



Bowden Physiotherapy and Gym

APRIL NEWSLETTER

HAPPY EASTER!!

Volume No. 4 Issue No. 3

Phone: (403) 224-3929

"It is exercise alone that supports the spirits and keeps the mind in vigor." -Cicero

Exercise of the Month

SIDE PLANK



Start by lying on your side, legs straight, feet stacked. Position your elbow on the ground, keeping it in line below shoulder, and place free hand on your hip. Flex feet and balance on sides of feet (feet are stacked). Use abs to keep hips lifted.

Hold for 30 seconds. Work up to 1-3 minutes. Don't allow hips to drop to the ground. Keep breathing steady.

BUSINESS OPPORTUNITY WITHIN BOWDEN PHYSIOTHERAPY

We are considering opening a mini-spa, 3 evenings per week and are looking for an aesthetician to work with our massage therapist. If you, or someone you know, is interested in evening work and have the necessary qualifications and experience, please contact Sian, Laurel or Carla at (403) 224-3929.

WHAT'S HAPPENING AT THE GYM

FIT FOR GOLF CLASS

Need to get back into your game? Looking to improve your stroke or lengthen your drive? Then this is the class for you!

Classes run Tuesday evenings, 7-8pm
starting April 6, 2010 for 6 weeks.

Contact Laurel for more information: (403) 224-3929

CONGRATULATIONS KELLY PERLEY

Kelly won the March Incentive by racking up the most points! Her hard work and dedication has earned her a free one month gym membership.

WELCOME CARLA SPARKS - Carla is our newest staff member and will be the friendly face in the office helping you with inquiries and welcoming you into our practice.

WELCOME BACK BETH KUNTZ - Beth is back from maternity leave and in addition to working in the gym, will be working on a one-on-one basis with physiotherapy patients finalizing their treatment.

WELLNESS FACT OF THE MONTH

EAT YOUR BREAKFAST!!

HOW MANY TIMES HAVE YOU HEARD THAT BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY? WELL, GUESS WHAT? IT'S TRUE! BREAKFAST IS THE FUEL THAT KEEPS US RUNNING THROUGHOUT THE DAY. IF YOU DON'T EAT SOMETHING IN THE MORNING, YOU ARE LITERALLY FORCING YOURSELF INTO RUNNING ON EMPTY. IF THE LAST TIME YOU ATE WAS 8 P.M. LAST NIGHT AND YOU DIDN'T EAT LUNCH UNTIL NOON TODAY, THAT'S SIXTEEN HOURS OF NO REFUELING!

BREAKFAST IS THE FIRST CHANCE THAT YOUR BODY HAS TO REFUEL ITS BLOOD GLUCOSE LEVELS. GLUCOSE IS THE MAIN ENERGY SOURCE FOR YOUR BODY AND IS REQUIRED TO FUEL THE MUSCLES NEEDED FOR PHYSICAL ACTIVITY THROUGHOUT THE DAY. IF YOU DON'T SUPPLY IT, YOUR SYSTEM RESORTS TO FINDING STORED CARBOHYDRATES OR IT TRIES TO TURN FAT INTO GLUCOSE.

RESEARCH HAS PROVEN THAT BREAKFAST INCREASES THE ATTENTION LEVEL IN CHILDREN AND IT ALSO HELPS REDUCE OBESITY. THOSE WHO HAVE HEALTHY BREAKFAST ARE LESS PRONE TO BINGE FOR THE REST OF THE DAY. BREAKFAST IS ALSO KNOWN TO HELP PEOPLE IN WEIGHT LOSS AND WEIGHT MANAGEMENT.

OTHER STUDIES HAVE EVEN LINKED HEALTHY BREAKFASTS WITH LESS CHRONIC DISEASE, INCREASED LONGEVITY AND BETTER HEALTH. THE EFFECTS OF A SKIPPED BREAKFAST ARE SHORT ATTENTION SPAN, LACK OF ALERTNESS, LONGER REACTION TIME, LOW BLOOD SUGAR, DECREASED WORK PRODUCTIVITY.

SO, WHY DO WE SKIP BREAKFAST? SOMETIMES IT'S JUST TOO EASY. YOU'RE IN A RUSH, YOU'D PREFER TO SLEEP A LITTLE LATER RATHER THAN PREPARE A MEAL, OR IT'S SO HECTIC GETTING THE KIDS OFF, YOU JUST CAN'T SEEM TO MAKE THE EFFORT OR FIND THE TIME.

IT JUST TAKES A BIT OF PLANNING TO ENSURE A HEALTHY START TO YOUR DAY. PLAN OR EVEN PREPARE YOUR BREAKFAST THE NIGHT BEFORE. GET UP A BIT EARLIER TO GIVE YOU A BIT OF EXTRA TIME TO EAT BEFORE YOU GO, OR MAKE SOMETHING THAT YOU CAN EAT ON YOUR WAY TO WORK.

TRY THE FOLLOWING NUTRIENT-DENSE RECIPE WHICH CAN BE MADE AHEAD OF TIME TO ENSURE YOU HAVE A GREAT START TO YOUR DAY.

RECIPE OF THE MONTH

ALMOND-HONEY POWER BAR

Ingredients

- 1 cup old-fashioned rolled oats
- 1/4 cup slivered almonds
- 1/4 cup sunflower seeds
- 1 tablespoon flaxseeds, preferably golden
- 1 tablespoon sesame seeds
- 1 cup unsweetened whole-grain puffed cereal (see Note)
- 1/3 cup currants
- 1/3 cup chopped dried apricots
- 1/3 cup chopped golden raisins
- 1/4 cup creamy almond butter (see Note)
- 1/4 cup turbinado sugar (see Note)
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt

Preparation

1. Preheat oven to 350°F. Coat an 8-inch-square pan with cooking spray.
2. Spread oats, almonds, sunflower seeds, flaxseeds and sesame seeds on a large, rimmed baking sheet. Bake until the oats are lightly toasted and the nuts are fragrant, shaking the pan halfway through, about 10 minutes. Transfer to a large bowl. Add cereal, currants, apricots and raisins; toss to combine.

3. Combine almond butter, sugar, honey, vanilla and salt in a small saucepan. Heat over medium-low, stirring frequently, until the mixture bubbles lightly, 2 to 5 minutes.
4. Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain. Transfer to the prepared pan. Lightly coat your hands with cooking spray and press the mixture down firmly to make an even layer (wait until the mixture cools slightly if necessary). Refrigerate until firm, about 30 minutes; cut into 8 bars.

NOTES

Ingredient notes: For this recipe, we like unsweetened puffed multi-grain cereal, such as Kashi's 7 **Whole Grain Puffs**. **Almond butter** can be found Nutter's Bulk & Natural Foods and large supermarkets, near the peanut butter. **Turbinado sugar** is raw cane sugar. It's coarse-grained and light brown in color, with a slight molasses flavor. Find it at Nutter's Bulk & Natural Foods or at large supermarkets.

Nutrition

Per serving: 244 calories; 10 g fat (1 g sat, 5 g mono); 5 g protein; 3 g fiber; 74 mg sodium; 313 mg potassium