

## December Newsletter 2025



Four Peaks Wilderness - Arizona

### Celebrating You This Season

Hello,

December brings a warm mix of celebration, comfort, and reflection. With Christmas approaching and the year winding down, it's a gentle invitation to slow down, savor small joys, and appreciate the moments and people who have supported you.

This month is also National Impaired Driving Prevention Month, a thoughtful reminder to care for ourselves and our communities. Staying mindful during holiday gatherings and choosing safe habits helps everyone enjoy the season with ease and peace of mind.

To celebrate the season, we're offering a special holiday sale to help you step into the new year feeling supported, refreshed, and grounded in healthier routines.

Wishing you a holiday season filled with warmth, comfort, and connection.

Warmly,  
The Resilient Team

### SPECIAL PROMOTION

#### Holiday Sale

Offer valid December 1-31, 2025

We are celebrating you this season with a heartfelt year end offer to thank you for your continued support.

- Purchase an 8 session package at \$1600 and receive 1 free session.
- Purchase a 16 session package at \$2800 and receive 2 free sessions.

Call us at **480.999.5171** or email [hello@resilientaps.com](mailto:hello@resilientaps.com) to take advantage of this special year-end offer.



### HOLIDAY HOURS

#### Christmas Hours

In observance of Christmas, **Resilient Align Pain Solutions** will be **closed Thursday and Friday, December 25 and 26, 2025.**

We will resume regular hours on **Monday, December 29, 2025.**

We hope you enjoy a safe, relaxing holiday filled with joy and fun! Thank you for being part of our community.

Need assistance before the holiday? Call us at **480.999.5171** or email [hello@resilientaps.com](mailto:hello@resilientaps.com)



### ARTICLES OF THE MONTH

#### Move Well, Age Well: One Secret to Graceful Longevity



What if aging gracefully is about actively protecting what keeps you vibrant? At **Resilient Align Pain Solutions**, we've found that the most powerful anti-aging tool isn't a cream or supplement — it's how your body moves, balances, and recovers. Aging doesn't have to mean slowing down. You can choose to stay active, balanced, and aligned so you can feel younger, even if the outside shows signs of time's passing. [Read More](#)

