

SEPTEMBER

THE THERAPY Connection

A newsletter for our valued patients & friends.



TIP OF THE MONTH

Keeping Your Family Active: Advice for both adults and children

Now that school is back in session, we may not have as much time as before for exercising or being active, but it's really important not to stop moving all together. Physical activity is an essential component of a healthy lifestyle.

In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity helps control weight, builds lean muscles, reduces fat, promotes strong bones, muscle and joint development, and decreases the risk of obesity. Children need 60 minutes of play with moderate to vigorous activity every day to grow up to a healthy weight.

FOR KIDS & TEENS (anyone between 6 and 17 years), the goals are:

Physical activity: You need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (girls' goal: 11,000; boys' goal: 13,000).

FOR ADULTS (anyone aged 18 and older), the goals are:

Physical activity: You need to be active 30 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 8,500).

FOR EVERYONE: Healthy eating

Each week, you should also focus on a healthy eating goal. These goals can include making half your plate fruits and vegetables, paying attention to portion size, and drinking water instead of soft drinks. By the end of the six weeks, you'll be giving your body more of the good stuff it needs.

You don't have to wait for the temperature to drop dramatically before starting an exercise routine. For information on how to exercise safely in hot weather, please click [here](#).

Information provided by www.letsmove.gov America's Move to Raise a Healthier Generation of Kids

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

"Never, ever underestimate the importance of having fun."

— Randy Pausch

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

Homemade Guacamole

Looking for a healthy, but great tasting after school snack? Try our friend Lisa's guacamole recipe. It's super easy to make and tastes great, especially on a warm afternoon.



Ingredients:

- 3 Avocados
- 1 tomato diced
- 1 red onion - finely chopped
- 1 Serrano pepper, minced (if you are not a big fan of spicy food, keep this ingredient out)
- 1 lime, add more to taste if you dig it
- Cilantro to taste
- White pepper to taste**
- Oregano to taste**
- Garlic powder to taste**
- Salt to taste**

Directions:

1. Throw all of the ingredients into a serving bowl and mash to the consistency that you like!

** Start with about the size of a quarter in your palm, stir/mash it all up and then add more if it needs it. Don't be shy with these four ingredients.



PT&Me Featured Article [Low Back Pain: There is Relief](#)