to 1 pm with three-month family membership giveaways every hour and a special offer of no-joiner fees through January. There are wellness activities for every member of your family – from quality swim lessons for kids to a variety of classes that helps adults look and feel their best. Child watch is offered free for family memberships, to encourage a commitment to good health.

In addition to wellness branches, the YMCA of Greater Monmouth County serves more than 36,000 residents through programs such as preschool, before- and after-school care, teen leadership and mentoring, arts enrichment, personal and family counseling, mental and behavioral health care, community outreach, and summer day camp.

Follow the Y at Facebook.com/ymcaGMC and ymcanj.org for affordable opportunities to jump-start a new year of good health. The Y is here for all and here for good, and the doors are always open to help you grow in spirit, mind and body. “We’re stronger together!”

CRYOLETE

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PAINLESS & NON-INVASIVE WITH INSTANT RESULTS

• WRINKLE-LESS FACE LIFT
• FAT REMOVAL
• BUTT LIFT
• BREAST LIFT
• FIRMING & TONING
• CELLULITE REDUCTION

OUR PROMISE
Lose 1/2" or more each session or your next is on us.

MENTION “THE JOURNAL” & SAVE 50% OFF YOUR 2ND TREATMENT AREA

732-455-2256 | cryolete.com | @cryolete
1319 Memorial Drive, Asbury Park, NJ 07712

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Have a Happy, Healthy New Year!
This New Year, let’s make resolutions that really last. Instead of going on crazy diets and making unreasonable weight loss goals, January is the perfect time for health and wellness. Being kind to your body will not only help you feel better physically, it will also boost your daily performance and mental state, allowing you to thrive in all aspects of your life. While these few tips may seem miniscule things to add to your New Years’ Resolutions, they are sure to have long-lasting positive effects.

Eliminate Processed Foods
This simple lifestyle change kills two birds with one stone as it not only improves your health, but it also helps one lose weight. Instead of reaching into the pantry for a bag of chips or candy, reach into the fridge for something natural and delicious. Fruit and carrot sticks are great substitutes for processed foods if you’re looking for a quick snack to munch on.

Give Yourself a Day
Although you just had a holiday break, was it really a break? With the stress and chaos that comes with the holiday season, a vacation from vacation might be just the thing you need. Spend one entire day on yourself – sleep in, get a massage, take a walk, watch a movie, etc.

Get Enough Sleep
We all know how important sleep is for our mental and physical health, so I won’t bore you with a list of statistics. Instead, think back to the last time you got eight or more hours of sleep. If you can’t seem to remember, then you better put this at the top of your to-do list! Developing a consistent sleep schedule will also prevent mood swings and improve your productivity.

Drink Water
Water has a myriad of positive effects and absolutely zero negative ones (except making you go to the bathroom), so why not stay hydrated? Drop a slice of lemon or orange into your water bottle before leaving the house to get yourself more inclined to sip all day long.

Stretch and Exercise
There has been scientific evidence that cold weather is linked to muscle stiffness and bone achiness, making it more important than ever to stretch your limbs and get your blood flowing. If you hate going to the gym, do a fun workout class with friends or unwind with yoga and relaxing music.

Experience Face Time
No, not the app! Spend quality time with friends and family in person, not through the tiny screen of your phone. With the busy lives we live, we often forget to nurture our personal relationships. Take the time to express your love and share your feelings with those important to you.

See a Doctor
There’s no better way to ensure your health and wellness than by actually getting a check-up. Get a good start to 2020 by being in the best physical and mental state you could possibly be!
In a given year, 45 million people, approximately 1 in 5 adults, suffer from a mental health illness in the United States, and less than half of them actually receive treatment. Twenty percent of youth ages 13 to 18 lives with a mental health condition they are often afraid to seek treatment for or even discuss. Reducing the stigma can have a significant impact on decreasing these profound statistics.

