



RESILIENT
— ALIGN PAIN SOLUTIONS —

January Newsletter 2026



Saguaro National Park - Arizona

Welcoming a Month of Renewal

HAPPY NEW YEAR,

January marks International Quality of Life Month, a perfect invitation to slow down, reflect, and choose habits that support a healthier and more balanced year ahead. As we begin a new year, we want to encourage you to prioritize rest, nourish your body, and choose routines that help you feel grounded, energized, and clear-minded.

Our team is here to help you build a foundation that brings more balance, strength, and ease into your daily life. Wishing you a month filled with renewal, intention, and the small choices that add up to a healthier and more fulfilling year ahead.

Warmly,
The Resilient Team

HOLIDAY HOURS

New Years Hours

In observance of New Years Day, **Resilient Align Pain Solutions** will be **closed Thursday, January 1, 2026.**

We will resume regular hours on **Friday, January 2, 2026.**

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



ARTICLES OF THE MONTH

Why Slouching Might Be Keeping You Awake at Night



Have you ever wondered why you still feel tired after a full night's sleep? The answer may not be in your mattress but in the way your body is aligned.

When most people think about improving their sleep, they focus on diet, stress, or finding the right mattress. One often-overlooked factor is posture. The way your body aligns, both during the day and while you sleep, has a direct impact on sleep quality, stress levels, and even hormonal balance.

[Read More](#)

Tips for a High-Quality, Longer Life



We can learn much from people who continue to live productive lives into their 80s and 90s. Doctors in this demographic have a unique perspective, as they can tap into their decades of knowledge from their medical practice and their personal experiences dealing with Father Time.

To discover some of the secrets to longevity, we turned to two Harvard physicians: Dr. Marshall Wolf, 87, and Dr. Mitchell Rabkin, 94. Dr. Wolf is a professor of medicine at Harvard Medical School and emeritus vice chairman for medical education at Harvard-affiliated Brigham and Women's Hospital. Dr. Rabkin is a professor of medicine at Harvard Medical School and former president of Harvard-affiliated Beth Israel Deaconess Medical Center. Here's some of what they've learned about keeping the body and mind strong, healthy, and thriving. [Read More](#)

