



Deer Park Physical Therapy & Sports Conditioning



Monthly Newsletter for January 2012

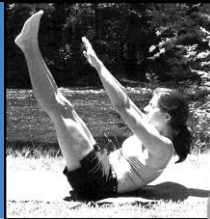


Exercise of the Month

V-Up

It is great for your lower and upper abdominals as well as your hip flexors.

- Lie on the ground with your arms to your sides and your legs straight.
- At the same time, lift up your legs and your chest and arms by squeezing your stomach muscles.
- Keep your knees bent.
- Hold for a count.
- Lower yourself back down and repeat.
- Inhale up, Exhale down.



Pilates Classes

Starting January 16th, 2012

Monday: 7:15am – 8:15am

Tues./Thurs.: 6:00pm - 7:00pm &
7:15pm - 8:15pm

Location: Pavilion by the Pool at the
Deer Park Golf Course/RV Resort

Recipe of the Month

White Bean and Turkey Chili

- 1 Tablespoon Canola Oil
- 2 cups of diced yellow onion
- 1 ½ tablespoons of chili powder
- 1 tablespoon of minced garlic
- 1 ½ teaspoon ground cumin
- 1 teaspoon dried oregano
- 3 cans of Great Northern Beans, rinsed and drained
- 4 cups of fat-free, low-sodium chicken broth
- 3 cups of chopped and cooked turkey
- ½ cup of diced tomato
- 1/3 cup of cilantro
- 2 tablespoons of lime juice
- ½ teaspoon salt
- ½ teaspoon black pepper
- 8 lime wedges

Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 10 minutes or until tender and golden. Add chili powder, garlic, and cumin; sauté for 2 minutes. Add oregano and beans; cook for 30 seconds. Add broth; bring to a simmer. Cook 20 minutes.

Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan. Add turkey, and cook 5 minutes or until thoroughly heated. Remove from heat. Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well. Garnish with lime wedges, if desired.

Yields: 8 servings **286** calories per serving

INBC Blood Drive

January 24th, 2012

Deer Park Physical Therapy
Parking Lot
707 S. Park

