



Deer Park Physical Therapy & Sports Conditioning



Monthly Newsletter for September 2011

Exercise of the Month

Bicycle Abs exercise

Lie face up with lower back pressed to the floor. Cradle head in your hands, elbows out, and bend right knee, pulling it towards your chest while touching the knee with the opposite elbow. Begin a slow pedal motion by touching opposite elbow to opposite knee, alternating each side. Keep the abs pulled in (don't let them bulge out) and breath continuously. Repeat for 12 reps (one rep is to the right and left).

It is said to be the best move as they target the muscles of the abdominal girdle. It is really essential that these muscles be kept strong and healthy since they form the muscular wall that is well suited for its job in containing and protecting the abdominal contents.



Pilates

Starting September 26th

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

www.deerparkphysicaltherapy.com

Recipe of the Month

Peanut Energy Bars

Ingredients: (Makes 16 bars)

1/2 cup dry roasted salted peanuts
1/2 cup roasted sunflower seeds, or other chopped nuts
2 cups raisins, or other chopped dried fruit
2 cups rolled or instant oats
2 cups toasted rice cereal, such as Rice Krispies
1/4 cup toasted wheat germ, (optional)
1/2 cup creamy or crunchy natural peanut butter
1/2 cup packed brown sugar
1/2 cup light corn syrup, or honey
1 teaspoon vanilla extract

Preparation:

- Coat a 9-by-13-inch baking pan with cooking spray.
- Combine peanuts, sunflower seeds (or other nuts), raisins (or other dried fruit), oats, rice cereal and wheat germ (if using) in a large bowl
- Combine peanut butter, brown sugar and corn syrup (or honey) in a large microwaveable bowl; microwave on High until bubbling, 1 to 2 minutes. Add vanilla and stir until blended. Pour the peanut butter mixture over the dry ingredients and stir until coated.
- Transfer the mixture to the prepared pan. Press down firmly. (It helps to coat your fingers with cooking spray.) Let stand for about 1 hour to harden. Cut into bars.

Per serving: 255 calories; 9 g fat (1 g sat , 2 g mono); 0 mg cholesterol;
42 g carbohydrates; 5 g protein; 3 g fiber; 95 mg sodium; 242 mg
potassium.



The Round "About 5k"

September 18th, 2011 at 9:00AM

Benefiting the Leukemia and Lymphoma Society
\$18 before September 1st / \$28 after and on race day.

www.roundabout5k.com

Sign up today!!!

