



COMMUNITY REHAB PHYSICAL THERAPY

“The Power of Positive Healing”

www.communityrehabpt.com

Community Rehab Now

Welcomes:



Community Care Home Services is a division of Community Rehab Inc. that offers Medication Management, In-Home Exercise Programs, Personal Services, Companionship, and assists with other services upon request. This program is designed to maximize a level of independence and ensure a quality of life. These services are managed by a Registered Nurse as well as Exercise Specialists and driven by individual needs. Part of Community Care is our *Positively Active* program that specializes in Personalized In-Home Exercise. The focus of the program is to decrease pain, increase strength, and

coldpacks. The packs can also be put into the microwave and used as hotpacks. There are a limited number available, so don't wait.

If you have any questions regarding any of the products, stop by and visit us at our store or give us a call at 402-408-0777.

March: National Nutrition Month

Eating well means eating a variety of healthy nutritious foods in order to get the proper amount of nutrients our body needs to maximize its daily bodily



functions. There are many benefits to a healthy diet including decreased risk of heart disease, diabetes, obesity, hypertension, atherosclerosis, and cancer. There are different food categories that provide the variety of nutrients our bodies need.

- **Carbohydrates** (starches, sugar, and whole grains) give the body energy
- **Protein** (lean meats, egg, beans, nuts) help build muscle and keep a strong immune system.
- **Vitamins/Minerals** (available in fruits, vegetables, whole grains) boost the

Durable Medical Equipment

Coldpack Sale!

OrthoSource, Inc. is currently running a special on knee and shoulder coldpacks. Hurry in to either the OrthoSource store on 144th & F or to your local Community Rehab clinic. For \$30 you will receive a wrap and two of the



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immune system, help the body function properly, assist in growth & development, as well as help our cells and organs perform their duties.

- **Water** is as important to our bodies as fuel is to a car without it, it will not work. Every cell in the body uses water and water should be consumed on a regular basis. Women need 91 ounces of water daily, and men 125 ounces. *(According to webmd)* Including portions of these foods in your daily diet will help ensure your body is getting the right amount of nutrients needed to function.

Here are helpful hints on how to practice good nutrition:

- Consume smaller meals
- Have at least one serving of fruit/vegetables at a meal.
- Drink more water.
- Reduce the intake of deep fat fried foods, soda, saturated and trans fats.
- Read the food label.

Spring your way to fitness!

A warm spring day is the perfect opportunity to get outside for some



exercise and enjoy the fresh air. Play a walking round of golf, go for a run or walk,

take your dog out, even doing some

yard work. Whatever your desired activities may be it is important to remember proper safety. Here are a few things to keep in mind to prevent injury:

- Wear proper fitting shoes
- Warm your body up before doing any intense activity
- Use your legs to lift heavy objects
- STRETCH-especially after activity
- Wear reflective clothing if doing something at night
- Remember to stay hydrated.

It's Allergy Season Again

Spring is right around the corner with flowers and trees blooming, fresh green grass is showing, warm sun is shining and all you can think is getting outside to enjoy outdoor activities such as gardening, barbeques, and sports. However, those pesky allergies always seem to come around. Here are some helpful tips to avoid that spring sniffle:



- Check the pollen counts for your area
- If count is high, find a different activity indoors
- Avoid drying your clothes, towels, and sheets outside so



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pollen does not collect on these items.

- Use a mask when doing yard work.
- Take allergy medications as prescribed by your doctor.

Season inside and out with salt and pepper

- Place chicken in large roasting pan
- Roughly chop 2 sprigs of the rosemary. In a small bowl, mix together Dijon, honey, chopped rosemary, lemon juice, and lemon zest.
- Place the remaining sprig of rosemary, a lemon half, onion quarters and garlic in the cavity of the bird
- Coat the outside of the bird with the lemon honey glaze
- Place the roasting pan in the oven and baste the chicken every 15 minutes with any remaining glaze.
- Roast until a thermometer inserted into the thigh reaches 180 and juices run clear, about 1 hour.
- Remove and discard the skin.
- Enjoy!

Recipe

Honey Roasted Chicken with Rosemary and Dijon

Servings: 4

Cook time: 1 hour

Ingredients:

½ yellow onion, quartered

1 whole chicken

Salt to taste

Black Pepper

3 sprigs of fresh rosemary

¼ cup honey

1 lemon, zested, Halved, juiced

4 cloves garlic, peeled

1 tablespoon Dijon mustard

Instructions:

- Preheat oven to 375
- Rinse the chicken under cold water and pat dry with paper towels.



Nutritional Facts: Serving size: ¼ of chicken

Calories: 341, Protein: 47g,

Carbohydrates: 24g, Fiber: 2g,

Soluble/Insoluble Fiber: 0g, Sugar: 18g,

Total Fat: 7g, Saturated Fat: 1g,

Monounsaturated Fat: 2g,

polyunsaturated fat: 1g, Trans Fatty

Acid: 0g, Omega 3 and 6: 0g,

Cholesterol: 148mg, % calories from fat:

19%, Percent Calories from Protein:54%