

News from the Summit

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Get to Know:

Andrea DeNero, P.T.A.

Andrea is passionate about helping people. She has found her niche in the physical therapy field where she can use her caring personality to assist patients through their rehabilitation. She takes great pride in her ability to motivate and encourage her patients to reach their highest potential.

Andrea graduated from Ohio Northern University with a Bachelor of Science Degree in Biology and Health Sciences. She furthered her education by earning her Associate Degree at North Central State College in Applied Medical Science for Physical Therapist Assisting.

Andrea has gained experience in a variety of physical therapy areas. She has had the pleasure of working with patients of all ages in numerous clinical settings. Andrea has received additional training in manual therapy techniques including Mulligan Mobilizations, McKenzie Methods, Muscle Energy and Soft Tissue Mobilization

***Refer a friend for a new fitness membership and receive one month 1/2 off!! All they need to do is mention your name when signing up!**



Beat the Holiday Bulge

Too often we get caught up in the holiday hunger and end up letting ourselves overeat because of all the delicious food choices. However, don't let the hopes of a New Year's resolution allow you to cheat yourself these next few months. It is possible to enjoy all the holiday cuisine without ruining your diet and hard work!

Make Smart Food Choices

There's nothing wrong with strolling up to the buffet like food table and planning out what foods you're going to eat. Set a limit for yourself, maybe once your plate is full, that's what foods you're going to eat. If you follow a very restrictive diet, don't be discouraged! There's almost always a veggie tray for every holiday get together or try bringing your own healthy dish to share! Also, be aware of the *portions* you put on your plate!

Slow Down When Eating

There's no need to rush your first plate of food in order to be the first up for seconds. Although one plate might not be enough to satisfy the craving for grandma's pumpkin pie, more often than not, one plate of food is sufficient to fulfill the hunger feeling. Slow down when eating so you can actually *enjoy* the food choices you've made.

Don't Skip Meals

Sometimes we find ourselves fasting for the big meal or "saving" our calories for that turkey dinner and then end up lying on the couch asking "why did I eat so much?" or we hear grandma say "looks like your eyes are bigger than your stomach." To avoid the food coma, make sure you are still getting balanced meals throughout the day or at least have a snack so you won't feel the need to gorge yourself when it's finally time to carve the turkey.

Stick to Your Routine

If you already have a workout routine in place, **STICK TO IT!** Try to plan out your day so that you are still getting some kind of physical activity. It's ok to change your workout here and there with travel plans etc. However, if it's not possible for you to get to the gym, try going for a walk or jog. If you're concerned about actually making yourself do it, find someone that can hold you accountable! It's a great excuse to go out and play with the kids or ask a family member to go on a walk and catch up!

NEW CLINIC OPENING!
See attachment in email

2170 Stumbo Road
Mansfield, Ohio 44906

P (419) 756-2525

F (419) 756-7640

www.SummitTherapy.net

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