



WELLNESS NEWSLETTER

March/April 2008

Swing Your Way to Fitness

A game of golf on a warm spring day can be fun and also a great way to get in shape—if **you walk instead of ride a cart**. Remember these tips to avoid injury:

- Wear comfortable shoes with good support
- Warm up before swinging the club. Stretch your upper and lower body muscles
- Use your knees when you bend down. Avoid bending from the waist only
- Use the strength of your legs to lift and carry your golf bag
- Drink plenty of water to stay hydrated

OrthoSource, Inc.

Durable Medical Equipment

Ambulatory Assistants

OrthoSource, Inc. would like to update you on some of the product lines that are now being carried. OrthoSource has wide variety and multiple sizes for all of your ambulatory needs.

Crutches- We stock the light-weight aluminum crutches that are easy to adjust. The crutch sizes are Pediatric, Child, Youth, Adult, and Tall Adult.

Walkers- Walkers come in 2 sizes, Youth

and Adult. We also have 3” and 5” wheels or walker ski’s if any of those adjustments would need to be made.

Rollator Walker- This is a wheeled walker that is light-weight with 5” wheels and hand brakes. This type of walker folds with ease, has a seat, and has a basket.

Canes- We stock the standard cane with your choice of handle, flat or rounded. We also have a folding cane that easily snaps together and can be carried in a purse when not being used.

Quad Canes- The quad canes come in two sizes of bases, either large or small. The height is easily adjusted.

If you have any questions regarding any of the products, don’t hesitate to visit us at our store located at 14441 “F” Street or give us a call at 408-0777. Many of our products can also be found at your nearest Community Rehab Physical Therapy.

**“Spring” Into Being Active
At Any Size**

Spring is just around the corner and people will be trying to get back into shape after their winter hibernation. Do you feel that you can’t be active because of your size? Size becomes a factor that prevents many people from trying to become fit. Here are some tips to help people of all sizes become more active:



COMMUNITY REHAB

PHYSICAL THERAPY & SPORTS MEDICINE

- Start slowly and let your body adjust to new activities after talking to your doctor.
- Set goals. For example a beginning goal would be to walk 5-10 minutes three times a week. Work your way up to 30 minutes a day on most days by the end of 6 months.
- Wear comfortable shoes that give support.
- Track your progress. Look back at where you started and what you have accomplished. Appreciate what you have done. Just moving can make you healthier.

Staying Young

Thirty Something is when people begin to see and feel the effects that time and aging are having on their body. There is help if they take the positive steps that help counteract the aging process- **changing their eating habits and getting exercise**. The pain they have in their joints and lower back is the effect of gravity's downward pull on the body. The gravity can eventually compress the spine which impedes the nervous system. This in turn affects the tissues, organs and systems of the body which causes accelerated aging. The good news is that you can counter act the effects of gravity's compression of your spine by keeping your muscles functioning at peak strength and staying lean and healthy. The best way to achieve this is through non compressive Isometric contraction

exercises and body weight exercises that allow you maintain strength throughout your life without hurting your joints. When possible avoid lifting heavy weights which can lead to damage as well as accelerated aging.

Healthy Recipe of the Month

Peppercorn Beef Kabobs



Boneless beef top sirloin steak
(1 lb)

- 1 ½ tsp black peppercorns, crushed
- 1 clove garlic, minced
- ½ tsp salt
- ½ tsp paprika
- 1 medium onion, cut into 12 wedges

Cut beef into 1 inch pieces. Combine peppercorns, garlic, salt and paprika in shallow dish. Add beef, toss to coat. Thread an equal number of beef pieces onto each of four 12 inch skewers along with 3 onion wedges. (If using bamboo skewers, soak in water 20 to 30 minutes before using, to prevent them from burning). Place kabobs on rack in broiler pan. Broil 3 to 4 inches from heat source 9 to 12 minutes, turning occasionally. Garnish with cherry tomatoes, if desired.

Makes 4 servings.

Nutritional information
158 calories
4 grams fat
1 gram fiber

Recipe from Betsy A. Hornick's *Weight Loss Bible*