



Holiday Newsletter 2010/2011

### New Things for the New Year

As we are in the midst of the holiday season, we are reminded of so many things. A reminder to be thankful for all that we have been given and also a reminder to challenge ourselves to pursue growth.

“Without continual growth and progress, such words as improvement, achievement and success have no meaning.” – Benjamin Franklin

We are so grateful for all of the growth that we have experienced at TheraCORE over the past year. We would like to extend our gratitude to all of you who have helped to make our dreams of success a reality.

In this issue we are going to give you an overview of the growth that we have experienced as a company, as well as give some tips to help you achieve your personal health and wellness goals in the upcoming year.



Call **(815)838-5070** to schedule your  
**COMPLIMENTARY INJURY SCREEN**

### TheraCORE is EXPANDING

Over the past month the patients, clients and staff at TheraCORE have been incredibly tolerant while working around the on-going construction. We are two weeks away from all of that patience paying off.



While we will be located at the same address, we are expanding into the unit next door. We will have double the square footage that we have had since we opened, enlarging both our physical therapy treatment area and fitness center.

If you are in our area during the New Year, please feel free to stop in and see all of our new space!!

### Meet our New Staff members

It's not only our building that is expanding, but also our team! We have several new staff members that we would like you to meet.

**Kelly Jensen, MPT** joined our staff this October. Kelly received her Master of Physical Therapy from St. Louis University in St. Louis, MO. She is nearing 7 years of experience in a number of outpatient settings, including orthopedic, natural health and women's health physical therapy. Kelly has been an outstanding addition to TheraCORE and will benefit anyone in the surrounding communities with therapy needs.

**Tracey Cicirale, MPH, RD, LD** has replaced Amy Bork, who has moved to be closer to her family. Tracey's experience in the health industry, at diabetes centers, in early intervention programs, weight loss programs and teaching at the University level will aid her in serving the patients and clients of TheraCORE with all of their *nutritional counseling* needs.

### Food Strategies for Losing Weight in the New Year

It's the dieter's worst enemy – that gnawing hunger when you're trying to eat less and lose weight. But, fighting off those feelings or hunger could be as simple as a walk to the nearest soup and salad bar for lunch. Here's how you can make food choices that will keep you feeling full and help prevent the hunger pangs that lead to diet-busting snacks or binges.

If you want to feel full all day on less food, focus on these eating strategies:

- Get enough lean protein and fiber. – *Protein is the number one thing to help you feel full.*
- Eat a rainbow of fruits and vegetables. – *Studies have shown that changing your eating habits to focus on including fruits and vegetables will help you maintain weight loss for up to six years.*
- Sip soup. – *Adding two low-calorie soups to your diet every day can stave off hunger pangs and keep you satisfied longer.*
- Eat whole grains. – *A serving of whole grains will stick with you longer than a serving of refined wheat bread.*

Another way to fight off hunger is to develop a "low-energy density" eating plan. This means that you can eat a large quantity of foods that do not have a high calorie count. Learning about portion sizes and counting calories is one way to approach this.

To learn more tips regarding nutrition and your health, call to reserve your spot in:

#### **New Year – New You**

January 20, 2011

7:00 PM

An informative talk given by Tracey Cicrale, RD, LD  
Covering the following topics:

- Life without diets
- The benefits of exercise
- Increasing your metabolism
- Nutrition recommendations
- Portion distortion
- Keeping the weight off

*Cost: \$20.00 per participant*

*\*\* All participants receive 1 free month's membership to TheraCORE Fitness Center (including unlimited yoga and pilates classes) \*\**

**Call (815)838-5070 to reserve your spot.**

### Find the *right* healthcare professional

The physical therapists at TheraCORE understand the importance of maintaining close relationships with local physicians to better aide our patients' healing process.

Do you have a nagging injury that you have put off taking care of, because you aren't sure where you should go?

If so, call today to schedule your *complimentary injury screen*. You will have time with a licensed physical therapist who has years of experience treating a wide range of injuries. They will be able to give you direction on a home exercise program, physical therapy (if needed), and/or send their findings on to a physician who specializes in treating the type of injury that you have.

### Need to boost your fitness routine?

If you've been having a hard time getting into a regular fitness routine, or if you find yourself bored with your regular work-out: Call the personal trainers at Metabolic Fitness Management. They can be your motivation when you're having a hard time finding it in yourself... or add that spark to help you fall back in love with your fitness regimen. Programs are created with your personal workout and budget in mind.



**Call (815)980-1102**

*with your questions or to schedule an appointment*



*From The Staff at*  
**TheraCORE**