



# Bowden Physiotherapy and Gym

MARCH NEWSLETTER

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~ Physical fitness is not only one of the most important keys to a healthy body,  
it is the basis of dynamic and creative intellectual activity ~ John Fitzgerald Kennedy

## **WHY CHOOSE BOWDEN PHYSIOTHERAPY & GYM?**

Here, at Bowden Physiotherapy & Gym, our team approach ensures the highest standard of care to help you on your journey to wellness. On your first visit you will meet our team, starting with the physiotherapist who will examine you and report on your condition. She will assess your musculoskeletal problems and identify short and long term goals of treatment. Depending your condition, you will then meet with the physiotherapy assistant who will administer electrotherapy treatment. Following this, you will spend some time with the exercise specialist who will teach you exercises to complement your treatment goals. We like to begin treatment on the same day as the assessment by starting some manual treatment and teaching some basic exercises. Each day a staff meeting is held where all patients for that day are discussed, ensuring response to treatment and goals are being met for each individual patient. Your treatment is always overseen by the physiotherapist, however if your treatment is progressing as expected, you may be seen by our physiotherapy assistant who can perform tasks prescribed by the physiotherapist. In the gym we set exercises that will help strengthen, lengthen or stabilize you to ensure that you not only heal, but stay healed. This is an important part of your treatment and our team routinely reports to each other on how the exercises are done and what deficiencies are seen. Each patient is given an exercise program to work with at home. At the end of your treatment cycle you will be seen by our lifestyle specialist. This appointment will ensure all of your treatment goals have been met and will focus on meeting new lifestyle goals to stay healthy and feeling good. We want you to continue your path to wellness and a healthy lifestyle.

Our hope is that once you finish your treatment with us you understand the place of exercise in your life and have learned enough about your condition in order to help avoid it from happening again in the future.

## **PERSONAL DEFENSE COURSE**

To be held on Sat. April 30 from 9am to 1pm

For more information or to register, please call us  
at 224-3929

CONGRATULATIONS

BETH AND CORNELL

On the birth of your baby girl Monday, March 7

Brooklyn weighed 6 lb 7.5 oz

## **WINTER WALK DAY** **A SUCCESS!!**

**176 Bowden residents participated in this  
year's Winter Walk Day.**

This annual provincial event encouraged all  
Albertans to walk for a minimum of 15 minutes  
outdoors.

This year, over 100,300 Albertans took part  
walking over 2.4 million minutes!

**GREAT JOB BOWDEN!!**

# RECIPE OF THE MONTH

## PUMPKIN MUFFINS

Yogurt makes these muffins especially light and tender.

Per serving: 426 calories; 25 g fat; 45 g carbs; 4 g fiber; 9 g protein

**Prep:** 20 minutes

**Total:** 1 hour

## **Ingredients**

Makes 12 muffins

- 3/4 cup vegetable oil, plus more for pan
- 1 1/2 cups whole-wheat flour, spooned and levelled
- 1 1/2 cups all-purpose flour, spooned and levelled
- 2 teaspoons baking powder
- 1 tablespoon pumpkin pie spice
- 1/2 teaspoon baking soda
- 2 cups pumpkin puree
- 1 cup plain low-fat yogurt
- 3 large eggs
- 1 cup turbinado sugar, plus 2 tablespoons more for sprinkling
- 1 1/2 cups coarsely chopped walnuts

## **Directions**

1. Preheat oven to 350 degrees. Brush 12 muffin tins with oil; set aside.
2. In a medium bowl, whisk flours, baking powder, pumpkin pie spice, and baking soda; set aside.
3. In a large bowl, whisk oil, pumpkin puree, yogurt, eggs, and 1 cup sugar to combine; add 1 cup walnuts and reserved dry ingredients. Mix just until moistened (do not overmix).
4. Divide evenly and spoon batter into muffin tins; sprinkle tops with remaining walnuts and sugar. Bake until a toothpick inserted in the center of a muffin comes out clean, 35 to 40 minutes. Cool 5 minutes in pan.

# QUICK TIPS FOR ACHIEVING A HEALTHY, BALANCED LIFESTYLE

**Colorful Plates:** Diets rich in fruits and vegetables not only keep weight in check but can lower the risk for stroke, cardiovascular disease, diabetes and even some cancers. Yet fewer than two in 10 adults - and fewer than one in 10 kids - eat the daily recommended amount of fruits and vegetables.

**Stay in Motion:** Regular physical activity lowers risk for stroke, heart attack, diabetes, and bone fractures and can help people stay mentally sharp as they age. Check out our February Newsletter for the recommended physical activity guidelines for your age.

**Power Breakfast:** Breakfast is the most important meal of the day. Eating breakfast improves concentration, problem-solving ability, mental performance, memory and mood and helps people maintain a healthy weight.

**Snack Attack:** It's estimated that in the U.S., one-quarter of daily calorie intake comes from snacks. An extra 100 sugary calories daily can add up to more than 10 pounds in a year. Make healthy snack choices by planning ahead and understanding which snacks are both nutritionally worthy and tasty.

**Smart Servings:** Super-sized meals are not a value when you consider your waistline. Start recognizing eating distractions to better watch what you eat and better estimate serving sizes.

**Drink Think:** Coffee used to cost a quarter - and came with a quarter of the calories when compared to today's café mochas. Drinks are often an overlooked culprit when it comes to weight control. Water is always the best choice.