

winter. Things you can do to help yourself

- Recognize your strengths and limitations. Don't overexert.
- Warm ups with a brisk walk and simple stretches.
- Avoid bending over while standing. Kneel or sit on the ground to complete the task.
- Lift by letting your arms, legs and thighs carry the load.
- Use long-handled tools to give you leverage and help you avoid having to stoop.

Don't work too long in one position



What is an Athletic Trainer?

The term "trainer" is a very loosely used term in the healthcare field. The term could be used to describe Athletic Trainer, Personal Trainer, Strength Coach, or a Horse Trainer. The field of Athletic Training has made it a priority for members of the National Athletic Training Association to be called either Athletic Trainers or Certified Athletic Trainers.

Community Rehab Physical Therapy employs Athletic Trainers and a number of their Physical Therapist are dual-credentialed PT/ATC. These Athletic Trainers provide a free service to a number of area High Schools. On a weekly or bi-weekly basis, that Athletic Trainer will go to the schools to assess any injured athlete, determine if the athlete is in need of further evaluation by a physician, and educate the athlete on what rehab steps to take. Community Rehab's Athletic Trainers also cover a wide variety of athletic events and competitions. They provide athletic training coverage for home football games for at

least 5 schools and cover many other games, tournaments, and meets throughout the school year.

Certified Athletic Trainers:

- Must have a bachelor's degree in athletic training, which is an allied health profession.
- Must pass a three-part exam before earning the ATC credentials.
- Must keep their skills current by participating in continuing education.
- Must adhere to practice guidelines set by on national certifying agency.

For more information feel free to contact your nearest Community Rehab Physical Therapy clinic.

Healthy Recipe of the Month Strawberry Yogurt Pie



8 servings

- 1 can (20 oz) unsweetened, crushed pineapple
- 1 envelope unflavored gelatin
- 1 ½ cups nonfat plain yogurt
- 3 Tbsp. honey
- 2 tsp. lemon juice
- 1 tsp. vanilla
- 1 cup fresh strawberries
- 1 cup ripe mashed bananas

Drain pineapple, reserving juice. Set fruit aside. If needed, add unsweetened apple or white grape juice to reserved juice to make $\frac{3}{4}$ cup. Pour into saucepan. Add gelatin and heat, stirring to allow gelatin to dissolve. Remove from heat and chill until partially set (like the consistency of unbeaten egg whites). Whip partially set gelatin with electric mixer until fluffy. Set aside $\frac{1}{3}$ cup pineapple and three whole strawberries. Slice remaining strawberries. Mix together yogurt, honey, lemon juice, and vanilla. Fold in remaining pineapple, sliced strawberries, and mashed banana. Fold into whipped gelatin mixture and pour into a healthy graham crust. Chill until firm. Garnish with reserved fruit. Each serving contains 165 calories, 1.5 gms. Fat, 36 gms. Carbohydrates.

From Pamela Smith's *Healthy Living Cookbook*

