

CANYON PHYSICAL THERAPY AND AQUATIC REHABILITATION

Newsletter

Tips to Get More Fiber in Your Diet

Fiber is my number one nutrient to become (and stay) lean and healthy. Studies show that increasing dietary fiber can reduce your risk for diabetes and other diseases, aid fat loss and result in lower body weight. Fiber can also increase satiety, help balance blood sugar levels and protect against stroke. Here's the part that might surprise you: I recommend 50 grams fiber a day. Since the recommended fiber intake according to the Centers for Disease Control and Prevention is between 25 to 35 grams for adults, people tend to look at me incredulously. "Fifty!?" they ask. Yes, I recommend 50. To err on the side of caution, be sure to talk to your doctor about it. According to the American Diabetes Association, "Americans do not consume nearly enough fiber in their diet, so while it is wise to aim for this goal, any increase in fiber in your diet can be beneficial. Most of us only get about ½ what is recommended." Here are seven strategies to help you incorporate more fiber-rich foods into your diet:

1. **Bump Up Your Leafy Greens-** Spinach, kale, and other leafy greens contain maximum fiber and nutrients with minimum calories. Salads make an ideal way to eat more greens. You can also use strong, large lettuce leafs such as Romaine and cabbage as alternatives to wheat wraps for sandwiches. I even throw raw kale into my protein shake for breakfast: you won't taste it in there!
2. **Increase Your Cruciferous Veggies-** Besides providing vitamins, minerals, and cancer-fighting nutrients, cauliflower and other cruciferous vegetables come loaded with fiber. For example, raw Brussels sprouts and broccoli pack 3.3 and 2.4 grams of fiber (respectively) per cup. Cook them in a little coconut oil to help your body better absorb their fat-soluble nutrients.
3. **Berry Your Routine-** Berries are my favorite fruit because they're lower in sugar and higher in nutrients. Raspberries top the list with an impressive 8 grams of fiber per cup. I throw frozen berries into my protein shake every morning. For a fiber-loaded healthy dessert, top fresh berries with cinnamon and sliced almonds.
4. **Include More Beans and Legumes-** I'm totally on board with the benefits of a whole food Paleo-type diet. But I differ from many Paleo eaters in that I also eat legumes, a rich source of nutrients and fiber that also create variety on your plate. One cup of cooked lentils provides almost 16 grams of fiber, and other beans aren't far behind.
5. **Slow-Release Starchy Carbs-** Swap white potatoes and rice for fiber-and-nutrient-richer carbs like sweet potatoes and quinoa. Here's a list of diet-friendly healthful carbs, you might have been ignoring.
6. **These Foods Earn "A+"s-** Artichoke and avocado are my 2 "A+" foods for fiber. A medium artichoke and 1 cup of avocado each pack an impressive 10 grams of fiber, plus they make everything from salads to grass-fed burgers taste better.
7. **Go Nuts-** In addition to being excellent sources of healthy fats, protein, and nutrients, nuts and seeds are also a great source of fiber. A quarter-cup of almonds provides about 4 grams of fiber. Add one tablespoons of freshly ground flaxseed to your protein shake, and you'll get 2 grams of fiber.

Staff Spotlight

Ben Wright is the new Wellness Coordinator at Canyon Physical Therapy, replacing the great Tim Tillich. Ben was born and raised in Prescott, AZ where he graduated High School at PHS in 2009. He then attended the University of Arizona for three years studying as a major in Aerospace Engineering. After three years however, Ben decided Engineering wasn't the route he wanted to take in life so he is now studying a major of Exercise Science working towards a degree in Physical Therapy. Ben is also working on a National Academy of Sports Medicine (NASM) personal training certificate where he would work with individuals who want to lead healthier and more active life styles. Ben is also a Nutrition Consultant through Complete nutrition where he works full time each week when he is not working with and improving our Wellness Program here at CPTAR. As a Nutrition Consultant he has the ability to write diets and

supplement programs for those who are wanting to make lifestyle changes for the better.



Exercise Combats Frailty

Exercise Benefits: A review of the literature appears to prove that proper physical activity has broad and positive influences over many of the characteristics associated with normal aging. It could be said that everything that physically declines with age can be positively influenced with proper exercise. We're all familiar with normal aging, but healthful aging often is determined by the activity or lack of activity that precedes old age. An inexpensive strategy to improve the prospects of living long and well includes a regular dose of sensible physical activity. Some commonly acknowledged benefits of a well-rounded exercise program include improved self-efficacy, metabolism, sleep patterns, cardiovascular capacity, balance, muscular strength, endurance, and movement along with reduced fatigue, depression, anxiety, and arthritic and low back pain.

Cardiovascular Fitness: Aerobic simply means with oxygen. Most exercise physiologists use the example of anything you could do while holding your breath as anaerobic while the opposite characterizes aerobic exercise. Running a 100-yard dash could be called anaerobic and walking a mile aerobic. The goal of aerobic exercise is to improve the ability to move freely without becoming

winded or to execute activities that facilitate locomotion, whether it's propelling a wheelchair farther or safely walking unassisted to the dining room. This addresses breathing function as well as aerobic exercise to assist in reducing cardiovascular diseases and burning calories. Seated aerobics, peddling a stationary bike, and even walking exercise can be suitable options. Balance and posture exercises should aim to improve the muscles that influence posture, such as the core muscles and muscles that retract the scapula as well as muscles that promote proper neck alignment. There is evidence that improved posture translates into standing erect and improved balance. Balance activities should include both static and dynamic movements. Physical therapists can offer recommendations on exercises to enhance balance. Experts suggest patients can begin balance work in a chair, similar to activities for spinal cord-injured and post stroke patients, as a safe exercise method.

