



**Deer Park Physical Therapy  
& Sports Conditioning**

*Happy Valentine's Day!*



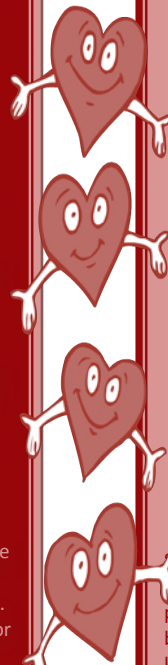
## Monthly Newsletter for February 2011

### Recipe of the Month

#### Chocolate Covered Strawberries

**Ingredients: 1 lb. Fresh Strawberries & 7 oz. dark /semi-sweet/or milk chocolate.**

- **Firstly wash the strawberries** (leaving the stalks in place) in cold water. Drain in a colander and dry completely on kitchen paper.
- **Line a baking sheet or tray** with greaseproof or wax paper.
- **Heat some water to boiling point** in a saucepan. Remove from the heat.
- **Break the chocolate into pieces** and place in a large heatproof bowl. Place the bowl over the pan of hot water ensuring that it does not come into contact with the water. Stir regularly until the chocolate is completely melted & smooth.
- **Hold a strawberry by its stalk** and dip into the chocolate, rotating it slowly. Lift it out of the chocolate and allow the excess to drain back into the basin. Place onto the greaseproof paper.
- **Repeat the process** until all strawberries are coated.
- **Allow the strawberries to set fully** in the refrigerator for about an hour.



### Exercise of the Month

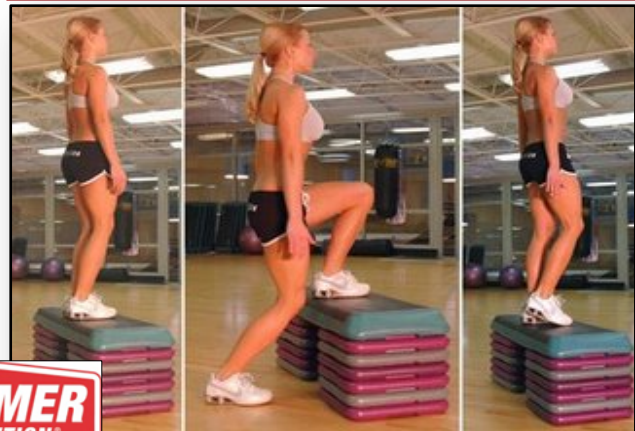
#### Step-ups

- To perform step-up exercise, you will need an elevated platform or a step box. If you don't have a step box, you can use stairs or a very sturdy box to meet the purpose. Just stand erect with your hands on sides. You may also hold dumbbells in each hand at your side or in front of you.
- Lift your right leg and place it on the stair or step box.
- Now, lift your left leg and place it on the step box. Stand for a second and then bring your right foot down, quickly followed by your left foot.
- Continue this for some time. Once you get comfortable, pick up speed and practice the movement at a fast pace.
- Never allow both the legs to stay together on the floor for more than a second.
- You can start with a count of 20 and then gradually increase the count as you become more comfortable.

Step-up exercise is a great way to boost your heart beat and shed those extra pounds. As your body paces up and down, the heart pumps more blood into the body that leads to the usage of excess body fat. As the fat gets consumed, you lose weight. It is also known to boost body flexibility. Step-ups are indeed a great way of toning your leg muscles. Step-up exercise increases leg muscles and bone strength and also gives a boost to your stamina.

We will be offering **Massage Therapy** Thursday afternoon-evenings (12pm-6pm) starting **February 10<sup>th</sup>, 2011** with **Danna Roberts!**

**Open Monday - Friday**  
**8am - 9pm**



[www.deerparkphysicaltherapy.com](http://www.deerparkphysicaltherapy.com)