



Arctic Physical Therapy Services, Inc.
813 Lower Mill Bay Road
Kodiak, AK 99615
1 (907) 486-4499



Happy Holidays

Quarterly Newsletter
 Winter 2008

Winter Blues Bringing You Down?

Boost your energy level & mood with these tips:

1. **Diet:** During the winter people tend to eat more, and not always the healthiest of foods, thus contributing to less energy and fatigue. Beat those feelings by eating whole grains at breakfast.
2. **Eat lean proteins:** This will keep blood sugar levels at a good point and keep you feeling fuller longer.
3. **Drink plenty of water!** Any time you feel thirsty and before each meal, this will help you feel more full.
4. **Get your vitamins.** Vitamin B12 and folate are important for energy and concentration. Adding a banana to your cereal would up your potassium intake. Winters in Alaska bring darkness which could bring about cabin fever, sadness, and a lack of Vitamin D. A trick is to expose yourself to bright light for 45 minutes every day. This will instantly boost your mood. A supplement may be needed.
5. **Exercise** is equally important in keeping your

- energy high. Be creative, go to the gym, or create a circuit at home.
6. **Arts & Crafts.** Winter is the perfect time to bring out those projects from the back of the closet. You will burn calories and boost your spirits.
7. **Talk:** If you have serious concerns about your mood, find a friend to talk to or speak with a health care provider.

**Remember...to be extra careful on the ice.
 Wear cleats & use rock salt.**

Safe Snow Shoveling:

**It can be a good workout but can also be dangerous.
 The National Safety Council has a few tips:**

1. If you have a history of heart trouble, do not shovel without permission from your health care provider.
2. Take it slow! Shoveling can raise your blood pressure and heart rate dramatically, so pace yourself. Stretch and warm up your muscles before any activities.
3. Push the snow as you shovel, it's easier on your back than lifting the snow out of the way.
4. Don't try to pick up too much at once. Use a smaller shovel or fill the shovel less full.
5. Always lift with your knees bent, not your back! Tighten your stomach muscles, but don't hold your breath. Keep your back straight, this will keep your spine upright and create less stress.
6. Let your shoulders, torso, and thighs do the work for you.
7. Take breaks, don't work to exhaustion. If you feel tightness in your chest, stop immediately.
8. Don't forget: you can make a world of difference remembering your neighbors, and helping those who may need a hand.

Pesto Minestrone:

- 2 cups cauliflower, coarsely chopped
- 1 1/2 cups zucchini, chopped
- 3 cans chicken or vegetable broth (reduced sodium)
- 1 16-ounce can tomatoes, diced, drained
- 1 cup elbow macaroni or small pasta shells
- 3 cups kidney beans or black-eyed peas, drained and rinsed (1 cup dry=3 cups cooked)
- 1 cup carrot, sliced
- 1 cup onion, chopped
- 2 tablespoons olive oil (for pesto)
- 2 garlic cloves (for pesto)
- 1 cup basil leaves, fresh or 1 cup Italian parsley (for pesto)
- 1 tablespoon water

*In a 5 to 6 quart saucepan bring to boil: 1/2 cup water, tomatoes, cauliflower, onion, and carrots; reduce heat and simmer covered for 10 minutes or until vegetables are tender. Add zucchini, beans, broth, and pasta. Return to boil, reduce heat and simmer uncovered for 10 minutes. Meanwhile put all pesto ingredients in a blender or food processor and blend until very finely chopped. Just before serving remove soup from heat and stir in pesto.
 8 servings