



Deer Park Physical Therapy & Sports Conditioning



Monthly Newsletter for March 2011



Exercise of the Month

"Fighting Irish" Scorpion

- Lie face down with legs straight
- Place arms at 45-degree angle from waist
- Lift your right foot to your left hand
- Return to start position
- Lift your left foot to your right hand
- Repeat for 8-10 reps with each foot

Sets/Reps: 3 x 8-10

Adaptation: For an advanced stretch, place arms to side of body in "T" position so feet must travel a longer distance

The Scorpion improves hip, low back, and core mobility. It also improves posture and boosts performance which in turn increases your body's ability to burn fat.



Pilates Mat Classes

Tuesday – Thursday

6:00pm-7:00pm & 7:15pm-8:15pm

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



There are about 10,000 regular three-leaf clovers for every lucky four-leaf clover.



Recipe of the Month

Make your own "GREEN" smoothie!

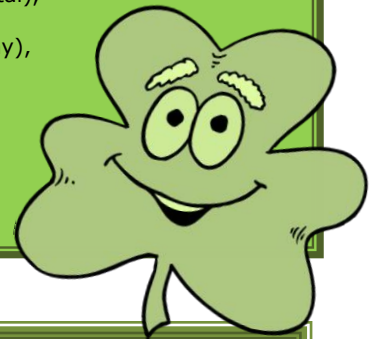
Ration of about 50% fruits and 50% vegetables (or try some wild greens such as nettles) and your smoothie will always be delicious. If not sweet enough, add some liquid. You'll hardly taste the vegetables.

Ingredients:

- 1 bunch green leafy vegetable of choice (50% of total),
- Fruit of choice (50% of total),
- 1-2 Bananas or 1 avocado to emulsify (make creamy),
- Ginger, lemon, parsley or, Stevia to taste.

Directions

- Put all ingredients in your blender.
- Add clean water to cover all ingredients.
- Blend.
- Drink immediately.



Massage Therapy

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

Insurance accepted!

Open Monday - Friday
8am - 9pm



ENDURANCE FUELS
& SUPPLEMENTS

www.deerparkphysicaltherapy.com