



Larson Law Newsletter

December 2025



*It's the most wonderful time of the year!
Merry Christmas and a Happy New Year!*



Staying Safe This Holiday Season

As the holiday season ramps up, so does the pace of everyday life. December is one of the busiest months of the year, and with that comes an increase in car crashes, slip-and-falls, and other preventable injuries. We want you and your loved ones to stay safe, so here are a few practical tips:

1. Drive Smart During Winter Weather

Shorter days, icy roads, and heavy traffic create tough driving conditions. Give yourself extra time, slow down, and leave plenty of space between vehicles. If you're traveling, check road conditions ahead of time and keep an emergency kit in your car.

2. Watch for Hazards in Stores and Parking Lots

Crowded shopping areas can be slippery and chaotic. Snow, ice, and spilled items are common this time of year. Take your time, wear traction-friendly shoes, and report unsafe conditions when you see them.

3. Celebrate Responsibly

Holiday parties often involve alcohol. If you plan to drink, arrange alternate transportation. If you're hosting, help guests get home safely and avoid letting anyone drive impaired.

4. Protect Yourself From Insurance Mistakes

If you or a loved one is injured this season, don't let an insurance company pressure you to make a quick statement or accept a low offer. Reach out to us first so we can help you avoid missteps.

5. Keep an Eye on Your Medical Care

If you're already in treatment from an earlier incident, try to stay consistent through the holiday rush. Missed appointments can affect your health and your claim.

We're Here for You

We know this is a special time of year, and we hope it's full of peace and joy for you and your family. If you ever need guidance or have questions about an injury or claim, we're only a call away.

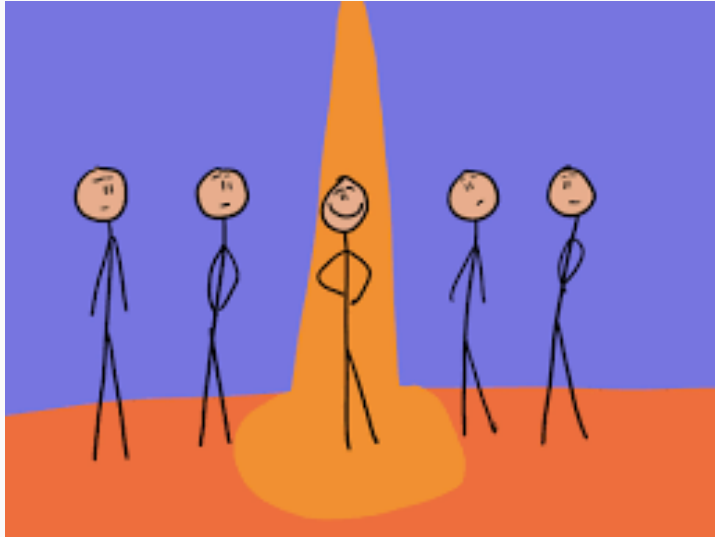
We wish you a wonderful December and a peaceful holiday season!



www.larsonlawutah.com

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GET TO KNOW OUR TEAM!



This month's Feature:

Selina Munoz

(Best spanish speaking receptionist ever)

What do you do for fun?

I love to cook for my family and craft when I have time!

Best part of the job?

I love working with my second family, because that is what we are. There is never a dull moment!

Why pick Larson Law?

If you want to be treated like family, come to us! We will always keep you informed and up to date with your case!

10 Proven Ways to Improve Flexibility



Stay Flexible This December!

The holiday season is here — a time filled with decorating, shopping, cooking, and plenty of bending, lifting, and reaching. Keeping your body flexible can make all those activities easier and help prevent muscle and joint pain. Flexibility isn't about touching your toes — it's simply your joints moving comfortably through their full range of motion. Here are simple ways to stay limber this season.

Why Flexibility Matters

Flexible muscles help your joints move freely, reduce strain, and lower the risk of injury. When one area is tight, your body compensates elsewhere, which can cause pain or overuse injuries. Improving flexibility supports everyday tasks — from carrying groceries to getting up from a chair.

Easy Ways to Improve Flexibility

1. Do Static Stretches

Hold gentle stretches for 20–60 seconds, like triceps, hip flexor, or calf stretches. Best after workouts.

2. Add Dynamic Stretches

Warm up with movement-based stretching such as lunges, arm circles, or side shuffles.

3. Breathe Deeply

Slow, deep breathing relaxes the muscles and helps you stretch more comfortably.

4. Hydrate

Water keeps muscles and joints functioning properly. Dehydration makes muscles tighten up.

5. Start Small

Focus on major muscle groups (hamstrings, glutes, calves, shoulders). Stretch lightly and avoid pain.

6. Try Yoga

Yoga combines movement and breathing to improve flexibility. Choose from gentle to more active styles.

7. Try Tai Chi

Slow, controlled movements improve flexibility, balance, and mobility — especially helpful for older adults.

8. Try Pilates

Pilates builds core strength and flexibility with controlled, low-impact exercises.

9. Make Stretching a Habit

Add short stretching routines to your mornings, evenings, or breaks throughout the day.

10. Ask a Professional

If tightness is limiting your movement or causing pain, a physical therapist can help create a safe, effective plan.

The Bottom Line

Flexibility isn't about being "super bendy." Small, consistent habits can boost mobility, reduce injury risk, and help you feel better during the busy holiday season.

To learn more and read the whole article - <https://www.goodrx.com/well-being/movement-exercise/improve-your-flexibility>

December Recipe: Peppermint Chocolate Bark



A quick, festive, no-stress treat you can make in minutes!

Ingredients

- 12 oz. semisweet chocolate chips
- 12 oz. white chocolate chips
- ½ tsp peppermint extract
- 4–5 candy canes, crushed

Directions

1. Melt the chocolate

Spread melted *semisweet chocolate* onto a parchment-lined baking sheet. Let it cool slightly.

2. Add peppermint flavor

Stir *peppermint extract* into the melted *white chocolate*. Pour it over the semisweet layer.

3. Make it festive

Sprinkle crushed candy canes over the top.

4. Chill + break

Refrigerate for 45–60 minutes, then break into pieces.

Serving Ideas

- Package in clear treat bags with ribbon
- Add to cookie trays
- Use as a hot-cocoa topper



We Want to Hear From You!

Unlike many law firms, **we actually want you to call us** and keep us updated on your case!

If it's been more than 30 days since we last spoke—please reach out. Staying in touch helps us serve you better and make sure nothing slips through the cracks.

Here's what we need to know:

- ✓ **Any updates on your recovery, care, or treatment**
- ✓ **If you've seen a new doctor**

- ✓ If you've had new imaging like X-rays or MRIs
- ✓ If your health insurance has changed
- ✓ If your doctor says you've completed treatment
- ✓ If you're feeling frustrated with your recovery process

We're here to guide you through this—but **we need your help** staying informed.

Call us. Email us. Let's talk.

We're your team, and communication is key.



We are truly grateful for the trust you place in us to handle your personal injury needs.

Your referrals mean the world to us—they are the highest compliment we can receive.

If you know someone who could benefit from experienced legal support after an accident, we're here to help them get the care and compensation they deserve.

Rest assured, we'll treat them with the same dedication and respect we've shown you.

Thank you for your confidence in us!



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Click icon links below to follow our pages!

We'd love for you to join and like our pages!

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