In 2016, the Mazzini family suffered an unexpected tragedy when the father died by suicide. They didn’t suspect he had been living with depression or suicidal thoughts. This tragedy left their family in obvious grief, but with a decision - would they stay silent or use his death to raise awareness and help others before another loss?

Artemis Mazzini founded Into the Light, a nonprofit organization to honor her dad and his struggle with depression.

Artemis shares, “Our dad was an active, successful, loving, compassionate and highly functioning individual but unfortunately, our family was unaware of the severity of our dad’s mental state, and he did not seek the proper help because he was vulnerable to the stigma.

Just days after our father passed away, rumors spread that he died from a heart attack. It was at this time we had to make a difficult decision that approximately 800,000 more families also have to make in a given year. Would we hide the truth of how he passed or tell our community exactly what had happened?

We decided to share our story to start the mental health conversation and help others who may be going through a similar situation.

If you or a friend is experiencing symptoms, be sure to follow a few of these crucial steps: tell a trusted adult, talk to friends and family, listen, express concern and support, and connect them to clinical help. For a list of psychological and clinical resources, please visit our resource page at IntoTheLightUS.com. Additionally, PsychologyToday.com allows you to search by zip code for the top local counselors, psychologists and psychiatrists with customer reviews.

Today, Into the Light has a committed board of directors, over 100 volunteers and a club at Rutgers University. Together, we work to raise awareness and rid the stigma associated with mental health issues facing teens and young adults through peer-led presentations and events.

In the past year alone, Into the Light has spoken on panels discussing topics including mental health, resiliency and suicide prevention. They have made numerous presentations to high schools, universities and corporations about overcoming trauma, transitioning between phases of life, mental illness warning signs, and seeking appropriate mental health treatments. They have also done collaborative events with other mental health organizations, including de-stress activity nights, yoga/meditation events and educational workshops.

Struggles with mental health can manifest themselves in many ways including addictions, criminal behavior, isolation and suicide. There are some more noticeable mental illness warning signs, including feeling sad/withdrawn/anxious for long periods of time, difficulty concentrating, severe mood swings, and drastic changes in behavior. However, these warning signs are not always visible when someone is afraid to speak up.

For more information or to schedule a presentation or workshop in your school, business or organization, contact mentalhealth@intothelightus.com or message them directly on our Instagram @intothelight_us.

We recognize that by encouraging even one person to start the mental health conversation, we can start a movement.”
January: the month to start anew in everything we do. In this month people make promises to themselves to hit the gym and start a diet. But losing weight is not about denial. It's about taking a holistic point of view of food and healthy living. Maximum flavor combined with high-density nutrition while creating a calorie deficit is key to weight loss without denying enjoyment of your food.

There are certain guidelines to follow to successfully lose weight and implement the new you. Do not consider these as diet foods. Rather, they are food groups that help you live a healthier lifestyle.

Keep in mind that all fats are not created equal. Say "no" to saturated fat and "yes" to good fats found in nuts, seeds, avocados, fish and liquid oils to protect your heart. Stay away from fats found in animal products such as butter, meat, full-fat cheeses and hydrogenated oils; use these sparingly. Keep total oils under 30 percent of your total daily calories.

Complex carbohydrates should be eaten daily, balancing the amount and type you eat. Fiber-rich beans, whole wheat products, fresh fruits, brown rice – all provide essential vitamins, minerals, antioxidants and fiber. Refined carbs like sugar, white flour and breads, and white rice should be avoided.

Protein plays a vital part in every healthy diet, so when planning your menus, be sure to include lean, satisfying protein at every meal. Studies on satiety reveal that protein reduces appetite by helping you stay fuller longer. Protein also helps to maintain your immune system, strengthens bones and maintains muscles.

Fiber, both soluble and insoluble, helps you feel full faster and stay full longer. Soluble fiber (found in oats, brown rice, peas and beans) and insoluble fiber (found in whole grains, fruits and vegetables) work differently in your body. Replacing refined products like sugar, white flour and breads, and white rice should be avoided.

