



WELLNESS NEWSLETTER

July/August 2008

Be Cautious of Dehydration

Every person loses body fluid through sweat, tears, urine and stool. We normally replace this by drinking water and eating foods that contain fluids. During the summer it is easy to be overexposed to the sun and dehydration occurs. Symptoms of dehydration



include:

- Dry skin
- Thirst
- Fatigue
- Lightheadedness
- Dizziness,
- Confusion,
- Dry mouth
- Increased heart rate and breathing
- Less frequent urination

Drinking fluids is the best treatment for mild dehydration. For a small child it is better to give frequent small amounts.

To avoid dehydration this summer make sure you drink plenty of liquids; try to be outside during the cooler part of the day; and drink sports drinks to help maintain electrolyte balance.

Pedal for Fitness and Economy

For many people bicycling is a favorite pastime, a way to stay fit and now a way to save money on gasoline. If you are doing more bicycling remember these safety tips:

- Obey all traffic signs and signals
- Wear a safety approved helmet
- Ride with the flow of traffic
- Use hand signals
- Wear bright colors and reflective stripes to make sure you can be seen



- Never ride out into the street without stopping first
- Watch for vehicles pulling out of driveways and alleys

SPORTSMETRICS

Knee Injury Prevention Program:

Sportsmetrics is a program designed and structured to progress the athlete from technique development to performance enhancement. It is a 6-week jump training program that has been proven to:

- Decrease the risk of serious knee injuries.
- Increase vertical jump height (up to 4 inches).
- Improve hamstring to quad strength and symmetry.
- Help improve landing mechanics and control.

During the 6 week training sessions athletes are supervised and instructed by physical therapists and certified athletic trainers, at a 6 to 1 or better ratio, which will help ensure correct technique is being practiced. Among the physical therapist and certified athletic trainers that are certified to instruct this Sportsmetrics program, Community Rehab has two physical therapists who have gone through the training of Sportsmetrics and are certified, they are; Jamie Crowe and Gina Vanderheiden. If you have questions regarding this program please feel free to call (402)721-3908 or (402)408-0890.

Protect Your Eyes

Most people realize the importance of wearing sunscreen to protect their skin. What about their eyes? Sunglasses are important protection too. Be sure to get glasses that block 99-100% of the UV-A and UV-B rays. The darkness of the lens isn't a sign of the ability to block

these rays. Nor is the cost. Many times \$10 glasses offer greater protection than a \$100 pair. The protection comes from the coating applied to the lens surface. If



rays from the side.

you spend a lot of time in the sun or water you may consider buying sunglasses that wrap around your temples to block the sun's

What is a Physical Therapist?

A physical therapist is a professional that provides services to help a patient restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities of patients suffering from injuries or disease. As a patient physical therapists will first examine and evaluate your medical history and then test and measure your strength, range of motion, balance and coordination, posture, muscle performance, and motor function. After being evaluated a program is developed with a treatment strategy with an anticipated outcome. A patient's treatment session often includes exercise, especially for patients who have been immobilized or who lack flexibility, strength, or endurance. A physical therapist will often use other modalities to help treat the patient such as electrical stimulation, hot/cold packs, iontophoresis, and ultrasound to relieve pain and reduce swelling. They may also use traction or deep tissue massage to relieve pain and improve circulation and flexibility. Physical therapists can help with an assortment of injuries and disabilities. For more information please contact your local Community Rehab Physical Therapy clinic or go to www.communityrehabpt.com for a full list of locations.

Healthy Recipe of the Month Tex-mex Tostadas

4servings

4 (8 inch) fat-free flour tortillas
Nonstick cooking spray
1 green bell pepper, diced
¾ lb boneless skinless chicken breast, cut in strips
1 ½ tsp minced garlic
1 tsp chili powder
1 tsp ground cumin
½ c chunky salsa, divided



1/3 c sliced green onions
1 c canned fat-free refried beans
1 medium tomato, diced
¼ c fat-free sour cream

(optional)

1. Preheat oven to 450 degrees. Place tortillas on baking sheet, coat both sides with cooking spray. Bake 5 minutes or until lightly browned and crisp. Remove; set aside.
2. Coat large nonstick skillet with cooking spray. Add bell pepper, cook and stir 4 minutes. Add chicken, garlic, chili powder and cumin; cook and stir 4 minutes or until chicken is no longer pink in center. Add ¼ cup salsa and green onions, cook and stir 1 minute. Remove skillet from heat; set aside.
3. Combine refried beans and remaining ¼ cup salsa in microwavable bowl. Cook uncovered at HIGH 1 ½ minutes or until beans are heated through.
4. Spread bean mixture evenly over tortillas. Spoon chicken mixture and tomato over bean mixture. Garnish with sour cream if desired.

Weight Loss Bible

Calories 251; total fat 3 grams for 1 tostada w/o sour cream