



Going Dutch

Your *FIRST* Choice in Physical Therapy

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225-927-3000

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Baton Rouge, LA 70810
225-767-4440

30879 LA HWY 16, D-2
Denham Springs, LA 70726
225-664-9150

Monthly Calendar

May 5:
Cinco De Mayo, Battle of Puebla (M)

May 9:
Mother's Day

May 13:
BCBS Seminars

May 17:
Dr. Basso & Folgar Free Seminar
Are you at risk for osteoporosis?

May 31:
Memorial Day

ARE YOU AT RISK FOR OSTEOPOROSIS?

Learn:

- Who is At Risk?
- Recognize Risk Factors
- How to lower your chances of developing the disease



Dr. Folgar & Dr. Basso
of Our Lady of the Lake
Primary Care of Live Oak

May 17, 2010, 6:30pm

Dutch Physical Therapy
30789 Hwy 16, D-2
Denham Springs, LA 70726

Call Amy to register,
225-588-2068 or email at
amy_dutchpt@bellsouth.net

Exercise! It is good for your health.

Most adults cringe at the thought of having to exercise or make time for exercise but it is so important for the health of your mind and body.

Medical researchers with the AMA (American Medical Association) found that physical inactivity is a growing health problem and contributes to a variety of chronic diseases and health complications. This includes obesity, diabetes, high blood pressure, depression and anxiety, arthritis and osteoporosis. They found that in addition to improving a patient's overall health, increasing exercise and physical activity has proven effective in the treatment and prevention of these and many other diseases. The results are so impressive that doctors have even been encouraged to prescribe exercise to patients as part of their treatments.

The AMA recommends 30 minutes of exercise several times a week.

More than half of Americans don't get nearly enough exercise and would be astounded to see how much difference a brisk 30-minute walk a few times a week makes in their overall health, According to Ronald M. Davis, M.D. and AMA president. ***"We encourage physicians to talk to their patients about the importance of exercise and to work with them to establish programs they can start today and continue throughout their lives."***

Recommendations for exercise include cross training for 30 minutes at a time: Walk, bike, swim, Jog or use an elliptical machine to mix up your exercises and to prevent bore-

dom. Set a new goal for yourself each week. If you were able to walk for 15 minutes one week, try for 20 the following week. Incorporate light strengthening exercises to create a strong core so that you are able to maintain proper posture and body mechanics. Also, take the time to stretch and breath so that your body can relax and recover. This is also helpful in reducing daily stress in the body.

Try these exercises and you will be surprised how easily they fit into your daily schedule:

- Squat against the wall for 2 minutes while you brush your teeth.
- Take the dog for a walk around the block
- Stand on one leg while washing dishes. Switching legs at 1 minute intervals
- During commercials, face the wall with your arms straight out and do standing push-ups against the wall until the commercial break is over.

You will be surprised to find how the small commitment of 30 mins several times a week will change the way you feel and will give you more energy for the rest of life.

If you need help tailoring an exercise program to fit your needs, please contact Dutch Physical Therapy and we can help discuss the limitations you may face when exercising and help you set and meet your goals. www.DutchPT.com or 225-588-2068 for more information.

Denham Springs: Dutch Physical Therapy and Cheryl Jeane, PT, CPT, will be offering "Tone & Tighten" core strengthening classes on Tuesdays and Thursdays in June and July at 12:00pm.

Strong core muscles are important for maintaining correct posture and thus warding off back pain and injuries. It can also make you physically stronger and help you to maintain better balance and stability. Not to mention how good a toned and tighten middle looks and makes you feel!

Don't put it off any longer! Put aside 45 minutes twice a week during your lunch break to renew your mind and body. Pre-register for 8 classes for \$50 or sign-up at the door for \$65.

Classes are taught by Cheryl Jeane, PT, CPT, GKCC. She works with all levels and will help each individual meet their goals. She has had over 16 years experience in the medical and physical health.

Sign-up today! The only thing you have to lose is a little jiggle. Call 225-588-2068 or 225-235-3953 for more information.