Lastly, watch your sodium intake to keep high blood pressure at bay. The best way to incorporate lower sodium into your meals is to prepare your own nourishments, thereby controlling the salt shaker yourself. A few more tips: eat breakfast, eat non-starchy vegetables and whole fruit, drink more water, eat regular meals, and cook your own foods for better health every day. Let’s start with something for breakfast and a nice side for your dinner:

**Healthy Foods**

**BANANA BREAKFAST BARS**

(Recipe from Eat What You Love Everyday, page 89, by Marlene Koch)

- ½ cup mashed banana (1 medium)
- 1 tablespoon canola oil
- 1 tablespoon molasses
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- 3 large egg whites
- 2 cups old-fashioned oats
- ½ cup white whole wheat flour
- 2 ½ teaspoons ground nutmeg
- ¼ teaspoon baking soda
- 1 tablespoon molasses
- ½ cup mini semisweet chocolate chips

1. Preheat the oven to 350 degrees F. Lightly coat a 9-inch square baking pan with nonstick cooking spray.
2. In a medium bowl, combine the first six ingredients. Stir in the banana mixture until just combined. Stir in chocolate chips. Scrape the batter into prepared baking pan and smooth the top.
3. Bake for 16 to 18 minutes. Let cool on a wire rack for 5 minutes, cut into 12 bars and remove from the pan. Store in air-tight container.

**MULTIGRAIN PILAF WITH SUNFLOWER SEEDS**

(Recipe from The New Way to Cook Light, page 327, by Scott Mowbray and Ann Taylor Pittman)

- 4 teaspoons canola oil, divided
- 1/3 cup sunflower seed kernels
- ½ teaspoon salt, divided
- 2 teaspoons butter
- 1 cup thinly sliced leek (about 1 large)
- 2 ½ cups water
- 1 ½ cups fat-free, lower-sodium chicken broth
- ½ cup uncooked pearl barley
- ½ cup brown rice blend or brown rice
- ½ cup dried currants
- ¾ cup uncooked bulgur
- ¼ cup chopped fresh parsley
- ¼ teaspoon freshly ground black pepper

1. Heat a Dutch oven over medium-high heat. Add 2 teaspoons oil, sunflower seeds and ¼ teaspoon salt to pan; sauté 2 minutes or until lightly browned. Remove from pan; set aside.
2. Add remaining 2 teaspoons oil and butter to pan. Add leek; cook 4 minutes or until tender, stirring frequently. Add 2 ½ cups water and next three ingredients (through rice); bring to a boil. Cover, reduce heat and simmer 35 minutes. Stir in currants and bulgur; cover and simmer 10 minutes or until grains are tender. Remove from heat; stir in remaining ¼ teaspoon salt, sunflower seeds, parsley and pepper.
In theory, the new year seems like a good time to make a change in your life. After a holiday season often filled with indulgences like eating, imbibing, shopping and celebrating, a blank new calendar offers a fresh start.

In reality, the cold, dark days of January leave many people with the urge to hibernate under a blanket, content to relax after hectic December.

And that’s OK. Making and keeping a resolution doesn’t have to begin in the new year. Instead, use the first few weeks to follow these steps, and start your resolution when your calendar is clear or when your mind feels ready.

Find one SMART goal – or several smaller goals. The SMART acronym stands for a goal that is specific, measurable, achievable, realistic and time-based. There are many articles online that outline this concept.

Don’t make a broad resolution such as “I’m going to save more money” or “I’m going to finally write my book.” Break it down, with steps to follow over a period of time.

Alternately, you can select several smaller goals that are easier to achieve. Perhaps pick one resolution for each month. For instance, “dry January” has become popular among people who feel they overindulged in alcohol during December. Others avoid social media for a month to “unplug” from FOMO (fear of missing out.)

