



# The Power of a Fresh Start: Building a Routine to Overcome Limitations in the New Year



As we enter a new year, it's an opportunity to reset and reframe goals, break old habits, and establish new, healthier routines. But for those living with chronic conditions like Parkinson's disease or multiple sclerosis (MS), creating and sticking to a routine can be a challenge, especially when you are not feeling your best! When you have a routine, it can be empowering, offering both physical and emotional benefits to hopefully have less frequent "bad" days.

Starting a routine is more than just a resolution; it's a commitment to self-empowerment. Here's why it matters and how to overcome common limitations along the way.

## Why Routines Matter

Having a structured routine provides a framework for consistency and progress. Here's how routines can benefit your well-being:

- **Stability and Predictability:** Chronic conditions often bring unpredictability. A daily routine can provide a sense of control amidst the uncertainty.
- **Improved Mental Health:** Regular physical activity, social engagement, and mindfulness practices can reduce feelings of anxiety and depression.
- **Physical Benefits:** Movement-based routines improve strength, flexibility, and balance—key factors in managing symptoms of neurological conditions.
- **Enhanced Cognitive Function:** Engaging in consistent mental stimulation helps maintain cognitive abilities, which can be affected by conditions like Parkinson's or MS.

## Common limitations and how to overcome them:

Starting and maintaining a routine isn't always easy.

Here are practical tips to overcome some of the most common barriers:

## 1. Lack of Motivation

It's normal to feel unmotivated at times, especially when dealing with chronic fatigue or pain. Combat this by:

- **Setting Small Goals:** Break larger goals into achievable steps to avoid feeling overwhelmed.
- **Finding Accountability Partners:** Join a support group, fitness class, or enlist a friend to keep you on track.
- **Celebrating Wins:** Recognize progress, no matter how small. Every step forward is a victory.

## 2. Physical Limitations

Your routine should be adapted to your abilities and needs. Consider:

- **Consulting with Specialists:** Work with physical therapists or certified trainers who specialize in neurological conditions.
- **Listening to Your Body:** Know your limits and modify activities to prevent injury.
- **Utilizing Assistive Tools:** Mobility aids and adaptive equipment can help you stay active safely.



## 3. Time Constraints

Life gets busy, and finding time for self-care can be challenging. Simplify your routine by:

- **Prioritizing Self-Care:** Schedule your wellness activities as non-negotiable appointments.
- **Starting Small:** Even 10 minutes of daily exercise or mindfulness can make a difference.
- **Building Habits Gradually:** Consistency matters more than intensity. Focus on sustainable changes.



## How to Get Started

1. **Assess Your Current Routine:** Identify what's working and what's not.
2. **Set Realistic Goals:** Make your goals specific, measurable, and attainable.
3. **Create a Schedule:** Write down your routine and set reminders to stay on track.
4. **Be Flexible:** Life happens. Allow for adjustments without guilt.
5. **Seek Support:** Join programs like Rock Steady Boxing or PWR! Moves, which are designed to empower individuals with Parkinson's and MS.

## **The Empowerment of Routine**

At The Empowerment Neurofitness and Wellness Center, we believe that movement is medicine and that everyone deserves to live a life filled with hope and purpose. Our programs focus on empowering individuals to push past limitations and embrace their potential. By starting the year with a renewed focus on building a consistent routine, you're taking the first step toward a healthier, more empowered you.

Remember, it's never too late to start fresh. The new year is your opportunity to move forward, one step at a time—toward strength, resilience, and a life filled with empowerment and hope.