EXERCISE OF THE MONTH

Frog

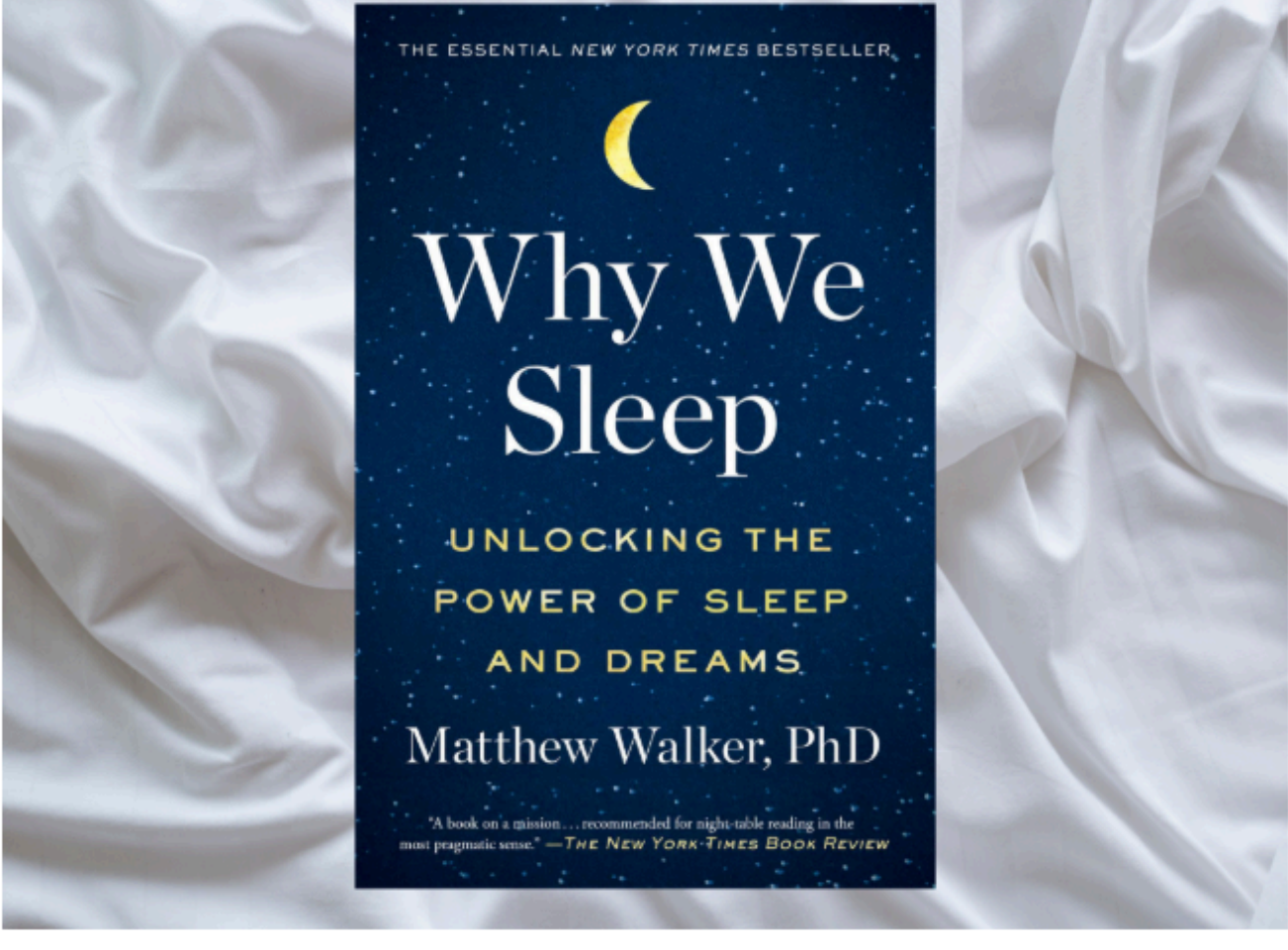


Description:

- Lie on back with knees bent, put the soles of the feet together letting the knees fall out to side
- Relax upper body with arms out and palms up
- Hold pose for 2 minute

JOHN'S BOOKSHELF

Why We Sleep



Why We Sleep explores the science behind one of our most important biological needs. Matthew Walker explains how sleep supports memory, learning, emotional balance, immunity, and long term brain and heart health. He shows what takes place during each stage of sleep and how even small reductions in quality or duration can affect decision making, metabolism, and physical performance. The book also offers practical insights into building healthier sleep habits and creating routines that help the body reset and recover. It is an accessible guide that encourages readers to treat sleep as a powerful tool for overall well-being.