TONE AND TIGHTEN

**TUESDAYS AND THURSDAYS
12:00-12:45
JUNE 15 TO JULY 15**

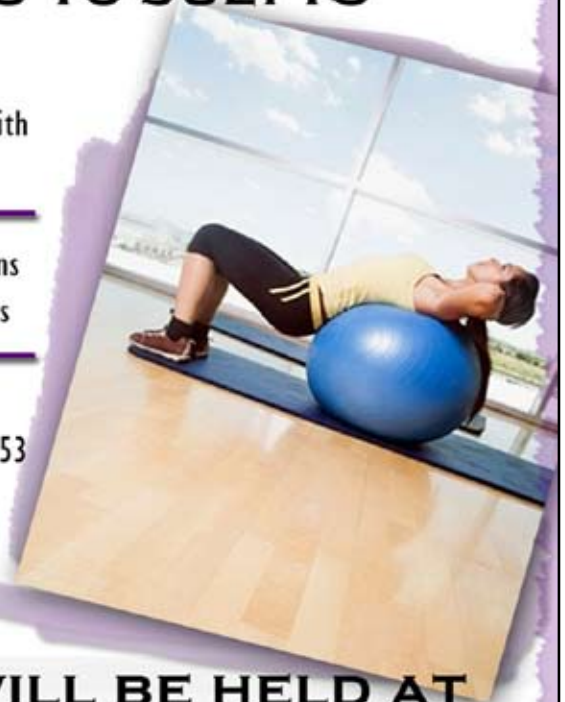
Tone and Tighten your Core with
Cheryl Jeane, GKCC, CPT, PT

Pre-Register: \$50 for 8 sessions
or \$65 day of for 8 sessions

Call to Register
225-588-2068 or 225-235-3953

All ages & levels welcome

**CLASSES WILL BE HELD AT
DUTCH PHYSICAL THERAPY
30789 Hwy 16 D-2, Denham Springs, LA 70726**



Summer Recipes

Grilled Chicken & Polenta with Nectarine-Blackberry Salsa



Ingredients

1 tablespoon plus 1 teaspoon canola oil, divided
1 tablespoon ground cumin
1 teaspoon kosher salt, divided
3/4 teaspoon freshly ground pepper
1 16- to 18-ounce tube prepared plain polenta
1 pound boneless, skinless chicken breast, trimmed
2 nectarines, halved and pitted
1 pint blackberries, coarsely chopped
2 tablespoons chopped fresh cilantro

1 tablespoon lime juice
Hot sauce, to taste

Preparation

1. Preheat grill to medium-high.
2. Combine 1 tablespoon oil, cumin, 3/4 teaspoon salt and pepper in a small bowl. Rub 1 teaspoon of the mixture all over polenta. Rub the rest into both sides of chicken. Cut the polenta crosswise into 8 slices. Rub the cut sides of nectarine halves with the remaining 1 teaspoon oil.
3. Oil the grill rack (see Tip). Place the chicken, polenta slices and nectarines on the grill. Grill the polenta until hot and slightly charred, 3 to 4 minutes per side. Transfer to a clean plate; tent with foil to keep warm. Grill the nectarines, turning occasionally, until tender, 6 to 8 minutes total. Grill the chicken, until cooked through and no longer pink in the middle, 6 to 8 minutes per side. Transfer the chicken and nectarines to a cutting board. Coarsely chop the nectarines. Let the chicken rest for 5

minutes, then thinly slice.

4. While the chicken rests, combine the chopped nectarines, blackberries, cilantro, lime juice, hot sauce and the remaining 1/4 teaspoon salt in a medium bowl. Layer the polenta, chicken and fruit salsa on 4 plates and serve.

Tips & Notes

Tip: To oil the grill rack: Oil a folded paper towel, hold it with tongs and rub it over the rack. (Don't use cooking



spray on a hot grill.)

Peach and Blueberry Cobbler

Ingredients

3 tablespoons unsalted butter
3 tablespoons canola oil
1 cup whole-wheat flour
1 1/2 teaspoons baking powder

1/2 teaspoon salt

1 cup reduced-fat milk

1/2 cup sugar

1 teaspoon vanilla extract

3 ripe but firm peaches, (about 1 pound), pitted and sliced into eighths, or 3 1/2 cups frozen

2 cups (1 pint) fresh or frozen blueberries

Preparation

1. Preheat oven to 350°F.

2. Place butter and oil in a 12-inch cast-iron skillet or a 9-by-13-inch baking pan. Heat in the oven until melted and fragrant, 5 to 7 minutes.

3. Meanwhile, combine flour, baking powder and salt in a large bowl. Add milk, sugar and vanilla; stir to combine.

4. Add the melted butter mixture to the batter and stir to combine. Pour the batter into the hot pan. Spoon peaches and blueberries evenly over the batter.

5. Return the pan to the oven and bake until the top of the cobbler is browned and the batter around the fruit is completely set, 50 minutes to 1 hour. Remove to a wire rack to cool for at least 15 minutes. Serve warm.