



WELLNESS NEWSLETTER

Nov/Dec 2008

Winter Workouts Warm Ups

Winter months often offer a good excuse for not exercising. Don't let wintertime become a time of



hibernation. There are several ways to enjoy the winter weather. These include ice skating, sledding, cross country skiing, snow skiing and even snow shoveling. If you participate in any of these

winter fitness activities, keep these tips in mind:

- Layer your clothing to keep you warm and allow you to shed layers as your body heats up.
- Protect your head and ears.
- Wear sunscreen and lip balm
- Wear socks, gloves and clothes made of polyester wool blend that keep moisture away.
- Drink plenty of water.
- Have a cell phone with you to call for help in case of an emergency.

Healthy Eating & Staying Fit on the Road

Holiday traveling often means eating what's available and it may not be healthy. Here are some healthy eating tips for the road:



- Drink plenty of water
- Eat at least 3 times a day
- Pick up healthy snacks to carry with you in the car

If you splurge one night, make sure you add some extra activity and eat healthier the next day. Here are some ideas on how to stay fit on the road:

- Ask if there are parks or hiking trails nearby. Then take a walk after you find out if they are safe areas.
- Use the workout facility and pool at your hotel

- Pack a jump rope or exercise bands that will allow you to work out in your room.
- Push-ups and crunches require no equipment
- Take the stairs instead of the elevator.

Quit Smoking Benefits

The American Cancer Society has scheduled the Great American Smokeout for November 20, 2008, to encourage smokers to quit for a day in the hope they may quit for good. Smoking harms nearly



every organ of the body, causing many diseases. Quitting smoking brings fast rewards, including:

- 20 minutes after quitting: your heart rate drops
- 8 hours after quitting: the carbon monoxide level in your blood drops to normal
- 24 hours after quitting: your chance of a heart attack decreases
- 2 weeks to 3 months after quitting: your circulation improves and your lung function increases up to 30%
- 1 to 9 months after quitting: coughing, sinus congestion, fatigue, and shortness of breath decrease
- 1 year after quitting: the excess risk of coronary heart disease is half that of a smoker
- 5-15 years after quitting: your stroke risk is reduced to that of a nonsmoker
- 10 years after quitting: your lung cancer risk is about half that of a continuing smoker's
- 15 years after quitting: the risk of coronary heart disease is that of a nonsmoker's. Source: American Cancer Society

Helping Others by Wearing Jeans on Fridays

During the holiday season Community Rehab Physical Therapy adopts several families that are in need and are less fortunate. Community Rehab and its employees make weekly donations to wear jeans on Fridays for these in need families. All donations will be used to sponsor local families at Christmas time. This time of the year is a way people can help others in need by donating clothes, toys, money, serving meals to homeless shelters or adopting a family. Community Rehab encourages you to participate with us during this giving time of the season in any way you can.

Knee Braces for All Your Athletic Needs

OrthoSource, Inc. is able to take care of all your knee bracing needs. As the fall sports transition into the winter sports, many times the aches and pains don't have a chance to rest. If there is any type of knee support that can help, OrthoSource, Inc. has it.

The various types of knee supports we carry are:

Knee Sleeves- These knee supports offer compression and warmth. They come in a variety of types, whether closed, open patella, open popliteal, or both open patella and open popliteal.

Patella Stabilizers- We have on stock the basic Lateral J brace or a smaller, more versatile Shield's brace. We also have the Donjoy Trupull or the Breg PTO, if your physician prefers.

Hinged Knee Braces- We offer a variety of styles of the hinges knee braces. Some of the brace are pull-on and some are wrap-around. We have Donjoy Playmakers, Hely & Weber 12" or Hely & Weber 16" supports.

Custom Knee Braces- Many patients are also in need of the more return to activity braces following an ACL Tear or patients trying options to avoid a Total Knee Replacement. For the ACL Repairs, we have access to all of the types of patient-ready or custom made braces from Donjoy, Bauerfeind, Ezy Wrap, Breg, Bledsoe,

and so on. The Unloader Braces for patients battling arthritis are also available from each company I have listed.

Please remember that each Community Rehab Physical Therapy offers a full line of Durable Medical Equipment from OrthoSource, Inc. If you have any questions don't hesitate to contact our main office at 408-0777.

Healthy Recipe of the Month Pumpkin Cheesecake

16 servings



1/3 cup graham cracker crumbs
1 can (16 oz) solid pack pumpkin
2 cups reduced fat ricotta cheese
1 cup sugar
3 tblsp all purpose flour
1 tblsp nonfat dry milk powder
1 tblsp ground cinnamon
1 tsp ground allspice
1 egg white
3/4 cup canned evaporated Skimmed milk
1 tblsp vegetable oil
1 tblsp vanilla

1. Preheat oven to 400 degrees. Spray 9 inch springform pan with nonstick cooking spray. Add graham cracker crumbs; shake to coat pan evenly. Set aside
2. Combine pumpkin and ricotta cheese in food processor or blender; process until smooth. Add sugar, flour, milk powder, cinnamon, allspice, egg white, evaporated skimmed milk, oil and vanilla; process until smooth.
3. Pour mixture into prepared pan. Bake 15 minutes. Reduce oven temperature to 275 degrees; bake 1 hour and 15 minutes. Turn off oven; leave cheesecake in oven with door closed 1 hour. Remove from oven; cool completely on wire rack. Remove springform pan side. Cover cheesecake with plastic wrap; refrigerate at least 4 hours or up to 2 days. Garnish with fresh fruit if desired.

Weight Loss Bible

Calories 121

Carbohydrates 22 gm

Fat 2 gms