#### Impairment Begins With the First Drink

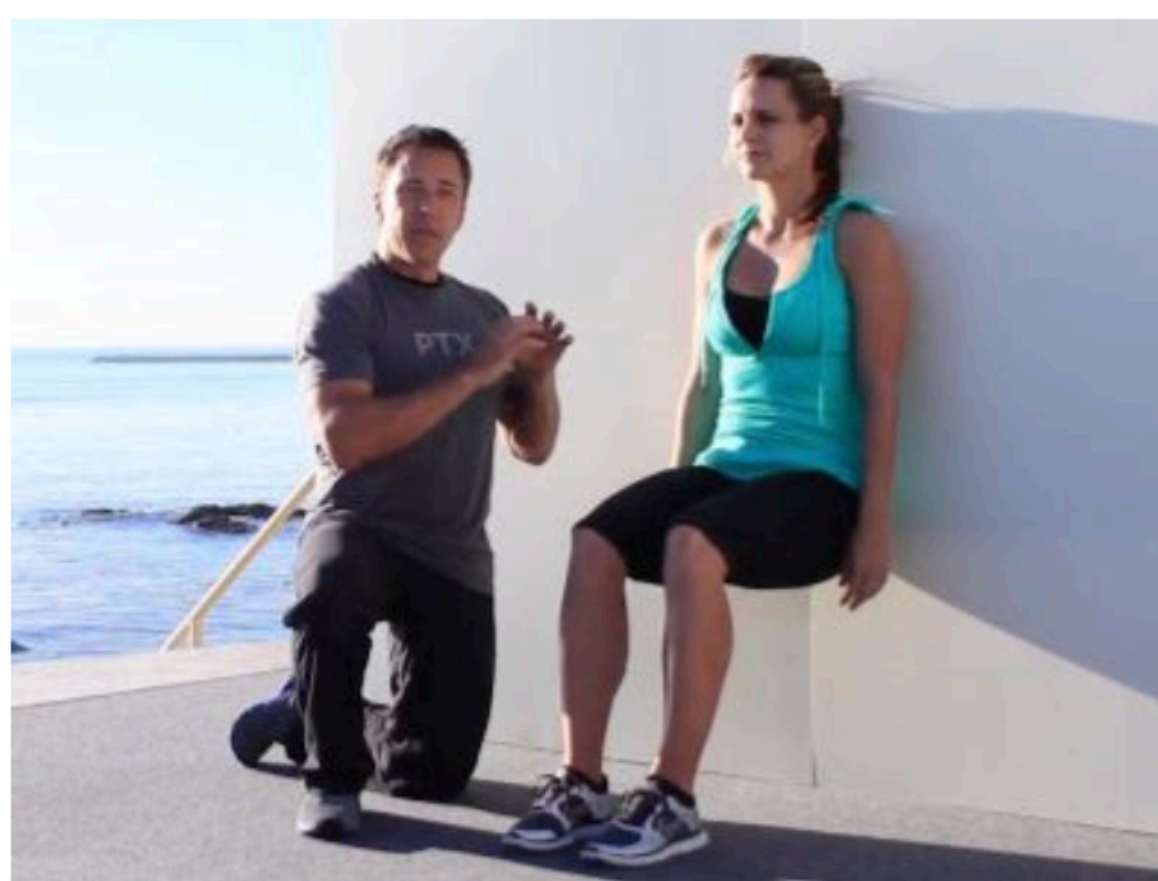


Having a plan that includes a designated driver, a taxi or ride share, or an overnight stay at a friend's home just might save a life. Just a single drink can cause a decline in visual function, mental judgment and motor skills, resulting in driver impairment.

In the 1980s, the United States saw a significant reduction in alcohol-involved crashes due to lowering the legal driving limit to 0.08 blood alcohol concentration, increasing the minimum legal drinking age to 21 and instituting educational campaigns about the dangers of drinking and driving. However, in the decades since, drivers with alcohol concentrations at or above 0.08 have remained involved in about one-third of all traffic fatalities in the U.S. That's about 10,000 lives lost every year. [Read More](#)