Do Some Research

If you want to become a vegetarian, read up on the subject and confer with friends who may have tips. If you want to start a blog, look at blogs online, start collecting topic ideas in a notebook or folder, and jot down thoughts as they come to mind.

Write down a plan, and expand on it when necessary to keep your goal moving forward. Gather what you need, whether it’s new running shoes, new recipes or boxes to fill with unwanted household junk.

Be Realistic

“I’m going to lose 50 pounds” or “I’m going to run the NYC Marathon in November” sounds ambitious, but if you have never followed a diet or run before, those are pretty lofty goals. Trim your resolution to something that is definitely doable. If it’s going to be a challenge to lose 10 pounds or run a mile, that should be your first goal. If you achieve that, you can make another resolution to lose another 10 pounds or run two miles!

Don’t Set a Deadline

Deadlines kill too many resolutions. Life happens, and it may take longer to reach the next step in your plan. In order to remain focused on the goal, follow the next step:

Track your Progress

Every little move you make toward your goal should be recorded, whether it’s in a notebook, spreadsheet, journal or folder. If you want to play Chopin on the piano, master Chopsticks first. If you want to learn how to draw, fill the first few pages of a sketchbook with doodles, trace some pictures, then move on to simple drawings.

Expect Setbacks

Despite your best intentions and effort, setbacks are inevitable. A snowstorm or the flu may prevent you from visiting the gym for several days. An emergency car repair may keep you from making a monthly deposit into your savings account. Those aren’t failures – they are opportunities to learn and move forward, proving you have the tenacity to continue onward.

Some setbacks need personal reflection. If you are having trouble reaching a goal, it may be necessary to change strategies, or it may just take longer to achieve.

Be Ready to Feel Discomfort

If you start climbing the stairs in your office building instead of taking the elevator, expect to be out of breath for the first few weeks. If you want to organize your home, be prepared to discard or give away things.

Find a Buddy

Many people have the best success when they work with an individual or group striving for the same goal. Or enlist the help of a close friend who can help keep you motivated – like a personal cheerleader.

Reward Yourself

Each major goal you meet can be marked with a treat, whether it’s dinner out, a movie or your favorite chocolate bar. This can be especially important in the beginning, when you need the encouragement to continue.

Simplify Resolutions

Still not convinced you can keep a resolution? Here are some ideas that don’t take time or energy: Say good morning and smile at people more often. Hold the door for people behind you. Drink more water. Go to bed earlier. And always have something to look forward to.

Happy New Year!
At Inner Dynamics Physical Therapy, we are ecstatic about the start of the New Year. We embrace the opportunity to set new goals, new intentions, new mindsets and, of course, accomplish those goals we may not have gotten around to in 2019.

In 2020, we are focused on helping you reach your full potential and we believe starting with core strength is of utmost importance. When you think of inner core strength you may think of it as a certain mindset - having the ability to make decisions, maintain focus, stand up for something you believe in, or embrace new opportunities. We believe these are all important factors in core strength for our overall well-being. But of course, we also focus on core strength from a physical aspect and want to emphasize how important our core muscles are for our physical well-being.

One may think of core muscles as just our abdominal muscles that span across the front of our trunk by our belly button. We think of those “six pack” abs as a sign of strength but that isn’t necessarily the case. We would like to highlight the broader group of core muscles that are essential to our overall well-being. These muscles include our abdominal muscles, back muscles, diaphragm muscle and pelvic floor muscles. Our core muscles essentially form the four walls within our trunk surrounding our abdominal and pelvic cavity. We have muscles like our rectus abdominis and transverse abdominis in the front, our multifidus muscles that support our spine in the back, our diaphragm that covers the top of our abdomen directly beneath our lungs, and our pelvic floor that covers the bottom of our pelvic cavity. Think of this area of your body as being enclosed by a cylinder of supportive muscles.

