

# Newsletter

October/November 2006

## **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 training tips for skiing in October and what you should know about Osteoporosis in November.

## **October is National Physical Therapy Month**

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.

### ***Fall Into Fitness***

Fall is a great time of year to participate in outdoor activities with your family. So, instead of staying home to watch a movie put on a jacket and head to the park or forest preserve. A walk on a nature trail is a great way to get exercise and appreciate the gorgeous colors of the fall season. Also, think about attending an outdoor festival or go to a pumpkin patch. These activities are great ways to spend time with your family outdoors while maintaining a healthy active lifestyle.

### ***After School***

***Snacks*** Kids are active all day at school and they often come home wanting a snack before dinner. Snacks are very beneficial one's diet when they are nutritious. So, parents must provide healthy foods for their children. Keep fresh fruits and cut-up vegetables handy to offer alternatives to high-fat and high-sugar foods. Encourage your children to drink water and milk instead of sugary fruit drinks and soda.

## **Rochelle Office Celebrates 5 Years**

Northern Rehab is proud to announce it's 5 year anniversary of the Rochelle Satellite Clinic. Tim Dunlop and Aaron Nevdal are the primary physical therapists serving the community of Rochelle. Northern Rehab would like to thank all everyone for their support.

### **"QUOTE" CORNER**

I firmly believe any persons finest hour , the greatest fulfillment to all they hold dear, comes clean they lay exhausted on the battlefield... Victorious

- Vince Lombardi

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## Parents,

**MAKE** physical activity routine. Go for after-dinner walks, play tag or take bike rides together. Try to make chores such as dusting furniture, raking leaves or mowing the lawn fun.

**LIMIT** the amount of time children spend watching television, playing video games or using the computer. Need something new? Try “brain” games such as chess, checkers and other board games to keep active socially and mentally.

**LEAD** by example. You must eat healthy and exercise if you want your children to do the same. Simply telling kids what they should do doesn't cut it. Try to involve them in healthy meal planning, especially for school lunches. Better yet, try playing some of their games to stay active.



### Tip of the Month



Lift with your legs – not your back! Keep the object you are lifting close to you. Bend your knees and preplan your lift. This is easy to practice too, especially when lifting laundry baskets.

### What's The Carb Confusion?

You've probably heard that there are good and bad carbs with some more likely to cause weight gain. The truth is that the glycemic index often predicts what happens when we eat carbohydrates. Glycemic index measures how much your blood sugar rises after eating carbohydrates.

**High-glycemic** foods activate blood sugar to rise sharply followed by a quick decline that triggers new hunger. Examples: white potatoes, pretzels & crackers.

**Low-glycemic** foods cause a modest rise in blood sugar. Stable blood sugar levels result in less hunger ultimately producing less weight gain. Examples: beans & whole grains.

*Here is the Catch:* the glycemic index measures food individually and foods are likely to be eaten in combination. So high-glycemic foods are not always bad if eaten with other foods.