BILLIE'S RECIPE OF THE MONTH

Bacon Cheese Dip



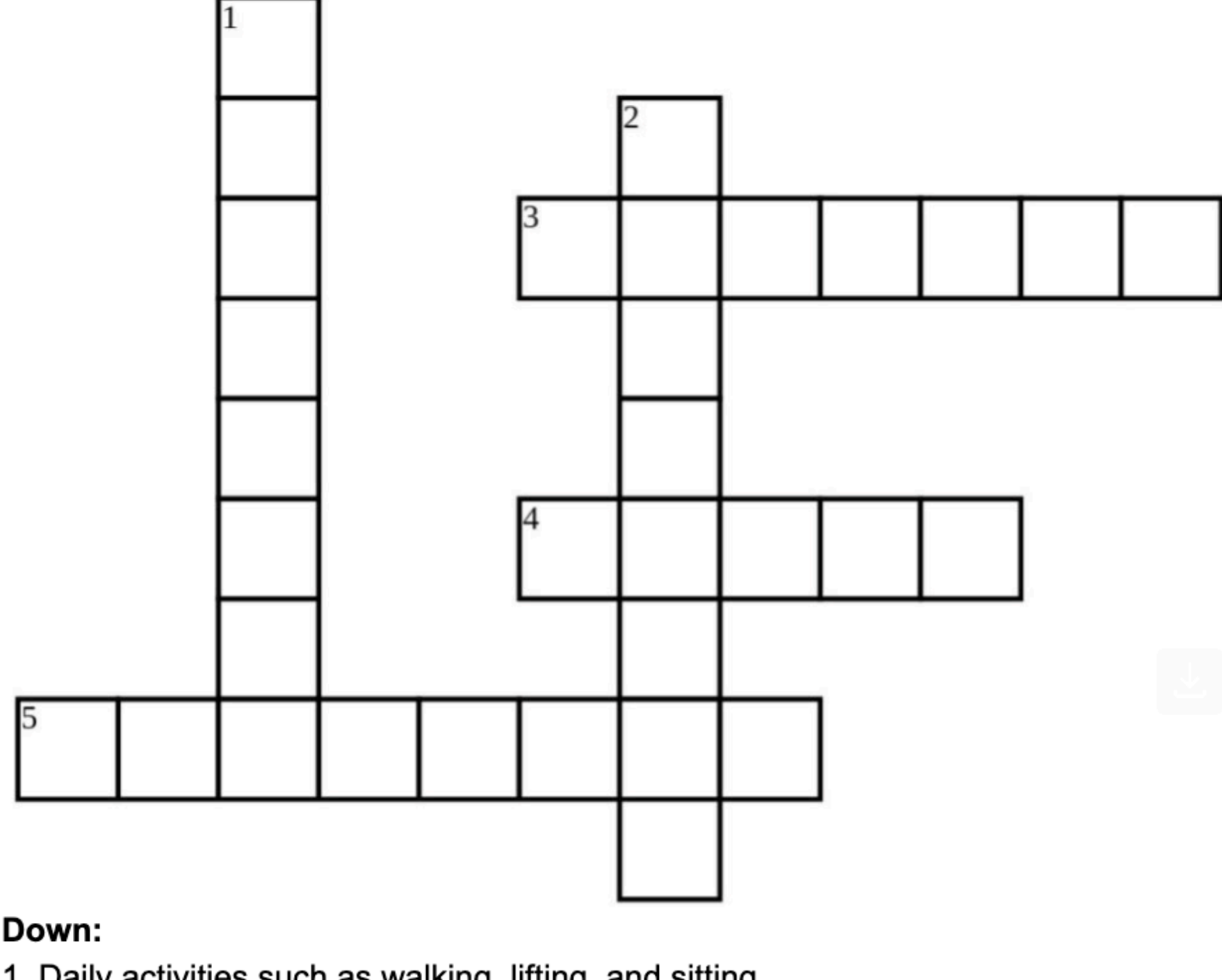
Ingredients:

- 1 large sourdough loaf
- Salt, pepper and olive oil to taste
- 8 oz cream cheese or favorite soft cheese
- 1 ½ cups sour cream
- ¾-1 lb bacon
- ½ cup chopped green onion
- 1 garlic clove minced
- 1 ½ tsp Worcestershire sauce
- 2 cups shredded cheddar cheese

Instructions:

1. Remove the top of the bread bowl. Next, use a spoon to scoop out the inside making sure not to break through the bottom. Leave no more than an inch around the outside. Once prepared, coat with olive oil and sprinkle with salt and pepper then set aside to prepare a dip.
2. Mix ingredients together and stuff the sour dough loaf. Set aside small amount of green onion and bacon to garnish the top of bowl after heating.
3. Wrap in foil and bake at 325 degrees for 1 hour.

RESILIENT PUZZLES



- Down:**
1. Daily activities such as walking, lifting, and sitting
 2. Range of motion in muscles and joints
- Across:**
3. Feeling of ease when the body is well supported
 4. Restful state that allows the body to recover
 5. Physical effort that supports postural health

WORD SCRAMBLE

RRYEOCVE _____

SITBAITYL _____

ENGAR _____

INNCFOUT _____

YTLMIIOB _____

ANSWERS: 1. RECOVERY 2. STABILITY 3. RANGE 4. FUNCTION 5. MOBILITY
ANSWERS: Down 1. MOBILITY Across: 3. COMFORT 4. SLEEP 5. ACTIVITY

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](#)

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