

MEET OUR STAFF

Lisa Blas, PT, OCS, Cert. MDT

Owner, Physical Therapist

Nadia A. Nava, PT, MS, DPT

Physical Therapist

Terri Ann Miller, MSPT, ATC

Physical Therapist

Shelley Jessup, DPT

Physical Therapist

Stacy Hildreth, PT

Physical Therapist

Kelsey Comstock, PTA

Physical Therapist Assistant

Danielle Parker, PTA

Physical Therapist Assistant

Ellie Zaepfel, PTA

Physical Therapist Assistant

Rachel Kroening, Marissa Bechtold, Emily Hayden, Julie Buerger, Danielle Amyotte, and John Arlington

Physical Therapy Aide

Rosie Heinemann, ATC

Athletic Trainer Certified

Annette Biondo

Office Manager

Amy Greenwald, Linda Amyotte and Barb Bova

Receptionists

Julie Finley

Patient Representative

Joe Biondo

Building Maintenance

A Note From Lisa

"Live a balanced life--learn some and think some and draw and paint and sing and dance and play and work every day some." - **Robert Fulghum**

Lisa

The Importance of Physical Activity For Our Children

An increasing number of children are obese, and if no intervention is made, 80% of them will stay overweight as adults. This can put them at risk for many **medical problems**, including diabetes, high blood pressure, high cholesterol, and sleep apnea. Obesity can also adversely affect their self-esteem.

An important way to help your child with weight loss, maintaining a normal weight and develop healthy habits is to encourage him to participate in **regular physical activity**. This can include participating in a physical education class in school or extracurricular sports at school or in the community.

To help get your kids motivated to exercise and eat more healthy, it is very important that you provide him with a healthy lifestyle that he can model his own life against. This includes having healthy eating habits and participating in a regular exercise program. Also limit how much time that the family watches television.

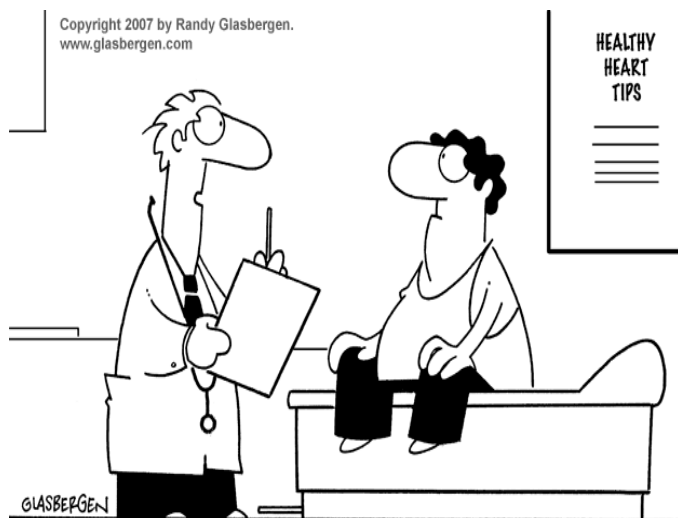
INTRODUCING HEALTHY FOODS TO CHILDREN

When parents introduce healthy food choices to their children, they sometimes encounter a wrinkled nose or a refusal to eat something green. Frequently, children with disabilities require greater amounts of vitamins, minerals, and nutrients which are found in foods often not preferred by children. Also, children with conditions such as autism may have sensory processing difficulties which make them more likely to be picky eaters. Thus, parents or guardians have an opportunity - and maybe an obligation - to help their children develop positive attitudes towards food and adopt lifelong healthy eating and active lifestyles.

Listed below are a few tips that can be helpful when introducing new healthy food to children.

