

Who Says Couch Potatoes Can't Get Fit?

Fall is the time of year for gathering around the TV to watch Sunday afternoon football with family and friends. To get you moving and off the couch during football season, here are a couple of exercises from the "Couch Potato Half-Time Workout" courtesy of the *American Physical Therapy Association's Book of Body Maintenance and Repair*. The book is available online at www.apta.org or in bookstores.

"Couch Potato Kick-Off" Lateral Leg Lift: Kick-off with your team and work the muscles in your hips and buttocks. This exercise can also be done with ankle weights.

You'll need to move from the couch to the floor for this one. Lie on your side with a pillow under your head. Keeping your stomach tight, bend your bottom knee toward your chest and extend your top leg out straight. Inhale. Slowly lift your top leg about 6 inches off of the floor. Exhale as you lift. Hold for 5–10 seconds, breathing evenly. *Do not hold if you're using weights.* Repeat on the opposite side.

"Soda Stretch" Side Bend: This is for your upper and mid-back, shoulders, and arms. Yes, you need to use full, unopened soda cans for this one—no cheating!

Stand with your legs 6"–8" inches apart, a soda in each hand, and knees slightly bent. Keep your stomach in and your arms at your sides with your palms facing

inward. Inhale. Slowly bend at the waist to one side while you let the opposite arm bring the can up under your arm. Exhale as you bend to the side. Inhale as you return to start. Repeat on the opposite side.



"Second Half" Bent-Knee Hamstring Stretch: Warm up for the second half with some

stretching. This exercise, targeting the muscles in the buttocks, back of the upper thighs, and calves, will work out any kinks developed during the first half.

Lie on your back with your knees bent and your right foot flat on the floor. Keep your neck and trunk straight. Breathe normally. Bend one knee toward your chest. Grasp the back of your thigh with both hands and gently extend your leg from knee. Hold stretch for 10 to 30 seconds, breathing normally. Return slowly to starting position. Repeat on the opposite side. Perform exercise 5 times on each leg.

Things To Make You Think

Put your thinking cap on! These are not trick questions. Do you know the answers? (*The answers appear at the end.*)

1. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
2. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
3. What fruit has its seeds on the outside?
4. Name 6 or more things that you can wear on your feet beginning with the letter "s."

1. Lettuce, 2. Boxing, 3. Strawberry, 4. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts

You Can Win!



Find the misspelled word in this newsletter and have a chance to win dinner for two at Log House Restaurant!

(Call by the 25th of month.)

Make a referral and be entered into our monthly drawing for 2 FREE movie tickets!

Call 574-941-2200 or Email: newsletter@Lafreapt.com



LaFree Physical Therapy staffers dressed up for Halloween on October 30th and 31st. From left to right, Beth (fairy princess), Amber (Dorothy from the Wizard of Oz), and Kristy Kay (Raggedy Ann). We didn't have too many tricks for Halloween, but lots of treats!

And the Winner Is...

The winner of the Misspelled Word Contest for last month is Dona Maze of Argos. The word was "Physcial." Thanks for playing! We hope you enjoy your free dinner for two at the Log House Restaurant (south of Plymouth off U.S. Highway 31).

Remember, you also have the opportunity to enter to win two free movie tickets if you refer someone to LaFree PT and they receive treatment here.

LaFree Hours

Monday through Friday
8:00 a.m. - 6:00 p.m.

LOST & FOUND

A ladies small light blue rain jacket was left on our coat rack some time this summer. If you've been wondering where you left it, please give us a call.

Recipe of the Month

Submitted by
Alberta Huff

Pizza Casserole

1-1/2 lb. hamburger	1/2 tsp. garlic powder
1 medium onion	2 pkgs. shredded mozzarella cheese
1-1/2 cup cooked macaroni	1 sm. can mushrooms - drained
2 cans spaghetti sauce	1/2 tsp. salt
1 Tblesp. oregano	1/2 tsp. pepper
1/2 tsp. onion salt	

Brown hamburger & onion. Season with spices. Combine meat macaroni & mushrooms. Put 1/2 mixture in large baking dish. Layer with 1 pkg. cheese & 1 can spaghetti sauce. Repeat layers. Bake at 350 for 30 min.

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