



WELLNESS NEWLETTER

Jan/Feb 2009

Celebrate Your Achievement

Most of us don't like change. Changes can be very difficult and highly stressful at times. One great way to motivate yourself to continue to pursue your New Year's resolutions to celebrate your successes. Praising yourself for doing a good job is as important as setting the goals and taking the steps to achieve them. Here are some ways you can reward yourself for your efforts and to encourage yourself to continue on:



- Buy yourself some new workout clothes or tennis shoes in a bright color
- Go on a weekend getaway to a spa or resort that offers fun and healthy activities
- Sign up for a class such as yoga, aerobics, dancing, cooking etc.
- Treat yourself to a massage, manicure or pedicure
- Ask someone to have dinner with you to celebrate reaching a goal
- Try something new that you have always wanted to do such as skydiving, kayaking etc.

Orthotics at OrthoSource, Inc.

OrthoSource, Inc. carries Vasyli custom orthotics. These orthotics can be used to help decrease and improve wear and tear of the feet and other body parts. They are specifically designed to re-align the feet to their natural position and to

improve body posture, relieving many chronic complaints in the process. Heel pain, knee pain, back pain, flat feet, tired aching legs along with several other aches and pains of the feet and body can all be improved just by wearing orthotics.

For more information about Vasyli Orthotics please contact an OrthoSource store located in every Community Rehab physical therapy locations nearest to you or call our main OrthoSource office at 408-0777.

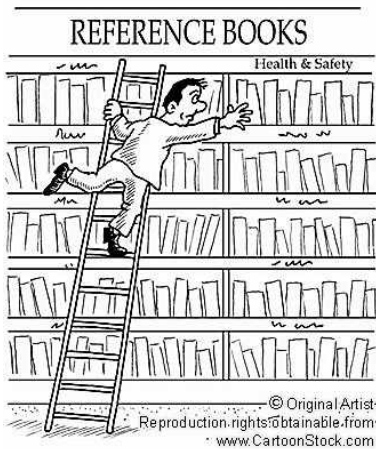
Watch Out for Winter Health

When old man winter blows into town, not only does he bring cold weather, but also winter health conditions. According to Harvard Medical School, here are several conditions to consider:

- Heart problems and strokes. There's a well documented rise during the winter so bundle up, keep your house and car warm and get enough rest.
- Flu. Viruses spread easily when people are inside and in close contact. Flu shots help to avoid flu and decrease heart problems and strokes by half.
- Snow shoveling. If you are not in good shape, don't shovel snow. Get a snow blower.
- Frostbite. Cold temperatures constrict blood vessels near the skin. Your hands, feet, ears, and nose become more vulnerable to frostbite.
- Carbon monoxide poisoning. Keep your furnace maintained and install a CO detector

Safety: One Step at a Time

Holiday decorating might be over, but now it is getting time to take the decorations down. When using a ladder, remember these safety tips:



- Use a ladder of proper length to reach the working height you need
- Inspect the ladder before you use it. Don't use the

ladder if it is damaged, broken or bent

- Make sure the ladder won't hit electrical wires, tree limbs, etc.
- Place ladder on firm, even ground
- Face the ladder and stay in the center of the rails while climbing. Hold onto the side rails
- Don't overreach. Move the ladder to a new position when needed
- Never overload a ladder, only one person should use it at a time
- Avoid using a ladder if you're prone to fainting spells or using medications that make you dizzy or drowsy.

The Common Ankle Sprain

Now that it is well into basketball season a very common injury is an ankle sprain. An ankle sprain is the stretching and/or tearing of the ligaments. When treating an ankle sprain remember the RICE method (Rest, Ice, Compression, Elevate). Rest or decrease activity that causes pain for 2-3 weeks. Ice the ankle for 20 minutes several times during the day. Compress the swelling in your ankle by using a wrap around the ankle. Elevate your foot above the level of the heart. If symptoms do not improve contact your physician.

Is Your Home Safe & Secure

Two million home burglaries occur each year in the U.S. Unfortunately, many happen because people fail to secure their home. Here are several tips for securing your home:



- Lock all doors and windows
- Use deadbolt locks on all exterior doors
- Have motion activated lighting for yards and porches
- Make your home look occupied by using timers on lights and radios
- Never hide keys under a doormat, in planters or taped above the door jam.

Healthy Recipe of the Month

Mango-Chicken Salad Sandwiches

Serves 2



- 1 ½ Tbsp light mayonnaise
- 1 Tbsp. minced celery
- 1 Tbsp chopped fresh cilantro
- 2 tsp fresh lemon juice
- 1 Tbsp chopped red bell pepper
- ½ tsp creole seasoning
- 2/3 cup peeled and diced mango
- 1 can (6 oz) water packed chicken, drained
- 2 green or red leaf lettuce leaves
- 2 whole wheat English muffins, split and toasted
- 1 Tbsp slivered almonds, toasted

Combine the first six ingredients in a bowl, stir well. Add mango and chicken, toss gently to coat. Arrange one lettuce leaf on each muffin half, top with 3.4 cup chicken mixture and sprinkle with almonds. Place on plate, laying top half of muffin against sandwich. You may substitute water packed solid white tuna.

From Pamela Smith's *Healthy Living Cookbook*.

Each serving contains 408 calories: 9 grams fat, 70 mg. cholesterol