

Wellness Monthly



By: Orthopedic & Sports Physical Therapy

Happy Valentines Day!
February 2012



February is American Heart Month

Did you know that heart disease is the number one cause of death in the United States and is a major cause of disability? About every 25 seconds, an American will have a coronary event. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack.

Diseases and conditions that can put your heart at risk include arrhythmia, heart failure, peripheral artery disease, high cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity, and secondhand smoke are also risk factors associated with heart disease.

A healthy diet and lifestyle are the best weapons you have to fight heart disease. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, read nutrition labels and base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars
- Select and purchase foods lower in salt/sodium.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks if you're a man.
- Keep an eye on your portion sizes.

Valentine Jokes

- Q: What did the stamp say to the envelope on Valentine's Day? *-I'm stuck on you*
- Q: What kind of flowers do you never give on Valentine's Day? *-Cauliflowers*
- Q: Do skunks celebrate Valentine's Day?
-Sure, they are very scent-imental
- Q: What did one light bulb say to the other?
-"I love you a whole watt"

Birthdays

Peggy Wasemiller- 5th
Rizzi King-13th

Wedding Anniversary

Lisa Keaveny-3

Services at OSPTI

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

What's happening at OSPTI

Water Aerobics- \$28/mo 2x/wk
Monday & Thursdays 10:30 am
Tuesday & Thursdays 5:15 pm

OSPTI

**ORTHOPEDIC & SPORTS
PHYSICAL THERAPY INC.**



Striving to Meet Your Goals!

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

*Shop for your Valentine
at OSPTI*



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The Importance of Proper Nutrition

Eating a balanced diet is one of the most important things you can do to maintain and improve your overall health. It takes about 40 nutrients in order for our bodies to function properly. Different nutrients have different roles so it is important to eat a variety of foods particularly fruits and vegetables which contain a majority of our daily needs. For most people, any food can fit into a balanced diet if the portion size and frequency is right. What we choose to eat has a direct effect on our health, growth, and feeling of well-being.

This is true for everyone in spite of his or her age or current health status. Poor eating habits that result in too many calories and not enough nutrients increases the risk for disease and disability. Food-related diseases include obesity, diabetes, heart disease, stroke, tooth decay, and some cancers.

These diseases affect the quality of life over a long period of time. They are costly to manage and cause early death. It is important that people know a proper diet can prevent or delay the onset of all of these illnesses.

Nutrition and Chronic Diseases:

People who eat more fruits and vegetables as a part of a healthy diet are less likely to suffer from chronic diseases and conditions including:

- Overweight and obesity
- Some cancers
- Type-2 diabetes
- Hypertension (high blood pressure)
- Heart disease
- Stroke
- Dental disease
- Osteoporosis

Changes in nutritional intake can help reduce the burden of chronic disease:

- *Obesity* - consuming more fiber, more fruits/veggies, and less refined sugar can help protect against obesity

- *Diabetes* – reducing obesity (specifically abdominal fat) will protect against diabetes
- *Stroke* – protective nutrition related lifestyle changes include lowering sodium and fat intake, while increasing fruits and vegetables, fiber and calcium
- *Heart Disease* – preventing diabetes and obesity reduces heart disease
- *Cancer* – anti-oxidants found in fruits and vegetable may protect against some forms of cancer
- *Dental Disease* – research shows dental disease and tooth loss is more common among those with diabetes
- *Osteoporosis* – optimal bone health in later life depends on dietary habits prior to the cessation of bone growth in early adulthood

Tips for Better Eating Habits:

While awareness among consumers to consume more fruits and vegetables has increased over the last two decades, research has shown that behaviors are inconsistent with meeting daily recommendations. Some ways to improve nutrient intake include:

- Try fresh or dried fruit as a snack
- Try eating at least 2 vegetables with dinner
- Add vegetables to sandwiches, pastas, and soups
- Drink a fruit smoothie made with whole fruit, ice and low-fat yogurt
- Order salads, vegetable soups, or stir-fried vegetables with dining out
- Look for canned, dried or frozen fruits and vegetables without added sugars or syrups, salt, butter, or cream sauces as alternatives to fresh fruits and vegetables