Together these core muscles play a very important role in our everyday function as they protect the spine during movement, help us maintain an upright posture, and keep our abdominal contents nice and safe. In order for our body to work harmoniously, it is important for our core to be strong and supportive from every angle. When there is weakness present, we begin to make compensations affecting our movement. Core strength is important when addressing low back pain, hip pain, balance problems, pelvic floor dysfunction and many other symptoms.

Our core muscles are truly working all throughout the day to help us with tasks that we may not even recognize are taking place. As mentioned, our core muscles help us maintain an upright posture. When sitting and standing, good core support means making sure we do not arch our back causing unwanted pressure on the bottom of our spine, or slouch our shoulders causing neck tension. This dynamic can lead muscles overworking causing discomfort.

Our core muscles also help with maintaining continence. When we cough, laugh or sneeze, we have a sudden change in abdominal and pelvic pressure that may contribute to urine leakage. Working on our core muscles, in this case, our abdominal and pelvic floor muscles, is vital in order to help prevent any loss of urine.

Men and women may need to work a bit more on core support throughout different stages of their lives. Core strengthening may be beneficial after yo-yo dieting with changes in weight, lack of activity, pain, posture problems, difficulty getting up and down from the floor, or trouble standing up from the seated position. Before, during and after pregnancy, core strength is an important factor as well, especially if you have multiple births.

The most important factor when starting an exercise routine is not necessarily which exercises to start or avoid, but are you performing exercises correctly and safely? Supervision and guidance are the keys at the early stages of beginning a strengthening program. Our mission is to get you to feel comfortable with exercise and know what exercises are best to help you reach your goals.

We welcome the new 2020 mindset for core strength related to our overall well-being. Make the decision to put yourself first. Focus on what is important to you and what will better your everyday life. Make a plan of action now. And lastly embrace the opportunity to try new things. We hope to hear from you!

When seeking treatment from a physical therapist at IDPT, an individualized treatment plan and ways in which to progress treatment is created. IDPT works one-on-one with patients to address each and every need, in which we understand varies tremendously from one patient to another.

If you have any specific questions, feel free to contact one of our physical therapists at IDPT by calling us at 732.508.9926 or visiting our website at InnerDynamicsPT.com.

You can also give our office a visit at 1300 State Route 35, Plaza 2, Unit 102, Ocean, NJ 07712 or our brand new second location at 167 Route 37 West, Unit 2, Toms River, NJ 08755.

DR. ALISON ANKIEWICZ, PT
Pelvic Physical Therapist
Co-Founder

DR. TAMRA WROBLESKY, PT
Pelvic Physical Therapist
Co-Founder
Tucked into a strip mall in Asbury is a center offering treatments previously available only to the elite, most often professional athletes. I’ve heard of cryotherapy, but I always assumed it was too expensive to try, too niche to find. I was wrong.

Cryolete in Asbury Park was the perfect place to try out this cool, new trend sweeping the nation. With help from the lovely staff and with company of my friend and colleague, The Journal’s own Karen Rockafellow, I successfully conquered the sauna and tank.

Katie Gonzalez, one of our knowledgeable and friendly experts on all things cryo (the other was also named Katie), advised us to try out the sauna before entering the freezing chamber. She led us to a room with a warm, red glow and instructed us to throw on some towels and turn up the heat. Karen and I disrobed, wrapped ourselves in towels and stepped into the sauna, which fits several people but felt suddenly smaller when two nearly nude coworkers began sweating in this glass box together. We were told prior to entering the room that the sauna would detoxify our bodies by removing metal particles trapped within. I have no evidence of whether or not this happened, but we did sweat in the 140 degree heat. Because there is no humidity in the sauna, I found no difficulty in breathing nor did the heat cause stickiness on the skin as would any humid summer night in New Jersey. The typical stay in the sauna is one hour, but because we made our visit during the workday, we opted to relax for just 15 minutes. Any longer would have caused jealousy back at the office!

