



# August 2010



“Summer afternoon, summer afternoon; to me those have always been the two most beautiful words in the English language” Henry James

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## From the Clipboard

— Notes from your Favorite Personal Trainer

### Heat Warning

It's time for my yearly warning about the dangers of mixing heat and exercise.

Over the summer I always notice how many people exercise outside. Especially during the hottest hours of the day. As a personal trainer and fitness enthusiast I can understand the desire to get in shape and continue exercising during the summer.

But I also know that dehydration, exhaustion and overheating are very real possibilities for people who exercise when the weather is hot.

I think people exercise this way because they believe it is a good way to burn more calories and lose weight quickly. However, this type of exercise is very unsafe.

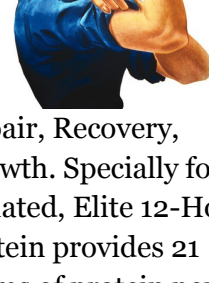
First of all, it is a myth that exercising this way is highly effective. Second, losing an extra ounce of body fat is never worth straining your health.

Next time there is a heat advisory, take caution and exercise safely. My experience is that you need to be done exercising by 9 or 10 in the morning. The rest of the day, head inside to the gym or wait until the temperatures cool off in the evenings.

Glenn

## Featured Product

### WHEY PROTEIN



Repair, Recovery, Growth. Specially formulated, Elite 12-Hour protein provides 21 grams of protein per serving, with 30 servings per container.

Extended protein release fuels your body for up to 12 hours.

It has no added fructose, sucrose, fillers, maltodextrin or aspartame.

Cost: \$20.50

Size: 2.2 lbs.

Flavors: Berry, Chocolate, and Vanilla



## Prescription for Great Health

Beth Baughan



If there was a medicine that could prevent and treat dozens of diseases, promote weight loss, help lift your mood, and boost your energy levels with very low side effects, would you talk to your doctor about getting a prescription? Of course you would!

The good news: You can get these benefits, and you don't need a doctor's prescription pad or your neighborhood pharmacy. Incorporating regular exercise has consistently been shown to contribute to a healthy weight, improved mood, stronger immune system and higher energy—it even increases longevity.

If you are already exercising regularly, GREAT! If not, it's never too late to start.

Here are some simple ways to start or add more exercise to your daily activities:

- Park faraway from your car.
- Use the stairs.
- Go for a brisk walk at lunch or after work.
- Play a game of tag with your kids.
- Do jumping jacks or pushups during TV commercials.

## Platelet Rich Plasma

Jay Taddei, [Associated Physicians Group](#)

Platelet rich plasma is a new, cutting-edge technology that is currently being used extensively with professional athletes. Associated Physicians Group started utilizing this treatment for our patients last year and the results have been outstanding.

Platelets have significant healing properties and have been shown to activate and accelerate tissue healing even when the body has been unable to heal itself. The first step is to draw a small sample of blood then, spin it down so that the platelets can be separated out. Under an advanced high resonance visual guidance system, the platelets are injected into the damaged area to promote faster and stronger healing of damaged ligaments and tendons.

I was one of APG's first success stories. Almost a year ago, I injured my right shoulder while bench pressing. The pain was so bad that I couldn't raise my arm to lower the garage door. A cortisone injection and a few months of physical therapy helped but did not yield the desired results. I was faced with the very real possibility of needing surgery; however, my wife and I were expecting a new baby, so surgery was not an option. The Medical Director of Associated Physicians Group suggested trying Platelet Rich Plasma and performed the procedure in September. Within 4 weeks my shoulder had significantly improved. I am pain-free and am back on track with my workouts.

For more information about Associated Physicians Group, or Platelet Rich Plasma give me a call at (618) 567-7103. Or see the following articles [New York Times Article](#), [CBS Evening News Article](#).



## Recipes of the Month

### Chicken Fajitas

From: [All Recipes.com, Teresa Rouzer](#)

#### Ingredients

- 1 tablespoon Worcestershire sauce
- 1 tablespoon cider vinegar
- 1 tablespoon soy sauce
- 1 teaspoon chili powder
- 1 clove garlic, minced
- 1 dash hot pepper sauce
- 1 1/2 pounds boneless, skinless chicken breasts, cut into strips
- 1 tablespoon vegetable oil
- 1 onion, thinly sliced
- 1 green bell pepper, sliced
- 1/2 lemon, juiced



#### Directions

In a medium bowl, combine Worcestershire sauce, vinegar, soy sauce, chili powder, garlic and hot pepper sauce. Place chicken in sauce, and turn once to coat. Marinate for 30 minutes at room temperature, or cover and refrigerate for several hours.

Heat oil in a large skillet over high heat. Add chicken strips to the pan, and sauté for 5 minutes. Add the onion and green pepper, and sauté another 3 minutes. Remove from heat, and sprinkle with lemon juice.

Serves 5.

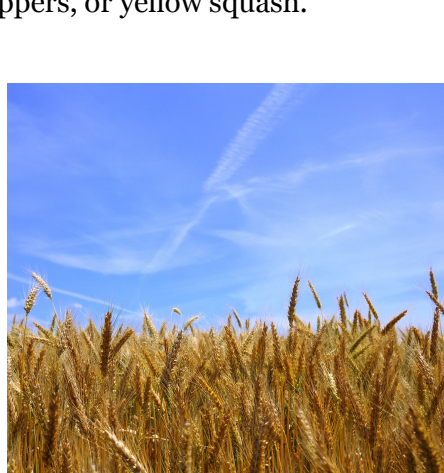
Variations: Try lime juice instead of lemon. Add additional veggies to your fajitas such as zucchini, mushrooms, yellow and red peppers, or yellow squash.

## Whole Wheat Tortillas

From: [All Recipes.com, Claudia](#)

If you are feeling adventurous, try making homemade tortillas. They sound intimidating, but aren't too hard once you try a few.

My dough was pretty crumbly before I started kneading it. (I didn't have bread flour, and regular whole-wheat worked just fine.) It took awhile to get smooth dough, so keep on kneading. Glenn and I found that a team approach was best for cooking/rolling out the tortillas. (You want to work quickly so the pan doesn't start burning.) Golf ball-sized dough made small tortillas, make your dough balls larger to get full-sized tortillas. These are delicious, and have many less ingredients than store-bought tortillas. —Amanda



#### Ingredients

- 1 cup all-purpose flour
- 4 cups whole wheat bread flour
- 1/2 cup olive oil
- 2 teaspoons salt
- 1 1/2 cups boiling water
- all-purpose flour for rolling

#### Directions

In a large bowl, stir together 1 cup all-purpose flour, the whole wheat flour, and salt. Rub in the olive oil by hand until thoroughly distributed. Make a well in the center, and pour in the boiling water. Mix with a fork until all of the water is evenly incorporated. Sprinkle with a bit of additional flour, and knead until the dough does not stick to your fingers. The dough should be smooth.

Make balls the size of golf balls, about 2 ounces each. Place them on a tray, and cover with a cloth. Let stand for at least 1 hour, or up to 8 hours.

Heat a skillet or large non-stick frying pan over medium to high heat (you don't need any oil). On a lightly floured surface, roll out a tortilla to your preferred thinness. Cook one at a time. Place on the griddle, as soon as you see a bubble form on the top, flip the tortilla over. Let it cook for about 30 more seconds. Roll out the next tortilla while you wait for that one to cook. Repeat until all of the balls have been cooked.

Tortillas can be refrigerated or frozen.

Makes approximately 18 tortillas



## Coming up...

- Stay tuned for the unveiling of our new website.
- Meet our newest personal trainers— Beth Baughan & Jamie Norman

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