Canyons **REALfit** Program is designed to increase functional strength so you can perform your everyday activities with confidence. Read full article at <http://todaysgeriatricmedicine.com/archive/090913p16.shtml>

Essential Nutrients You Need

Are you getting the nutrients you need? If you are striving for a balanced diet based on the USDA's My Plate model (whole grains, lean proteins and lots of veggies), you likely are. Still, there are instances when even the healthiest eater should consider taking a vitamin or mineral in supplement form. Listed here are the nutrients we need (and may not be getting enough of) and their best sources: food or supplements. (Be sure to consult your health-care provider before deciding to take any nutritional supplements.)

—Nicci Micco, M.S.

Vitamin A- Leafy greens and orange vegetables supply loads of beta carotene, which your body converts to vitamin A: half a sweet potato (11,000 IU) or a large carrot (12,028 IU) will cover your bases. If you eat a healthy diet, you probably don't need supplemental vitamin A.

Vitamin C- One red bell pepper (152 mg) or a large orange (98 mg), and you're done for the day. Recommended intake is 90 mg. Other great sources: broccoli (51 mg, 1/2 cup, cooked), strawberries (85 mg, 1 cup).

Vitamin D- When UV rays hit our skin we make this "sunshine" vitamin—but often not enough of it Older people, people with dark skin and people who live in areas where stretches without a sunny day are common should supplement with a multivitamin/mineral or calcium with vitamin D that supplies 600 IU (or up to 2,000 IU, say many experts, citing studies linking D deficiency to numerous health issues, including cancer, cardiovascular disease, depression and dementia). Choose a product with the D3 form as it's absorbed much better than vitamin D2

Vitamin E- It's one of the more difficult nutrients to get through diet alone, but you can help meet your daily needs (15 mg) by eating these healthful foods: sunflower seeds (7 mg, 1 oz.), almonds (7 mg, 1 oz.), canola oil (2 mg, 1 Tbsp.), olive oil (2 mg, 1 Tbsp.).

Vitamin K- You'll have no problem reaching the recommended intake (90 mcg for women, 120 for men)—and then some—if you eat leafy greens, such as kale (531 mcg, 1/2 cup cooked) and chard (286 mcg, 1/2 cup cooked).

Folic Acid- Everyone should eat a diet rich in folate. Good sources: lentils (179 mcg, 1/2 cup), chickpeas (141 mcg, 1/2 cup) and green vegetables, including asparagus (134 mcg, 1/2 cup cooked).

Vitamin B12 -Plentiful in meats, seafood, dairy and eggs, B12 isn't found in plant-based foods; vegans should supplement. If you're over 50, the IOM recommends getting B12 in a supplement.

Calcium- Three to four servings of low-fat dairy—skim milk (299 mg, 1 cup), yogurt (488 mg, 1 cup), low-fat cheese (176 mg, 1.5 oz.)—will deliver your recommended daily dose (1,000 mg if you're 50 or younger; 1,200 mg, 50+). When diet falls short, take a separate 500 mg supplement.

Magnesium- A diet rich in whole grains, nuts, leafy greens and low-fat dairy should easily supply the IOM's recommendation. Good sources: almonds (76 mg, 1 oz.), spinach (78 mg, 1/2 cup cooked), beans and lentils (35-60 mg, 1/2 cup), bulgur (29 mg, 1/2 cup) and yogurt (47 mg, 1 cup).

Zinc- Healthy people don't need much to meet their needs: 11 mg for men, 8 mg for women. (If you take a multivitamin/mineral, make sure the supplement doesn't exceed the recommended dose for zinc.

Selenium- You can meet your needs by eating poultry, shellfish (crab and shrimp each have 40 mcg per 3 oz.) and whole grains, such as brown rice (19 mcg, 1 cup) and whole-wheat bread (23 mcg, 2 slices). Brazil nuts are a super source: one nut may have as much as 100 mcg.

Article from MSN Health

OCT/NOV/DEC

CANYON PHYSICAL THERAPY AND AQUATIC REHABILITATION

2852 N. Navajo Drive - Suite A
Prescott Valley, AZ 86314
Phone: 928-772-9797
Fax: 928-772-9340

Hours

Monday, Wednesday, Friday - 7am-6pm
Tuesday, Thursday - 8am-7pm
Saturday - 8am-5pm

Canyon Wellness Program

Aqua Aerobics Class—Mondays at Noon
Tuesdays & Thursdays at 1pm

SCHEDULE OF EVENTS

- 10/31/13— Halloween Open
- 11/11/13— Veteran's Day Open
- 10/28/13 — 10/30/13
Happy Thanksgiving!
Closed 28th, 29th, 30th
- 12/24/13 — Christmas Eve
— Closing @ 12:30pm
- 12/25/13 — Christmas
Closed
- 12/31/13 — Closing @
12:30pm
- 1/1/14 — Happy New
Year! Closed

CPTAR SERVICES

Canyon provides the best equipment and treatment technologies available to allow optimal and complete patient care. We provide both land-based and aquatic environments for rehabilitation. Our saltwater pool allows our patients to enter rehabilitation earlier and allows them an accelerated return to their prior level of function. This environment is optimal for post surgical patients of all types, including those patients who are losing the battle with gravity and may benefit from a more forgiving environment to regain function. Our patients also utilize our land-based gym with state of the art strength training and cardiovascular equipment. This assists us in treating a wide variety of conditions including, but not limited to, orthopedic injuries, post-surgical, back and neck, geriatric, sports and auto injuries, workers' compensation, work hardening, balance and fall risk, foot and ankle injuries, Fibromyalgia and acute vertigo (BPPV).

