

Happy Holidays



Deer Park Physical Therapy
& Sports Conditioning



Monthly Newsletter for December 2011

Recipe of the Month

Popcorn Brittle

Ingredients:

- Cooking spray
- 5 ½ cups of popcorn, popped without salt or fat
- 1 ½ cups of sugar
- 6 tablespoons of light corn syrup
- ¼ cup water
- 3 tablespoons of molasses
- 1 tablespoon of butter
- ½ teaspoon of baking soda
- ½ teaspoon vanilla extract
- ¼ teaspoon salt



Preparation:

Line a baking sheet with foil; coat foil with cooking spray. Set aside.

Place popcorn in a large zip-top plastic bag; seal. Crush popcorn using a meat mallet or rolling pin; set aside.

Combine sugar, syrup, and water in a medium saucepan over medium heat. Cook 1 minute or until sugar dissolves, stirring constantly. Cook, without stirring, until candy thermometer registers 270 degrees (about 8 minutes). Stir in molasses and butter; cook until thermometer registers 290 degrees (about 5 minutes). Stir in baking soda, vanilla, and salt. Stir popcorn into boiling syrup mixture. Working quickly, pour popcorn mixture onto the prepared pan; spread to ¼ inch thickness using a wooden spoon coated with cooking spray. Cool completely; break into large pieces.

Yields: 12 servings (165 calories per serving)

Exercise of the Month

Wall Slides

The wall slide is a modernized version of an older ski exercise, called the "wall sit." Stand with your back against the wall and your feet separated at pelvic-width apart.

Bend your knees until your hamstrings are parallel to the floor. Remain in position, straighten your legs about an inch, and then bend them again. This is an excellent exercise for your quadriceps and hamstrings. **Perform 3 sets of 20 repetitions.**



INBC Blood Drive

January 24th, 2012

Deer Park Physical Therapy Parking Lot
707 S. Park

*Gift Certificates are now available
for the Holiday Season!*

**Gym memberships – Pilates –
Massage – Sports Performance
Program – and much more!!!**

www.deerparkphysicaltherapy.com