

# Newsletter

February/March 2008

## DID YOU KNOW?

- Soda may lower hip bone density in women – drinking up to three cans per week has shown to be harmful.
- Fatty fish such as salmon, herring, sardines, mackerel can protect against kidney cancer.

## Three top Juice Choices

- Mangosteen – helps maintain intestinal health, neutralize free radicals, strengthen the immune system, support cartilage & joint function, promote healthy respiration.
- Noni – thought to be beneficial with diabetes, depression, carpal tunnel syndrome, lupus, hemorrhoids, etc.

- Pomegranate – fights free radicals which can cause heart disease, premature aging, Alzheimer's, and potentially cancer

### “QUOTE” CORNER

Never take life seriously. Nobody gets out alive anyway.

-unknown

## Tips to be Successful at Work

- Stay positive
- Look for solutions to the problems
- Make to-do lists
- Learn from mistakes
- Stay flexible
- Leave work at work
- Get enough sleep

## SAVE THE DATE!

Northern Rehab is once again joining the community for a few future events:

- On Friday, March 7<sup>th</sup>, members of the Northern Rehab team will be **BOWLING FOR KIDS SAKE** at Mardi Gras lanes. Come out and show your support.
- Northern Rehab will be participating in the **CAPS 4 SAM** race on Sunday, May 4<sup>th</sup>. Stay tuned or talk to any Northern Rehab employee for further details.



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## EXERCISE TO INDEPENDENCE

Northern Rehab is unique in that it offers a program to patients after their discharge to assist in continuing to strengthen and exercise. Sound interesting? Talk with Alicja. The cost is \$65 a month and Alicja constructs an exercise program to get you started on your way to exercising to independence!

### Interesting Facts

- No matter its size or thickness, no piece of paper can be folded in half more than 7 times.
- If you could throw a snowball fast enough, it would totally vaporize when it hit a brick wall.
- There are no poisonous snakes in Maine.
- Hershey's kisses are called that because the machine that makes them

looks like it's kissing the conveyor belt.

- 50 years ago: Velcro was invented.
- The Stegosaurus dinosaur measured up to 30 feet (9.1 meters) long but had a brain the size of a walnut.
- An inch (2.5 cm) of rain water is equivalent to 15 inches (38.1 cm) of dry, powdery snow.
- Armadillos, opossums, and sloth's spend about 80% of their lives sleeping.

## PEAK PERFORMANCE

Want to make sure that you are ready at the top of your game when Spring hits? Northern Rehab offers its "peak performance" program for running and golf. The therapist will evaluate the mechanics of your motion, offer feedback, and assist you in improving your game. Speak with any member of the Northern Rehab team for further details.

## INTERESTED IN RUNNING?

Denny and Alicja are heading the Northern Illinois Trail Runners Association. The group meets the 2<sup>nd</sup> Wednesday of every month, 7 pm at Wright's Gym. All levels of runners are welcome to join. Future topics will include proper footwear, nutrition, strengthening and conditioning, and proper hydration for extreme temperatures. Speak with Denny or Alicja for further details or visit [freewebs.com/northernillinoisrailrunners/](http://freewebs.com/northernillinoisrailrunners/).

## SPEED CAMP

is back! The dates are set for February 19<sup>th</sup> – March 27<sup>th</sup>. Speak with Alicja for details!