### EXERCISE OF THE MONTH

#### Airbench

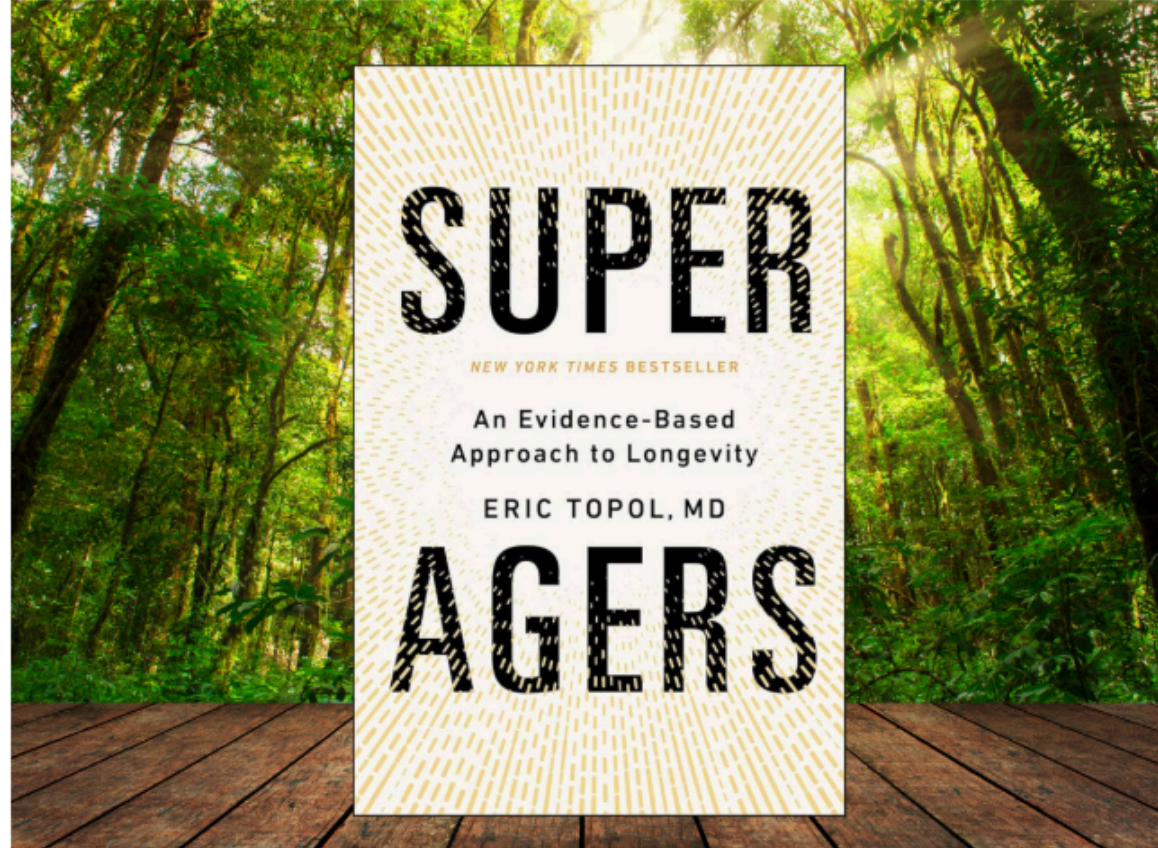


**Description:**

- Sit against a wall at approximately 90 degrees, with heels straight under or slightly in front of (NOT behind) knees
- With feet and knees hipwidth apart and pointing straight ahead, push low back into wall and keep pressure in heels (not in toes)
- Relax shoulders, neck and hands
- Feel work in thighs
- If you feel too much pressure in the knees, then sit up slightly higher on the wall (increasing the angle at the knees)
- Hold pose for 2 minute

### JOHN'S BOOKSHELF

#### Super Agers



This book introduces readers to the world of super agers, older adults who maintain impressive memory, focus, and emotional vitality well into later life. Through research findings and real life stories, it reveals how certain habits, such as staying mentally engaged, nurturing strong social bonds, and living with purpose, can support a remarkably healthy brain. The book makes the case that exceptional aging is not luck but a set of attainable lifestyle choices. It is an inspiring read for anyone interested in protecting long term cognitive health and learning how to age with strength, clarity, and joy.

