

**Recipe Corner:**

**Jorge's Candy Crunch Pudding Pie**

**INGREDIENTS:**

- 2 cups cold milk
- 2 pkg. JELL-O Chocolate Flavor Instant Pudding & Pie Filling
- 1 (8 ounce) tub COOL WHIP Whipped Topping, thawed, divided
- 2 (1.4 ounce) bars milk chocolate English toffee candy bars, chopped, divided
- 1 OREO Pie Crust
- 1 (1 ounce) square BAKER'S Semi-Sweet Baking Chocolate, melted

**DIRECTIONS:**

1. Beat milk and dry pudding mixes with whisk until well blended. Gently stir in half of the whipped topping and all but 3 Tbsp. of the candy.
2. Spoon into crust. Top with remaining whipped topping and candy. Drizzle with chocolate. Serve immediately or refrigerate until ready to serve.

Have a healthy recipe to Share with OTS? Give it to Eric, and watch to see if it makes the Newsletter!

**OTS Birthdays:**

**NOVEMBER**

- Jorge, Technician
- Kelli, Receptionist

**NEW PT JOINS OUR TEAM**

Physical Therapist Tala Fakhouri has joined the staff at Orland Therapy Specialists! Tala graduated from Midwestern University with a Doctorate in Physical Therapy in 2008. She completed a clinical rotation with us in June 2007 and has been employed as a technician ever since. We are pleased to have Tala as a member of our professional staff. Please welcome Tala to Orland Therapy Specialists.

**SHOVELING SAFETY TIPS**

As the holiday season approaches and the snow begins to fall, here are a few tips to stay healthy and prevent injury:

- If you are inactive and have a history of heart trouble, talk to your doctor before you take on the task of shoveling snow—consider a snow-blower.
- Avoid caffeine or nicotine before beginning. These are stimulants, which may increase your heart rate and cause your blood vessels to constrict. This places extra stress on the heart.
- Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.
- Dress in several layers so you can remove a layer as needed.
- Warm up your muscles before shoveling, by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs, because warm muscles will work more efficiently and be less likely to be injured.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Begin shoveling slowly to avoid placing a sudden demand on your heart. Pace yourself and take breaks as needed.
- Protect your back from injury by lifting correctly — Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side reposition your feet to face the direction the snow will be going.
- Most importantly — listen to your body. Stop if you feel pain!



## Did You Know?

- A 15-pound turkey typically has about 70 percent white meat and 30 percent dark meat
- In 2001, about 272 million turkeys were raised. We estimate that 46 million of those turkeys were eaten at Thanksgiving, 22 million at Christmas, and 19 million at Easter.
- Electric lights for trees were first used in 1895.
- "Rudolph" was actually created by Montgomery Ward in the late 1930's for a holiday promotion. The rest is history.
- Contrary to common belief, poinsettia plants are non-toxic. Holly berries are poisonous.
- In Mexico, wearing red underwear on New Year's Eve is said to bring new love in the upcoming year.
- Three billion Christmas cards are sent annually in the United States.
- Many people think that Black Friday is the busiest shopping day in the year. However, the day on which most money is actually spent is usually the Saturday before Christmas.

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## HOW TO BEGIN AN EXERCISE ROUTINE

As the holidays approach and we are tempted to have that "extra serving" at the family party, rest assured there are ways to loose those extra "holiday pounds"...

### When beginning to exercise for the first time, think F.I.T.

To make physical improvements, you need to work your body harder than usual. As your body becomes more conditioned, you need to increase the frequency, intensity, or time of your workouts in order to continue improving your fitness level.

- **Frequency:** How often you exercise. For beginners, consider starting with 2-3 sessions per week.
- **Intensity:** How hard you exercise. For example, the pace you walk or run, the amount of weight you lift, or your heart rate count.
- **Time:** How long you perform an activity. "Time" can also refer to the number of sets or repetitions you perform in weight training.

### Exercise Component 1: Aerobic Exercise

Aerobic exercise increases the health and function of your heart, lungs, and circulatory system. For maximum effectiveness, aerobic exercise needs to be rhythmic, continuous and involve the large muscle groups (primarily located in the lower part of your body.) Walking, jogging, cycling, and stair climbing are examples of activities that use large muscle groups. Activities combining upper and lower body movements such as cross-country skiing, rowing, and swimming can lead to even higher levels of aerobic capacity.

### Exercise Component 2: Strength Training

Strength training is the process of exercising with progressively heavier resistance to build or retain muscle. Unless you perform regular strength exercise, you will lose up to one-half pound of muscle every year of life after age 25. Muscle is a very active tissue with high energy requirements, even when you are asleep, your muscles are responsible for over 25% of your calorie use. An increase in muscle tissue causes a corresponding increase in the number of calories your body will burn, even at rest.

### Exercise Component 3: Flexibility

Flexibility is a critical element of an exercise program but it is often overlooked. Stretching is important for a number of reasons; it increases physical performance, increases blood supply and nutrients to the joints, while reducing soreness, injury risk, and muscle stress.

## IN OTHER NEWS...

Physical Therapist Eric Furto and his wife Lisa welcomed their first child, Brianna Dianne. Brianna was born at 11:17 pm on October 6, 2008 at 22.5 inches in length and 9 pounds 13 ounces.

*Happy Holidays*