After emerging from the room and changing into robes, we were led to the intimidating cryotherapy tank. It looks like a futuristic, stand-up coffin, but thankfully, it’s roomy on the inside and you get to poke your head out the top. Nitrogen began filling the tank, and the top hole was covered to trap the cold air.

Cryotherapy involves the use of freezing temperatures to treat a variety of ailments ranging from sore muscles and sports injuries to skin conditions and inflammation. During just one three-minute session, clients can burn 500 to 800 calories. Cryotherapy can help the body produce collagen, reduce cellulite, increase metabolism and improve blood circulation.

“Your blood rushes to your core to protect your organs while your body is that cold,” Katie 1 told us. “When you get out, it floods into your extremities and you gradually warm up. Some people experience an adrenaline rush when they get out. Your brain floods with endorphins just like after a hard workout.”

While in the tank, we had to wear socks and shoes to prevent frostbite. Karen stepped into her slippers first and entered the tank, trading her robe for a pair of thick, rubber gloves. Fog danced around her shoulders as she immediately began bouncing to keep warm. Katie 2 talked to her throughout her chilling session to ensure she was as comfortable as can be and to make the time pass quicker. General questions were asked to keep Karen calm, but some profanity still slipped out under the influence of the -140 degree air swirling around her body. After three minutes, the chamber opened and Karen emerged from what looked like a smoke-filled spacecraft.

I was next. Because I’m on the shorter side, I had to step up on pads so my head would reach the top of the tank. I, too, traded my robe for gloves and instantly wrapped my arms around my waist to salvage any remaining body heat. I remember telling Katie 1 it was awful, and she asked if I wanted to step out, but my stubborn nature refused to let me quit after 10 seconds. (For reference, Karen and I share an office at The Journal, and I have a space heater blowing on me all day while she cranks up a fan.) I bent my stiff legs repeatedly and spun in circles, partly to keep moving and partly to dramatically exhale when only the wall could see me.

After three minutes, Katie 2 opened the door and released me. The pads beneath my feet were covered in frost, and my skin was red and tingly. She aimed a digital thermometer at my leg before and after entering the tank, and my body temperature decreased from 87 to 53 degrees. Was I happy to be out? Yes. Would I do it again? Probably. Will I be more grateful for my space heater back at the office? Absolutely.

Cryolete also offers cryo facelifts which reduce wrinkles and boost collagen production, an oxygen bar with various aromas, body sculpting that guarantees a loss of ½ inch, monthly membership opportunities and a line of specialty products aimed to improve your overall well-being. For more information on services, health benefits and pricing, visit Cryolete.com.
Dear Cassie: Am I entitled to receive a copy of my children’s medical and academic records from my ex-spouse? -V.P.

Dear V.P.: If your Matrimonial Settlement Agreement or Judgment of Divorce identifies you and your ex-spouse as joint legal custodians of your children, you are entitled to not only a copy of your children’s medical and academic records; you are entitled to all information and documentation pertaining to your children’s health, education, safety and welfare.

Legal custody in New Jersey refers to the right to make the important decisions impacting your children’s health, education, safety and welfare. For example: should my child have that proposed surgery, and with what doctor? What school should my child attend? What religious practices should my children follow? There is a presumption in favor of joint legal custody in New Jersey. In cases of joint legal custody, both parties are equally entitled to make decisions and to be informed about these major issues impacting their children. In those rare cases involving one party having sole legal custody of the children, that person alone is vested with the authority to make decisions concerning these major issues.

That is not to say that joint legal custody necessarily flows with it an obligation for one parent to furnish the other parent with all documentation and information about their children. Instead, both parents should be equally invested in these major issues, and should be communicating directly with the school and medical providers to obtain the information and documentation directly from the source. Notwithstanding, there is an expectation among our courts that the parents will communicate and cooperate with one another in the best interests of their children, which could mean sharing information or documentation with the other party that one party has received, and the other party has not.

Have a divorce and family law question for Cassie? Submit your question to admin@paonezaleski.com for consideration in the next edition of “Ask Cassie.”

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