### BILLIE'S RECIPE OF THE MONTH

#### Sweet and Sour Meatballs



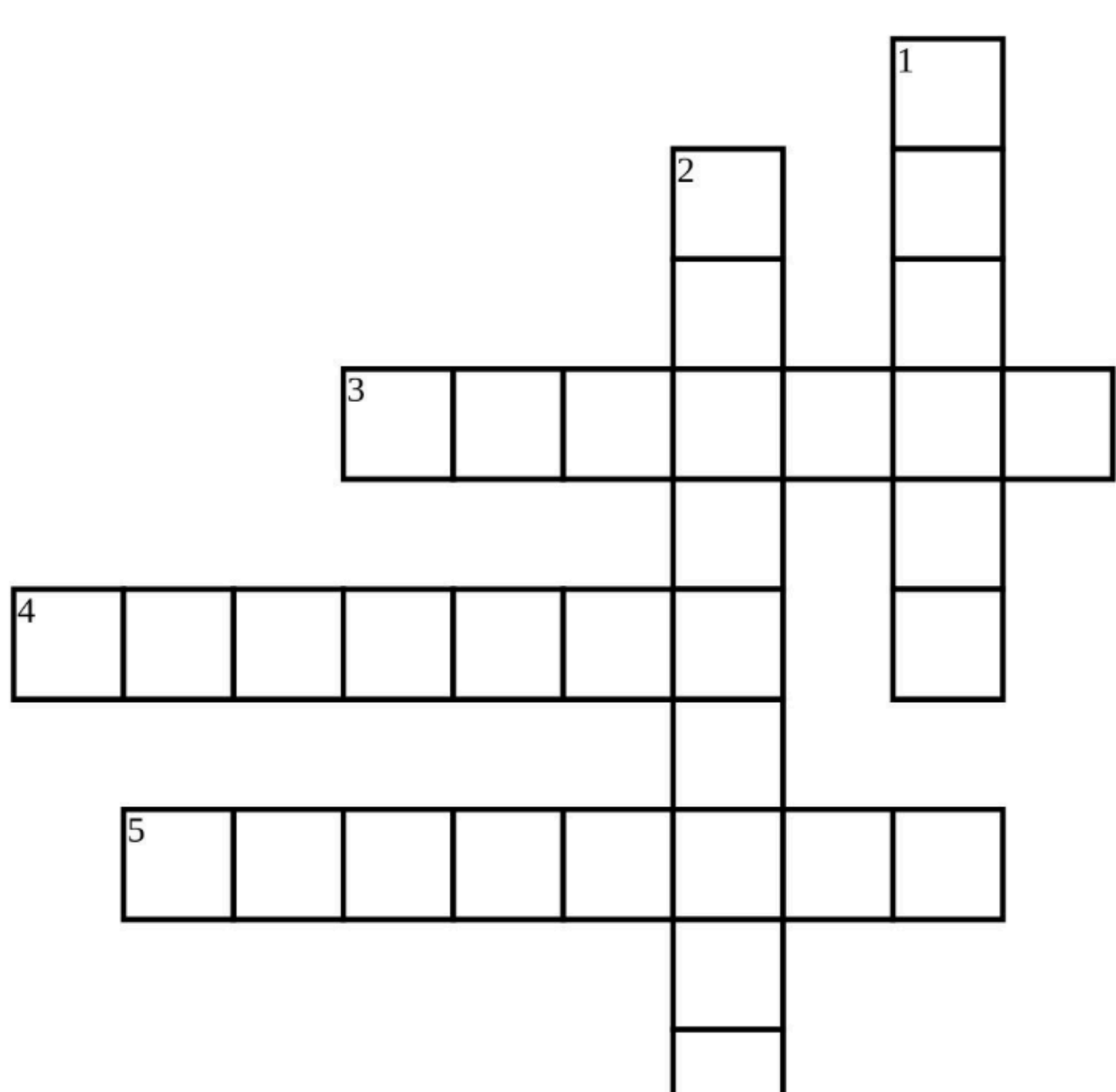
**Ingredients:**

- 2 pounds hamburger meat
- ½ tsp salt and pepper
- ¼ cup sautéed onion finely chopped
- 2 eggs
- 1 cup Mrs Cubbison's traditional stuffing mix
- 12 oz Heinz chili sauce
- 10 oz Welch's grape jelly

**Instructions:**

1. In a large bowl mix together the hamburger meat, salt and pepper, sautéed onions, eggs, and stuffing mix and shape into meatballs.
2. In a large skillet combine the chili sauce, jelly and meatballs and cook over medium heat for 35 minutes.

### RESILIENT PUZZLES



#### WORD SCRAMBLE

AZRADH \_\_\_\_\_  
EITFGUA \_\_\_\_\_  
ZLERYABHRATE \_\_\_\_\_  
HOUSCL \_\_\_\_\_  
NSITONE \_\_\_\_\_

- Down:**
1. Posture habit that pulls the shoulders forward
  2. Ideal position of the spine for healthy posture
- Across:**
3. Exhaustion that can hinder driving judgement
  4. Feeling that requires when posture breaks down
  5. Condition required for safe driving

ANSWERS: 1. HAZARD 2. FATIGUE 3. BREATHALYZER 4. SLOUCH 5. TENSION      ANSWERS: Down 1. SLOUCH 2. ALIGNMENT Across: 3. FATIGUE 4. TENSION 5. SOBRIETY

Hearing from our clients truly means the world to us. We'd be so grateful if you'd take a moment to share a quick Google review. Your story could help others who are looking for the same kind of care and support.

[Google Reviews](#)