



OCTOBER 2008: VOLUME 4, ISSUE 10

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DID YOU KNOW?

Halloween candy sales average about 2 billion dollars annually in the United States. Chocolate candy bars top the list as the most popular candy for trick-or-treaters— with *Snickers* being #1.



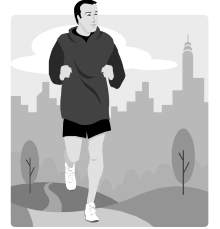
STAYING FIT FOR LIFE

Getting and staying fit can be a challenge in today's fast-paced world. For many of us, it's hard enough just to get up off the couch. So what's the secret of people who have managed to make [exercise](#) a way of life?

The first key to long-term success is consistency. After all, no exercise program will work if you don't do it on a regular basis. For instance, if you're looking to participate in a marathon next spring, start training slowly and don't stop your routine—even if that means walking on a treadmill for only 20 minutes a day.

Getting and staying in shape doesn't even require fancy equipment or a gym membership. If you've got floor space, try simple floor exercises to target areas such as the hips and buttocks, legs and thighs, and chest and arms (like push-ups, squats, and lunges). Aim for 10-12 repetitions of each exercise, adding more reps and intensity as you build strength.

You'll also be more successful if you work out when you have the most energy. If you're a morning person, schedule your fitness activities early in the day; if you perk up as the day goes along, plan your activities in the afternoon or evening. Working out when you have the most energy will yield the best results.



If you're just getting started, a professional assessment can help you determine what types of exercise you need most. For some people, attention to flexibility, or balance and agility, may be more important than resistance training or aerobics. By getting a professional assessment, you can determine your weakest links and focus on them. This will improve your overall fitness balance. Feel free to contact the PTC office if you're interested in talking with a physical therapist about your health and fitness goals.

A HEALTHIER HALLOWEEN

Halloween unofficially marks the beginning of the holiday feasting season. And for anyone trying to stay fit, the scariest part of Halloween is not the ghosts and goblins—it's the candy.



many you ate and hopefully inspire you to exercise in moderation.

To avoid the temptation, start by purchasing candy that you don't love. For most of us, that means anything but chocolate. Sour candy, gummies, and hard candies are actually lower in fat and calories.

If you *do* give in to temptation, be sure to count the empty wrappers. It's so easy to pop fun-size candy bars into your mouth and lose track of how quickly the calories are adding up. If you keep the wrappers on your desk, it will remind you of how

If you would rather keep candy out of your home, offer some healthful options to trick-or-treaters this year. Stock up on granola bars, sugar-free gum, and individually packaged portions of raisins, dried fruit, and nuts.

You may even want to prepare a delicious Halloween night dinner. Try to plan a meal that's high in fiber and includes some lean protein and a bit of fat. Warm soups and crunchy salads are perfect because they help you feel full on fewer calories. So bring out the spooky decorations and celebrate this fun occasion with a frighteningly healthy meal!

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PATIENTS KNOW THEY HAVE
BEEN HELPED AT PTC!

More than 93% of children under the age of 12 will go trick-or-treating. Planning the perfect costume is a fun way to bond with your kids and create lasting memories. Homemade costumes are fun and unique, so look around the house for inspiration!



SPOOKY WORD SEARCH



It's time to exercise your mind. Can you find these hidden Halloween words?

APPLES
GHOST
GHOUL
GRAVE
TREAT
WITCH
BAT
MASK
MOON
WEB
CAT
BLOOD
BROOM
TRICK
SPIDER
SPELLS
PUMPKINS
VAMPIRE
HALLOWEEN
COFFIN
MUMMY



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