



## APRIL 2008: THE EARTH DAY ISSUE!

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## KEEPING COOL

Ceiling fans consume as little energy as a 60-watt bulb, which is about 98% less energy than most central air conditioners use. And ceiling fans can save energy on cooler spring days as well as the summer. Running their motors in reverse pushes warm air caught near the ceiling down so you can feel it.

## BRINGING BACK TULSA'S TREES

Although last December's ice storm is over, the scars still remain on Tulsa's landscape. Fallen limbs have left many of our city's most beautiful trees bare. Shaded areas are completely gone due to lost trees or have diminished significantly in areas where limbs have fallen. Now that spring has arrived, you may find yourself wanting to bring a touch of green back to our great city.



Gardening can even become a structured exercise routine when light activities are alternated with heavier ones. You can rake for a while, then dig holes, then prune. Switching up your activities every 30 minutes is a great way to stay in shape. Just remember to always stretch before you begin—after all, gardening involves *a lot* of bending and reaching.

Although it may seem like your only option, it's best to wait before cutting down a tree with broken or severely-damaged limbs. Thoroughly examine these trees and explore the alternatives. For instance, fertilizing and pruning are great ways to help damaged trees survive.

If you're normally a sedentary person, it's best to take things slow. Sudden vigorous exercise can risk injury. Your biggest, strongest muscles should be used to lift heavier materials (like bags of fertilizer), so you should always lift with your legs. And try to avoid any twisting. Although we tend to lift a shovel of dirt then twist to the side to dump it, it is best to move your feet to avoid injury.

If you've completely lost a tree to the storm, you could also consider planting flowers or shrubs. Areas that were once shaded by tree limbs are prime locations for adding new plants.

If you're thinking about planting new trees, wait until the fall when Tulsa has milder temperatures and more moisture. With a lot of love and a little work, our city's landscape will be beautiful again!

## WE LOVE LOCAL FARMERS!

A great way to celebrate the season's best produce (at reasonable prices) is to visit one of our community's farmer's markets! After all, supporting local farmers—especially those who operate smaller farms—is a wonderful thing.

duce will be available in the following weeks.



In addition to getting the chance to indulge in free samples, you'll discover a variety of delicious foods—all in the peak of their seasons. This is a great time to taste those unusual fruits and vegetables you've always been curious about! And because the choices will vary from week to week, you'll always find something new.

You may even want to take one lap around the market before you commit to purchasing anything. That way, you can determine how the same fruits and veggies differ in taste and price.

You'll also have one-on-one time with the growers. A quick conversation could tell you how a particular season has been going and if more pro-

duce will be available in the following weeks. And don't forget to look beyond the produce! A typical farmer's market will also include items like bread, jams, nuts, and local honey. In fact, eating local honey is a great way to build immunity to irritants during allergy season. Be sure to take a bag with handles so you can carry all of these delicious finds with ease!

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## PERFECTING THE HEALING PROCESS

Let's face it: our busy lives often lead to unexpected events—like musculoskeletal injuries. And with beautiful spring weather upon us, the temptation to rush the healing process couldn't be greater. Fortunately, having a simple recovery plan can result in more success—so you can get back to just being you.



might rest, take medication, increase your good nutritional intake, and do appropriate exercise to stimulate the healing. If you start by restoring your mobility, you might begin with stretching and exercise—or you can seek a professional to improve your alignment and mobility.

It's important to remember there are four principles to restoring musculoskeletal injuries: heal the tissue, restore mobility, improve balance and reaction times, and maximize strength.

If you break down any rehab-type activity, you can categorize that activity into one of these four areas. The *best* rehab plan is one that incorporates all of these components *when* appropriate. For example, let's say you wake up one morning and you feel your back is "out of alignment." Which principle do you start with?

If you start with the healing process, you

The final two principles (improving your balance/reaction times and maximizing your strength) generally include exercise activities with specific functions or activities in mind—like balancing on one leg or perfecting a tennis swing. If you have a problem, the best thing for you to have is a plan. A good plan should include all of the above principles.

The next time you have an injury or a pain that isn't going away, write down these four principles and plan accordingly for each of them. If you would like more information about recovering from a musculoskeletal injury, please feel free to contact the PTC staff.

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