



Arctic Physical Therapy

Repairing the World's Most
COMPLEX MACHINE

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Spring 2011 Newsletter

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Spring is here and many of us are starting to get out and enjoy the daylight. Please enjoy this edition of Arctic Physical Therapy's newsletter in which we share some information about fitness facts, knee health, injury prevention, and tips for losing weight!

Walk a hound and lose some pounds!

The American College of Sports Medicine presented a study of 916 participants and those who regularly walk their dog had

lower body mass index, fewer chronic conditions, less depression, and had greater social support. And, you don't have to own a dog, just borrow your landlord's or neighbor's dog - the owner will thank you, the dog will thank you and your body will thank you!

Fitness Facts

from Women's Health magazine:

- **FACT - Strength training burns more calories than cardio training** - the exercise session not only burns as many calories but building and maintaining muscles require energy throughout the day boosting metabolism
- **FACT – planks and side planks strengthens the abs more than crunches** because planks engage more of the abdominals.
- **FACT – physical activity improves attention and memory.** Research shows exercise not only helps individuals to be more calm and focused but it makes their brains more malleable.
- **FACT – lift weights purposely and slowly.** Studies show that taking up to 14 seconds to complete 5 reps may help increase strength by 50% more than taking 7 seconds to complete the same 5 reps. In addition, going too fast uses momentum, muscling through areas that are weak which may lead to situation that can cause injuries.

KNEE HEALTH - A study cited in March 1st edition of the Washington Post finds that exercise is good for your knees! Exercise was found to strengthen bones. increase cartilage volume, and, in general, fewer defects in cartilage itself.

basic injury prevention means:

- recognizing pain. Pain is way of your body saying something is not right. PAIN LEADS TO NO GAIN
 - when tired - take a day off, work out at a lower intensity, or perform a different routine (as in switching from running to swimming).
 - Using the correct equipment that works or fits properly
 - eating a balanced diet
- from more, visit the American Council on Sports Medicine at: www.acsm.com

Tips for losing Weight and keeping it off:

- eat breakfast
 - eat a low fat, low calorie diet everyday
 - no cheating or "days off"
 - weigh yourself once a week
 - limit time in front of the TV
 - exercise everyday
- for more, visit the National Weight Control Registry:
<http://www.nwcr.ws/Research/default.htm>

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