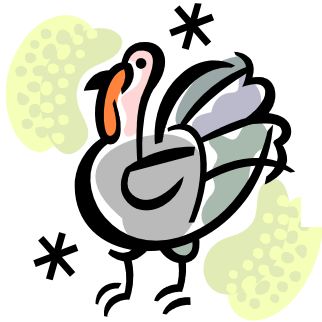


Wellness Monthly



By: Orthopedic & Sports Physical Therapy
November 2009
Happy Thanksgiving



Staff Feature Rizzi King PTA-L

Rizzi was born and raised in Breckenridge, MN and graduated from Breckenridge High School. She attended North Dakota State College of Science where she played volleyball and graduated with an Associates Degree in General Liberal Arts in 2007. Then attended and graduated from Lake Superior College in Duluth, MN with an Associates Degree of Applied Science as a Physical Therapist Assistant in 2009. Her clinical experience consisted of St. Mary's Hospital-Acute Care in Duluth, MN working on the orthopedic and short term rehab floor, Country Manor-Champion Rehab in Sartell, MN a long term facility and here at OSPTI in Breckenridge, MN. While going to school in Duluth, Rizzi got to volunteer with Courage Duluth as well as The Inline Skating Marathon and taught a flexibility class at Keystone Bluffs, a long term care facility. Rizzi has a special interest in Sport Medicine and working with pediatrics as well as a variety of patients. She has an interest in sports including volleyball, basketball, biking, swimming, running and enjoys spending time with family and friends.

Work Anniversaries

Lindsey Hill- 17th 1 yr.

Birthdays

Elizabeth Lutz- 10th

Wedding Anniversaries

Ann Hiedeman- 19th

Joke Submitted by Ben Guck- PT, DPT

Q: Why did they let the turkey join the band?

A: Because he had the drumsticks

Q: How do you keep a turkey in suspense?

A: I'll let you know next week.

Q: Which side of the turkey has the most feathers?

A: The outside.

Services at OSPTI

Physical Therapy
Occupational Therapy
Massage Therapy
Paraffin Wax
Aqua bed Massage
Open Gym
Open Pool
Personal Training

What's happening at OSPTI

Water Aerobics- \$30/mo 2x/wk

Monday & Thursdays 10:30 am

Tuesday & Thursdays 5:15 pm

Water Arthritis- \$15/mo 1x/wk

Wednesdays 9:00 am

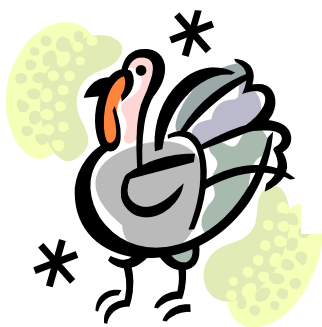
OSPTI



Striving to Meet Your Goals!

For further information please contact OSPTI at
218-641-7725

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Top 10 ways to stay fit during the holiday season!

By: Lindsey Hill, Wellness Specialist

1. Keep a food Journal- Make sure to write down each holiday treat. Knowing you have to write your holiday treats on paper will make you less likely to splurge.
2. Limit your Holidays just 1 day. Instead of having 2 Thanksgivings and 3 Christmas', pick one family gathering to use as your holiday splurge day and make sure the other days you eat a normal amount and limit your treats.
3. Add exercise to your "to do" list. Instead of planning your mall shopping in order of the stores, jump around the mall to add in extra walking. Working out in the morning will also take stress off your holiday shopping and errands after work.
4. Bring your favorite low-fat recipe to your holiday gatherings. Limit your amount of treats. Eat more of the low-fat recipe before indulging in the tasty treats.
5. Plan Holiday activities to be outdoors. Playing football outside during thanksgiving, or sledding during Christmas. You now have a great way to entertain and add in some physical activity.
6. Avoid hanging around the buffet table. Even on your splurge days it is not a good idea to always be around the tempting foods. Try to move into a different room and concentrate on conversation with family.
7. Drink plenty of water. Many times we will overeat because we are dehydrated and thirsty. Therefore, make sure that your water intake is adequate. Besides, water also gives you a sense of

fullness so if properly hydrated you will be consuming less food.

8. Emphasize the weight training portion of your workout. Muscle aids in burning fat, and will help to fight off the extras that you normally don't eat.

9. Add your workout into your cooking. Do a couple squats while you wait to get pots and pans out of the oven. Your counter top can be used for push ups. You can also do breathing exercises to help reduce stress while you're in the kitchen.

10. Limit your alcohol intake. Plan to be the designated driver at holiday events. The average alcoholic drink contains 150-200 calories per glass.

Thanksgiving Recipe Slow Cooker Turkey Chili

Ingredients:

- 1 pound(s) raw turkey sausage, hot-Italian variety
- 14 1/2 oz canned diced tomatoes, with garlic and onions, undrained
- 15 oz canned pinto beans, undrained
- 14 1/2 oz canned diced tomatoes, with chilies, undrained
- 1 medium onion(s), chopped
- 1/4 tsp table salt, or more to taste
- 1/4 tsp black pepper, or more to taste

Directions:

Remove sausage from casing and place in a 4-quart or large slow cooker; break up meat with a spoon. Add beans, both cans of diced tomatoes with their liquid and onion; stir.

Cover slow cooker; cook on low setting for 5 to 6 hours. Stir in salt and pepper; garnish with chopped onion if desired and serve. Yields about 1 1/2 cups chili per serving.