



WELLNESS NEWSLETTER

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Heart Health

The heart, known as the Powerhouse, pumps 2,000 gallons of blood through the circulatory system each day by expanding and contracting 100,000 times. It is the most resilient organ, but it does need some help. Each person needs to know their risk factors and what they can do about them. You can't control your age or family history but there are others that you can. Improve your heart health with these tips:

- **Quit smoking**- commit to it, make a plan and seek support.
- **Control your blood pressure**-take medication if prescribed and have your pressure checked.
- **Control your weight**-being 20% overweight doubles the risk for heart disease.
- **Put exercise on your daily to-do list**-30 minutes daily can lower the risk of heart disease.
- **Eat healthy**- Eat fewer foods containing trans fats and more fruits and vegetables.
- **Fight stress**- Find ways to relax and learn to say "no" to stressful situations.
- **Folate**-eat vegetables, fish and beans. They contain folate which lowers homocystein which is a risk factor.
- **Get started**-thinking about it and doing it are two different things. Seriously set your goals and do something about them. Now is the best time to start preventing heart disease.



Steps to Ease Foot Pain

Heel and arch pain can often be Plantar Fasciitis. This condition can last for many months and be extremely uncomfortable and painful when standing and walking. Doctors at the University of Rochester

School of Medicine say that 83 percent of patients who had this condition for 10 months or more and did this exercise reported no pain or a decrease in pain. Sit with the ankle of the sore foot across the opposite thigh. Pull your toes toward your shin with your hand until you feel a stretch in your arch. Run the opposite hand along the sole of the foot. You should feel a tight band of tissue down the center. Do this stretch ten times, holding each for 10 seconds. Do the stretches before getting out of bed in the morning and twice more during the day.



Stretch Your Fitness IQ

To get more out of your workouts and improve your fitness IQ, here are some ideas:

- Seek the help of a personal trainer
- Emphasize quality over quantity. It is better to do your workout correctly rather than worry about how long.
- Breathe correctly. Take full breaths. This gives more oxygen to your muscles
- Monitor your heart rate
- Listen to music for extra energy.



Important Winter-Driving Tips

The leading cause of death during winter storms is transportation accidents according to the Federal Emergency Management Agency. No matter how long you've had your license, driving in snowy conditions is a test for even the most experienced driver. Follow these tips

- Do everything slowly, gently accelerate, turn and brake slowly and gently.
- Avoid bridges and overpasses if possible.



- If skidding, keep your foot off the brake and steer until you regain control. Once you've gained control gently apply the brakes.
- If you're in a spin out, apply brakes hard and hold them to slow down the car.
- Keep windows and windshield clear of ice and snow.
- In rain, the road becomes slippery . Drive slowly and turn on your lights.
- Keep you washer fluid receptacle filled with a deicer.

Car Supplies For Winter

- Flashlight with extra batteries
- First-aid kit
- Pocket knife, small tools (pliers, wrench, screwdriver
- Medications (pain reliever, cough drops, etc)
- Winter boots, scarf, hat, gloves, blankets
- Booster cables
- Flares, flag or bright colored cloth
- Cell phone
- Matches
- Snow brush, ice scraper, shovel, bag of sand, windshield washer fluid
- Newspapers for insulation
- Nonperishable snacks and bottles of water.

“Stop the Pop”

“Stop the Pop” is an Anterior Cruciate Ligament (ACL) Injury Prevention Program offered by Community Rehab Physical Therapy & Sports Medicine. The ACL injury prevention program is designed to aid in the prevention of non-contact knee injuries, including ACL injury. The program was developed by certified athletic trainers and licensed physical therapists from Community Rehab Physical Therapy & Sports Medicine.

Studies by the American Academy of Orthopedic Surgeons state that many injuries to the ACL result due to an overload of the knee joint in a rotational manner. The number of ACL injuries is alarming, especially among high school and college age female athletes. One of the reasons for the higher incidence of injuries to females is the alignment of the legs with landing forces. The high stresses to the knee joint are a result of jumping and twisting motions.



The ACL Injury Prevention Program is a five-week, ten-session training program that will focus on technique, drills and education of jumping and landing. The goal of this program is to improve posture and to reduce the stress on the ligaments of the knee. Additionally, the alignment of the knee when jumping and landing will be improved and the risk of injury will be decreased.

The ACL Injury Prevention Program will be directed by licensed physical therapists and certified athletic trainers that are trained in the proper mechanics of landing and jumping. Contact the Community Rehab nearest you for more information regarding this program.

Healthy Recipe of the Month Easy Cheese Lasagna



- 1 jar (28oz) spaghetti sauce
- 6 uncooked lasagna noodles
- 1 container (15 oz) fat-free ricotta cheese
- 1-2 cups sliced or chopped raw vegetables, such as mushrooms, broccoli, and bell pepper
- 1 package (8 oz) shredded low-fat mozzarella cheese

1. Preheat oven to 375. Spray 11x7 baking dish with cooking spray. Spread 1/3 of sauce on bottom of dish, arrange 3 noodles in single layer over sauce. Top with another 1/3 of sauce, all of ricotta cheese and vegetables, 1/2 of mozzarella cheese, then remaining noodles in single layer. Spread evenly with remaining sauce.
2. Cover dish with foil, bake until noodles are tender and mixture is hot, about 1 hour. Sprinkle with remaining mozzarella cheese, bake uncovered 5 minutes longer. Let stand 5 minutes before cutting.

Makes 6 Servings:

Nutritional Information:

301 Calories
7g. Fat
4.5g. Fiber

Recipe from Weight Watchers International, Inc.