- Always provide food at the meal that your child likes (bread, fruit) in addition to the "new" food.
- Plan healthy snacks a few times during the day to help meet nutritional needs.
- Provide a calm relaxed meal time.
- Introduce one "new" food at a time.
- Include a small portion of a new food and serve everyone at the table the same food, unless food allergies are a concern.
- Provide adequate time for eating (especially if child is working on self-feeding skills).
- Encourage socialization with everyone at the table during meal time.
- Involve your children in food preparation of the "new" food (i.e., ask them to count enough carrot sticks for everyone, serve the broccoli, or stir the fruit salad).

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"For years your teachers kept telling you to settle down and sit still. You can stop now."

Ask the Therapist

Question: What are tips you can give for shoveling snow?

Answer: Shovel early and often. Newly fallen snow is lighter than heavily packed or partially melted snow. Before you begin shoveling, warm up your muscles for 10 minutes with light exercise.

Push the snow instead of lifting it. Keep the shovel close to your body. Space your hands on the shovel. It increases your leverage.

If you must lift the snow, lift it properly. Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Holding a shovelful of snow with your arms outstretched puts too much weight on your spine.

Never remove deep snow all at once; do it piecemeal. Shovel an inch or two, and then take another inch off. Rest, and repeat if necessary.

Do not throw the snow over your shoulder or to the side. This action requires a twisting motion that stresses your back.

See what you are shoveling. Do not let a hat or scarf block your vision. Watch out for ice patches and uneven surfaces. Avoid falls by wearing shoes/boots that have slip-resistant soles.

Use a shovel that feels comfortable for your height and strength. Avoid a shovel that is too heavy or too long.

Pace yourself. Shoveling snow is an aerobic activity, comparable to weightlifting. Take frequent breaks and replenish fluids to prevent dehydration, which affects muscles.

Check with your doctor. If you have a medical condition or do not exercise regularly, talk with your doctor before shoveling. If necessary, hire someone to remove the snow.

Follow these simple tips and you may be singing "Let it snow, let it snow, let it snow"

ADVANTAGE PHYSICAL THERAPY

5556 DAVISON ROAD

LOCKPORT, NY 14094

(716) 433-3368

Visit our website:

www.advantagephysicaltherapy.org

HEALTHY HOLIDAYS

With a little planning, the holidays can be a healthy time of year, both mentally and physically. Start by planning ahead for events that you are hosting, and be sure to offer some healthier foods (e.g., vegetables without butter or cream can be seasoned with pepper and lemon). Take the time to plan a healthy meal or snack before attending a holiday party so that you do not arrive hungry (eat a small salad with low-fat dressing or have a sandwich with lots of vegetable toppings, e.g., sprouts, cucumbers, carrots, tomatoes).

The best approach to preventing "holiday weight gain" is to focus on maintaining your weight by planning your exercise around your holiday events and participating in your regular physical activity routine. Drink plenty of water during the holidays. Some foods are only around during the holidays, which make them more tempting. We need to plan ahead for these special treats and keep moderation in mind. For example, eggnog is a popular drink during the holiday months. Try a low-fat version or allow yourself one glass and then reduce your intake of other desserts that day. If alcoholic drinks are being served, plan ahead to limit your consumption, or request a non-alcoholic version and save the extra calories for a holiday cookie.

If you are attending a party and bringing a dish, bring a fun and healthy festive salad or a low-fat dessert. For ideas, see the recipes below. Try a few substitutions in your favorite holiday recipe; your family and friends will never know you are keeping an eye out for their health as well as your own. If the recipe calls for any of the following ingredients, try a modification from the list below:

<u>Food</u>	<u>Healthier Option</u>
Cheddar cheese	Low-fat cheddar cheese
Broth	Low-sodium broth (one-third less sodium)
Salad dressing (oil and vinegar)	Flavored vinegar (tarragon, thyme, basil, or malt)
Pork chops	Pork tenderloin
Eggs	Egg whites or egg substitutes
Sour cream	Low- or non-fat sour cream or plain yogurt
Heavy cream	Low-fat cream or skim milk products
Cooking oil	Applesauce
Whole milk	Non-fat milk
Ricotta cheese	Non-fat Ricotta Cheese, or low-fat cottage cheese

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