



Deer Park Physical Therapy & Sports Conditioning



Monthly Newsletter for October 2011

Recipe of the Month



Roasted Pumpkin Seeds

Pumpkin seeds aren't very glamorous but they are an insanely healthy snack food.

- 2 cups pumpkin seeds
- 3 tsp. extra virgin olive oil
- salt & pepper to taste
- 1 tsp. ground cumin

Directions: Pre-heat oven to 300 degrees. Remove seeds from pumpkin and clean, removing attached pulp and strings. Toss the seeds in oil, salt, pepper, and cumin. Spread in an even layer on a parchment paper lined baking sheet. Baking for 40-45 minutes, turning on occasion until golden brown. Remove to paper towels to remove excess oil and enjoy!

Nutrition: Makes 16 one-ounce servings. 146 calories per serving, but cholesterol free with 4 grams of carbohydrates and 9 grams of protein.



Exercise of the Month



Kickbacks (Triceps)

Bend forward, keeping back flat and abs in, and hold light-medium weights, elbows bent. Straighten the elbows to engage the triceps. Lower and repeat.

This exercise is an excellent way to strengthen and firm those muscles in the back of your upper arm, and is an excellent addition to any fitness routine. This dumbbell exercise will improve your ability to push open doors, and push yourself out of a chair.



**We are now offering
Professional Bike Fittings
with Dan Roberts.
Contact our office for more
information and pricing!
509-276-8811**

Pilates
Monday: 7:45am-8:45am
Tuesday & Thursday: 6:00pm-7:00pm and
7:15pm-8:15pm
Call or stop by for more info and to sign
up!!!
509-276-8811

