

# NEW YEAR NEW ROUTINE



# A new year always brings big motivation.

New shoes. New playlists. New goals.

Starting (or restarting) an exercise routine is an awesome step for your health — and we're big fans of movement around here.

But every January, we also see a familiar trend at the clinic... People doing a little too much, a little too fast.

The good news? A smart start can help you build strength, confidence, and consistency — without sidelining yourself with aches or injuries.

This quick guide breaks down how to start a new exercise routine the **physio** way.



# Why Do New Exercise Programs Cause Pain?

When your body isn't used to certain movements or loads, jumping in too aggressively can overwhelm your tissues.

Common reasons we see injuries early on:

- Doing too much volume right away
- Increasing intensity too quickly
- Skipping rest days
- Ignoring early warning signs
- Following a plan that doesn't match your body (or life)

## Some January Aches We See

Starting a new routine can stress different areas depending on what you're doing.

We often see:

- Low back pain from sudden increases in lifting or high-impact workouts
- Shoulder pain from push-ups, overhead work, or high intensity classes
- Knee pain from running, squats, or jumping
- Achilles, calf, or shin pain from returning to cardio too fast
- General soreness that lingers longer than expected

Some soreness is normal. Persistent or sharp pain is not.

# 5 Physio-Approved Tips for Starting Strong

## 1) Start Smaller Than You Think

If you feel like you could do more... that's perfect.

Starting at 60–70% effort gives your body room to adapt and recover. You'll build momentum without burning out or breaking down.

Consistency beats hero workouts. Every time.

## 2) Progress Weekly, Not Daily

Your muscles don't get stronger overnight.

Aim to:

- Increase weight, reps, or duration once per week
- Keep things steady the rest of the time
- Let your body catch up to your motivation

This is how you build strength and stay injury-free.

## 3) Soreness ≠ Success

Mild muscle soreness is normal when trying something new.

But, watch for:

- Sharp or pinchy pain
- Pain that worsens with each workout
- Pain that sticks around for days
- Pain that changes how you move

Those are signs your body wants a tweak... not a push.

## **4) Rest Is Part of Training**

Rest days aren't lazy. They're productive.

Recovery is when:

- Muscles rebuild
- Tendons adapt
- Strength gains actually happen

Plan rest just like workouts. Your future self will thank you.

## **5) Choose a Routine That Fits Your Life**

The "best" program is the one you can actually stick to.

That means:

- Realistic time commitments
- Enjoyable movement
- Flexibility when life gets busy
- No guilt if a workout gets skipped

You don't need perfect. You need sustainable.

# When to get help.

If something doesn't feel right, don't wait it out.

We can help you:

- Modify a new routine safely
- Address old injuries before they flare up
- Improve movement and technique
- Build confidence as you get stronger

Early tweaks = fewer setbacks later.

## **Start Smart. Move Well. Feel Good.**

Our team of physiotherapists, chiropractors, and massage therapists are here to help you move better, feel better, and play your best round yet.

## Two Convenient Locations:

### **Main Clinic**

421 St. Clair Street  
Chatham, ON

### **South Chatham**

40 Beatty Street  
Chatham, ON

## Contact

 519-358-7342

 [www.peachphysio.ca](http://www.peachphysio.ca)

 [frontdesk@peachphysio.ca](mailto:frontdesk@peachphysio.ca)