



# Deer Park Physical Therapy & Sports Conditioning



## Monthly Newsletter for April 2011

### Exercise of the Month



#### Fitness Ball Hamstring Curl

The Fitness Ball Hamstring Curl is a leg exercise that targets the hamstrings, as well as the glutes and core. The use of a **Fitness Ball** or Stability Ball will aid in improving stability, strength, and balance.

**STEP 1:** Lie on the mat, with your arms at your sides. Place your heels on the Fitness Ball with your toes pointing upward. Raise your hips from the floor.

**STEP 2:** Bend your knees and pull the ball toward you. Keep your arms on your sides and your hips off the mat while flexing your knees. Roll the ball out to starting position then repeat 10 times.

\*Tighten your glutes and core so you can keep your hips off the mat while doing this exercise. To make it more challenging, do this one leg at a time.\*



### Recipe of the Month



#### Low-Cal. Egg Breakfast Sandwich

Ingredients: (makes 1 serving)

- 2 Slices of Sara Lee 45cal./per slice bread
- 1/4 cup of egg whites
- 1 slice of fat-free American cheese
- Salt and pepper to taste

Optional: 1 Tablespoon of Salsa (add 5 cal.)  
½ slice very thin prosciutto (15 cal.)

1. Toast bread in toaster.
2. Measure ¼ cup of egg whites and cook in pan until done.
3. Top with salt and pepper to taste.
4. Add cheese when assembling toast and egg.
5. Add a tablespoon of salsa or ¼ slice of thin prosciutto for extra flavor.

145 calories per serving 1g. of fat, 20.4g. of carbs., 16g. of protein

### Massage Therapy

Thursday afternoon-evenings (12pm-6pm)  
with Danna Roberts!

Insurance accepted!



### Pilates Mat Classes

(second session)

Tuesday – Thursday

6:15pm-7:15pm & 7:15pm-8:15pm

8 weeks (1x/week or 2x/week options)

Starting May 3<sup>rd</sup>, 2011 at Little

Blessings (100 N. Weber Rd., Deer Park)

Child care available for \$2 per hr./per child!



90 million chocolate  
Easter bunnies are  
made for Easter each year.



ENDURANCE FUELS  
& SUPPLEMENTS

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