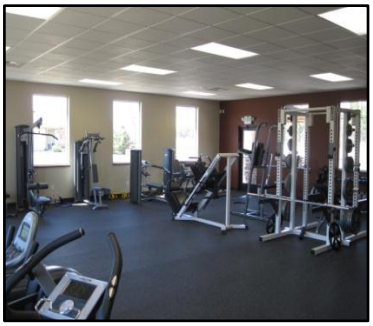
Deer Park Physical Therapy
& Sports Conditioning



Monthly Newsletter for June 2011

Recipe of the Month

Chipotle and Orange Grilled Chicken

- 2 tablespoons orange-juice concentrate, thawed
- 1 tablespoon finely chopped chipotle peppers in adobo sauce, (see Note)
- 1 tablespoon balsamic vinegar
- 2 teaspoons unsulfured molasses
- 1 teaspoon Dijon mustard
- 1 pound boneless, skinless chicken breasts, trimmed
- Salt to taste

1. Preheat grill or broiler.
2. Whisk together orange-juice concentrate, chipotle pepper, vinegar, molasses and mustard in a small bowl.
3. Lightly oil the grill or broiler rack (see Tip). Season chicken with salt and grill or broil for 2 minutes. Turn, brush with the glaze and cook for 4 minutes, brushing occasionally with glaze. Turn again, brush with the glaze, and cook until the center is no longer pink, 1 to 2 minutes longer.

Tips & Notes

- **Note:** Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep up to 2 weeks in the refrigerator or 6 months in the freezer.
- **Tip:** To oil a grill rack: Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to spray the food with cooking spray.

Per serving: 149 calories; 3 g fat (1 g sat , 1 g mono); 63 mg cholesterol; 7 g carbohydrates; 2 g added sugars; 23 g protein; 0 g fiber; 154 mg sodium; 300 mg potassium

Exercise of the Month

Front Kick Plank

If you're looking for a low impact, whole body move that gets your heart rate up, the front kick with planks is a great choice. You work on balance and core strength while raising your heart rate without straining the joints. This exercise requires quite a bit of balance, so take your time and hold onto a chair or wall for balance if needed.

1. Begin with feet together and the arms up in a defensive position.

2. Bring the right knee up and kick the leg out, avoiding hyperextension of the knee.

3. Balancing on the left leg, bring the right leg back behind you, hands to the floor in a runner's stretch.

4. Bring the left foot next to the right into a plank, holding briefly.

5. Step the left foot forward into a runner's lunge, stand up and again kick with the right leg, continuing with your front kick planks on the same leg.

6. Repeat the series on the other side, repeating for 1-3 sets of 10-16 reps.

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24/7

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