

TIP OF THE MONTH



Dressing for Cold Weather

At It is important to maintain a healthy lifestyle all year round, but this becomes increasingly difficult for many during the cold winter months. In order to ensure that you stay warm during your activities, it is important to dress appropriately. Whether you are going to be running, biking, skiing or just walking the dog

REMEMBER TO LAYER, LAYER AND LAYER.

Choosing a layered approach to dressing offers flexibility for a wide range of activities and weather conditions.

LAYER 1: Base layer (keep your skin dry): choose a polyester layer that wicks moisture away from the skin to keep you dry and trap a layer of dry air next to the skin for warmth.

LAYER 2: Insulation layer (warm and cozy): traps a boundary of air around the body for warmth and moves perspiration from the base layer to the shell. Synthetic fibers recommended, but can also be wool, cotton or fleece.

LAYER 3: Shell layer (keep the weather out): to keep out the wind, snow and rain. Well-designed shells blend fabrics and features that provide flexibility and durability for the activities you enjoy.

LAYER 4: Accessories layer: Depending upon the weather conditions, do not forget your hat, gloves, balaclavas, and neck-gaiters – we lose as much as 50% of our body heat through our head and neck.



SNOW SHOVELING SAFETY TIPS

LIVE IN AN AREA THAT GETS A LOT OF SNOW?

<http://ptandme.com/snow-shoveling-safety-tips/>



PT&Me Featured Article [Exercising Do's and Dont's](#)

In this monthly series, we examine the proper ways to exercise at the gym from start to finish...[more](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



"It's never too late to be what you might have been."

— George Eliot

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Choux Glorieux (Glorified Cabbage)

Cabbage, a low calorie food and an excellent source of vitamin C, symbol for prosperity and health. It will surely find its way on many tables in the upcoming year. Our friend Leigh makes this for her family and we couldn't help but to pass it on to you. Best wishes for you in 2017!



Ingredients:

- 1 medium head of cabbage
- 3/4 stick butter
- 1 onion finely chopped
- 1 can cream of mushroom soup
- 1/2 lb. Velveeta cheese
- bread crumbs
- salt & pepper to taste

Directions:

1. Chop cabbage finely and boil until very tender in salted water and put aside.
2. Sauté onion in butter.
3. Add cheese in chunks & melt over low heat.
4. Mix in cream of mushroom soup.
5. Add boiled cabbage and mix well.
6. Add bread crumbs until you reach your preferred consistency, about 3/4 to 1 cup.
7. Season to taste.
8. Put in a 1 1/2 or 2 quart casserole dish, sprinkle bread crumbs on top and bake at 350 degrees for about 20-30 minutes or until bubbly and hot.