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### GARDENING GIVEAWAY!

PTC is giving away a Crocs kneeboard to assist you in your gardening activities! See page 2 for details.



## SHAPING UP IN THE GARDEN

Springtime gardening can be a terrific workout for the body and soul—if it's done right. After all, what's better than admiring flowers and eating veggies that you grew yourself?

Because gardening involves a lot of bending and reaching, don't forget to always stretch before you begin.

Working with your plants 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 and make some real progress with your plants.

If you are normally a sedentary person, it is always best to take things slow. Sudden vigorous exercise can risk injury. This rule also applies to lifting anything heavy—like bags of fertilizer. Your biggest, strongest muscles should be used to lift these heavier materials; therefore, 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.

Gardening is even something that can be enjoyed with children. Instead of using mowing the lawn or pulling weeds as a form of punishment, why not use these activities to teach a child about staying active? Gardening is a great way to get kids off of the couch and interested in the world around them.

What's more, spending a little extra time outdoors is a wonderful way to get your daily dose of Vitamin D. Since UV rays trigger the natural synthesis of this vitamin in the body, sun exposure can actually be good for you. Just don't abandon your sunscreen altogether. Five to ten minutes of direct sun 2-3 times a week will do the trick. Happy gardening!

In the above photo, PTC patient David Beurman trims the beautiful azaleas growing in his backyard.

## DIP INTO HEALTHY HUMMUS!

Chickpeas at their best!

Looking for a delicious vegetarian snack that will keep your energy levels high and your stomach satisfied? Dip into some hummus, a scrumptious spread with a funny name.

If you aren't familiar with the ingredients of this creamy concoction, hummus is made of ground chickpeas, tahini (sesame seed paste), lemon juice, and garlic. Olive oil and paprika are also typical add-ins, while garnishes often include pine nuts, tomatoes, and mushrooms. Although hummus is traditionally scooped up with pita triangles, it has become increasingly popular as a tortilla chip dip in non-Middle Eastern countries.

So why should *you* bite into the hummus craze? Besides being a nutritious food containing large

amounts of protein, dietary fiber, and iron, hummus is cheap and extremely easy to make at home.



Just start with canned chickpeas, which are available in the canned bean section of most grocery stores. Then ground the peas with olive oil, lemon juice, and tahini using a mortar and pestle or food processor. (Although blenders can also be used, they don't achieve the same thick consistency.) Once the ingredients have been blended, you can add one or all of the following to taste: garlic, salt, onion, parsley, and chili powder. Roasted red peppers can also be added for an extra kick. For the greatest flavor, avoid refrigeration and enjoy within 2 hours of making!

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PATIENTS KNOW THEY  
HAVE BEEN HELPED AT  
PTC!

**DROP IN MAY 31ST!**

The first person to come  
by the PTC office on May  
31st will receive a *free*  
kneeboard! Office hours  
are 7:30 a.m. to 5:30 p.m.

## TALKING WITH TAYLOR

If you want to meet an inspirational person who also happens to also be the world's biggest Beatles fan, look no further than PTC patient Taylor Breedlove.



Taylor, a 21-year-old student who has been a patient at PTC since the age of 2, loves the fact that she was one of Margy Gillispie's first patients. "Everyone at PTC really cares about how you're doing," Taylor says. "If you're not doing well, they'll work with you. Margy has even gone to wheelchair appointments with me."

Taylor also says that being a PTC patient has helped give her more independence and the ability to live life to the fullest. She now has the tools she needs to work through life's obstacles.

As a student at the University of Tulsa majoring in Philosophy with a Classics minor, it seems that Taylor is already doing wonderful things with her life. When she's not going to class, she enjoys listening to music and spending time with friends and family.

With springtime in full swing, Taylor also likes spending time outdoors. "I love the mild temperatures and looking at the trees and pretty flowers," she says.

While Taylor isn't 100% sure what her summer plans will be, she hopes they will include some traveling. "I would love to take a trip to Las Vegas or visit Taos, New Mexico, with my family," she explains. One thing is for sure: no matter where she goes, Taylor's amazing personality will surely brighten the lives of those around her!

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