



Larson Law Newsletter

January 2026



"January is the perfect balance between winter's stillness and the new year's potential."

-Unknown



What to Do After an Accident: Simple Steps That Protect Your Health and Your Rights

An accident can turn your life upside down in seconds. Between medical appointments, insurance calls, and everyday responsibilities, it's easy to feel overwhelmed. Knowing what to do—and what to avoid—can make a meaningful difference in both your recovery and your legal claim.

Here are a few important steps we recommend after an accident.

1. Put Your Health First

Even if you feel “mostly okay,” seek medical care as soon as possible. Some injuries—especially head, neck, and soft-tissue injuries—don’t show symptoms right away. Prompt evaluation protects your health and creates important documentation if injuries worsen later.

2. Document What You Can

If you’re able, take photos of the scene, vehicle damage, visible injuries, and anything else that seems relevant. Keep copies of medical records, bills, and time missed from work. These details help tell the full story of how the accident affected your life.

3. Be Careful With Insurance Companies

Insurance adjusters may sound friendly, but their goal is to minimize what they pay. Before giving recorded statements or accepting any settlement, it’s wise to understand your rights and the true value of your claim.

4. Don't Rush a Settlement

Early settlement offers often come before the full extent of injuries is known. Once a settlement is accepted, it usually cannot be reopened—even if additional treatment becomes necessary later.

5. Know You Don't Have to Handle This Alone

A personal injury claim is about more than paperwork—it's about protecting your future. An experienced personal injury attorney can handle communication with insurance companies, work with medical providers, and fight to ensure you're treated fairly, so you can focus on healing.

We're Here to Help

If you or someone you care about has been injured in an accident, getting good information early can make all the difference. Our firm is committed to guiding clients through the process with clarity, compassion, and strong advocacy every step of the way.

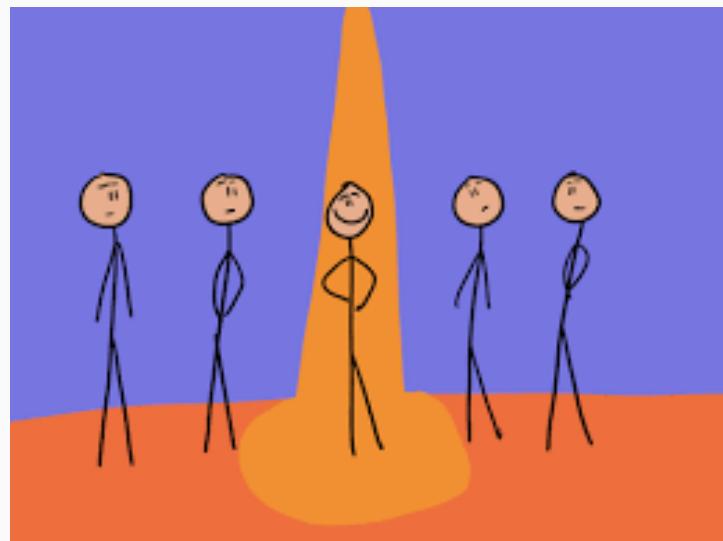
If you have questions or need help, don't hesitate to reach out. We're always happy to talk—even if you're just looking for guidance.



www.larsonlawutah.com

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GET TO KNOW OUR TEAM!



This month's Feature:

Ceri Curtis

What do you do for fun?

I love being with my family doing whatever and love to watch movies!

Best part of the job?

Working with amazing co-workers and helping our clients get the best outcomes!

Why pick Larson Law?

We care about our clients as if they are family!

Sticking to It

By: Keaton Stephens

Staying on Top of New Year's Fitness Goals

Consistency is the foundation of progress in any fitness program, and strength training is no exception. Sticking to a regular routine is essential not only for building muscle but also for improving overall health, longevity, and quality of life.

When you train consistently, your muscles adapt by becoming stronger and more efficient. These adaptations don't happen overnight - they develop gradually through repeated effort. Skipping workouts or training sporadically interrupts this process, leading to plateaus or even loss of progress, called deconditioning. A structured routine ensures you are continually challenging your body and allowing adequate recovery time for growth.

Consistent strength training supports bone density, joint stability, and metabolic health. It helps reduce the risk of injury by strengthening connective tissues and improving balance.

Beyond physical results, strength training has powerful effects on mental health.

Regular exercise releases endorphins, which are natural mood boosters that reduce stress, anxiety, and depression. Strength training also promotes better sleep, increased focus, and improved energy levels throughout the day. Over time, the discipline and structure of a consistent routine can increase self-esteem and a sense of control, helping you feel more capable both inside and outside the gym.

Additionally, maintaining a regular schedule helps establish a positive habit loop. The more consistent your routine becomes, the less motivation you need to get started. Showing up becomes automatic. Whether your goal is to increase strength, enhance performance, or simply feel better day to day, persistence is key.

Ultimately, sticking to a strength training routine builds more than just muscle - it strengthens your mind, enhances emotional balance, and empowers you to lead a healthier, happier life.

***Keaton Stephens is an exercise physiologist at Discover Strength in Draper. He graduated from Utah Valley University in 2023 with a Bachelor's degree in Exercise Science.*

***Article from Jordan River City Lifestyle - January 2026 edition*

January Recipe: Cozy Lemon Chicken Soup



January is a time to slow down, reset, and take care of yourself - starting with something warm and comforting!

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 2 cloves garlic, minced
- 6 cups chicken broth
- 2 cups cooked, shredded chicken
- 1 cup orzo or small pasta
- Juice of 1 lemon (more to taste)
- Salt and pepper to taste
- Fresh parsley (optional)

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery. Sauté until softened, about 5 minutes.
2. Add garlic and cook for 30 seconds.
3. Pour in chicken broth and bring to a gentle boil.
4. Stir in pasta and cook according to package directions.
5. Add shredded chicken and simmer for 5 minutes.
6. Remove from heat and stir in lemon juice. Season with salt and pepper.
7. Garnish with parsley if desired and serve warm.



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!

HAPPY NEW YEAR FROM ALL OF US AT LARSON LAW!!



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