

Newsletter

February/March 2007

FREE *Wellness Series*

Northern Rehab will be hosting a free health and wellness series at the Kishwaukee YMCA. The programs will be on the third Thursday of each month starting at 6:00 pm. The programs are open to members and non-members of the YMCA, so all are welcome. No RSVP is required.

The upcoming topics include Protecting Your Back in February and Triathlon Performance Enhancement.

Rochelle Office

Expands Hours

Northern Rehab has expanded clinic hours in Rochelle to: M-W-F 1:30pm to 5:30pm and Tues/Thurs 7am – noon. Tim Dunlop and Aaron Nevdal are the primary physical therapists treating patients in Rochelle.

Get Up & Get Moving!

Don't just sit there...the New Year is a time to re-energize yourself. Start with getting off the couch; need ideas of what to do?

- Try getting down on the floor when you're watching TV and do some stretches, push-ups or sit-ups.
- Pick up the Pace. You can do household chores faster to burn more calories.
- Get Outdoors. Bundle up and go for a walk.
- Take the stairs, not the elevator. Walk an extra lap at the mall just for the exercise.

If you have family or friends that would be interested in receiving this newsletter please have them e-mail us. We would be happy to add them to our list.

DRY SKIN???

Winter weather can cause painfully dry skin. Here are a few tips to keep your skin from becoming rough and dry:

Use Warm Water:

Hot water can strip the skin of its natural oils.

Use Moisturizer: You have three minutes to apply moisturizer to your skin after bathing before the water evaporates from your skin.

Consider: A humidifier in your home during the winter months.

“QUOTE” CORNER

“Those who do not make time for exercise will have to find time for illness”

- Earl of Derby

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SELF QUIZ

1. The recommended amount of water to drink each day is:

- a. As much as your thirst tells you to drink
- b. Two gallons
- c. Eight 8 ounce glasses

2. Anxiety disorders affect:

- a. 4 million adults
- b. 40 million adults
- c. Mostly adults

3. The ideal blood pressure is:

- a. Below 120/80 mmHg
- b. Greater than 200 mmHg
- c. 60 beats per minute

4. An "apple" describes a person who:

- a. Carries extra weight around the hips
- b. Carries extra weight around the waist
- c. Eats too much fruit

5. Cutting portion sizes has been shown to help cut:

- a. Dozens of calories per day
- b. An average of 100 calories per day
- c. 200-plus calories per day

Feeling Sleepy

Do you feel drowsy during the day? If so, you're not alone. About 40% of Americans say that they feel drowsy during the day. Instead of nodding off, try these tips:

1. **MOVE:** go for a 15 minute walk

2. **EAT LIGHTER MEALS:** Large meals tend to cause sluggishness due to rapid changes in blood sugar.

3. **POWER NAP:** A quick snooze for 20 minutes or less can boost your energy, productivity and alertness.

4. **GET TO BED EARLIER:** Most people need 7-9 hours of sleep in order to feel rested.

Answers to SELF QUIZ:

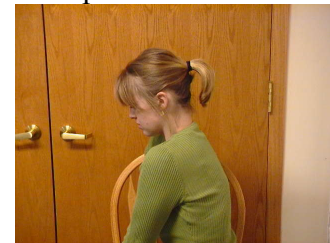
- 1. a
- 2. b
- 3. a
- 4. b
- 5. c

Tip of the Month

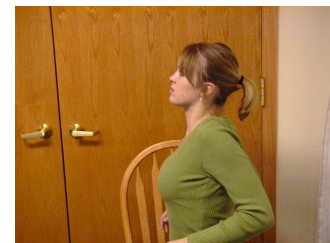
Straighten Up!

If you have low back or neck pain, consider improving your posture.

At work, are you Slumped Over?



If so, stretch out – Get your shoulder back and lift your head up. Try this:



Repeat this throughout the day to minimize the tension in your back and neck.