

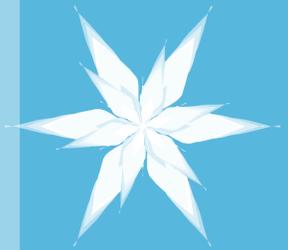
In Touch with La Plata Physical Therapy & Wellness

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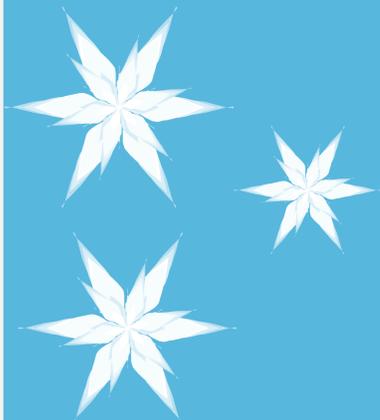
www.LaPlataPT.com



Don't be **FROZEN** in place, get back on track with exercise at the Wellness Center!

Wellness is undergoing a new "life change." Our center is transitioning from a shower, two restrooms and small desk to one small restroom, one ADA accessible restroom, one assessment room and a built-in desk with product display. Construction began Saturday 12/13/14. For more detailed information, please call PT @ 301.392.3700 or Wellness @ 301.392.5054.

MAKE THESE DELIBERATE EFFORTS FOR YOUR HEALTH AND WELLNESS JOURNEY IN 2015!



Congratulations to our participants who completed the 12 week American Heart Association walking challenge!!!!



Instead of:	Try this:
Drinking coffee lattes or frappuccinos in the morning.	Antioxidant filled black, green or herbal teas. They are also low in calories, may increase metabolism, and come caffeinated or decaffeinated.
Saying, "It's the holiday season and I can start making healthier choices after it's over."	Being assertive about your approach when faced with making choices. You can still have pie, but keep it under a serving size or better yet, just try a taste. You'll still be enjoying the sweet and savory calorie filled foods, but in a sensible serving size or less.
Saying, "It's too cold outside to exercise, so I will wait for warmer weather."	Staying positive! My house or my workplace is warm, so I can do some laps, sit-to-stands, and stretches. Maybe I can join a fitness center or keep going to the gym a few times a week on top of home or work activities.
Using a large or regular size dinner plate.	Avoid large or regular size plates for meals in the evening. A salad plate helps to decrease the total portion size of the meal.
Eating white starches like white potatoes and white flour.	Look for healthier substitutes for your recipes. Sweet potatoes, yams, and various squash are great substitutes. Also try whole grains such as: barley, buckwheat, oat, quinoa, rye, spelt, bulgur and rice. (These grains are low on the glycemic index and, if eaten in moderation, may help to reduce your A1C and bad cholesterol.)
Saying, "I'm going to be out of town and can't make it to the gym."	There are gyms all over the world! And, even if a gym is not convenient, ask your exercise coach or trainer to send you on vacation with some exercises appropriate for your vacation destination. <i>And lastly, any exercise is better than no exercise!</i>

Heart Healthy Recipes 2015

Snack Mix

10 servings (1/2 cup each)

Ingredients

2 cups Cheerios®, or whole grain cereal

1 cup old-fashioned oats

1/2 cup almonds, unsalted

1/2 cup walnuts, unsalted

1 tsp. ground cinnamon

1/4 tsp. ground nutmeg

1 tsp. vanilla extract

1 Tbsp. water

1/2 cup raisins, no sugar added

1/2 cup dried cranberries, no sugar added

Directions

1. Preheat oven to 325 degrees.

2.

Mix Cheerios, oats, almonds, walnuts, cinnamon, and nutmeg together in a large bowl. Stir water and vanilla extract into the oat mixture; spread onto a baking sheet.

3.

Bake in preheated oven, stirring every 15 minutes, until golden brown and crunchy, about 30 minutes; transfer to a bowl. Stir raisins and cranberries.

4. Store in airtight container.

SNACK MIX

Per serving

Calories

149

Total Fat

7.0 g

Saturated Fat

0.5 g

Trans Fat

0.0 g

Polyunsaturated Fat

3.5 g

Monounsaturated Fat

2.5 g

Cholesterol

0 mg

Sodium

33 mg

Carbohydrates

20 g

Dietary Fiber

4 g

Total Sugars

6 g

Protein

4 g

Dietary Exchanges: 1 starch, 1/2 fruit, 1 fat

11

Crunchy Chicken with Oven-Roasted Broccoli

4 servings

Ingredients

2 Tbsps. Dijon mustard

2 cups Cheerios, crushed

1/4 tsp each salt & black pepper

Oven-Roasted Broccoli

1 pound fresh broccoli crowns, rinsed and trimmed

1 1/2 tsp. minced garlic or 2 tsps. minced from jar

2 tsps. Low-sodium soy sauce

1 tsp. extra-virgin olive oil

1/4 tsp. black pepper

3 Tbsps. Chopped unsalted-unoiled nuts (almonds, pecans, or walnuts suggested)

-whatever is on sale will work

Directions

Crunchy Chicken

1. Heat oven to 400 degrees. Rinse chicken and pat dry.

Remove giblets and neck and discard. Quarter chicken and remove and discard skin.

2. In a medium bowl, toss the chicken and mustard to coat. (If you're using chicken breasts, just rinse and pat dry.)

3. In a large bowl, mix the crushed cereal, and 1/4 teaspoon each salt and pepper.

Coat the chicken with the cereal mixture and bake on a baking sheet until golden and cooked through, 45 to 50 minutes.

Oven-Roasted Broccoli

1. Heat oven to 400 degrees. (or can use same oven as chicken). Rinse broccoli, trim stalks into 1/8 inch-thick chunks and cut florets into bit sized pieces. Place in a

mixing bowl and toss with soy sauce, oil, pepper, and garlic.

2. Sprinkle the chopped nuts evenly in to a 9x13-inch casserole dish. Place in the oven

3-4 minutes until lightly toasted. Remove from oven and toss into broccoli mixture.

3. Transfer broccoli mixture to casserole dish and roast 10-12 minutes until broccoli is tender. Serve warm.

Crunchy Chicken

2 1/2-to-3-pound whole chicken

NOTE: you can save time by using boneless, skinless chicken breast halves but using the whole chicken and quartering and skinning yourself can save some money. But be sure you don't mind eating off of bones if you use the whole chicken.

CRUNCH CHICKEN WITH OVEN-ROASTED BROCCOLI

Dietary Exchanges: 1 starch, 1 vegetable, 4 lean meat

Per serving

Calories

299

Total Fat

9.0 g

Saturated Fat

1.5 g

Trans Fat

0.0 g

Polyunsaturated Fat

2.0 g

Monounsaturated Fat

4.0 g

Cholesterol

94 mg

Sodium

590 mg

Carbohydrates

21 g

Dietary Fiber

5 g

Total Sugars

4 g

Protein

36 g