

WESTGATE ORTHOPAEDIC PHYSICAL THERAPY & EXERCISE INC., P.S.



Health & Wellness Newsletter

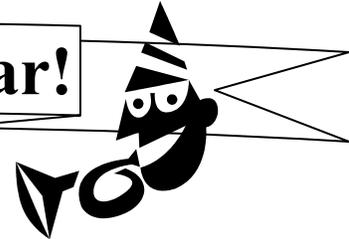
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Happy New Year!



It's 2010! Time to make those New Year Resolutions again...and hopefully stick to them this year! Here are just a few to add to your list for a healthy and happy 2010!

1. Walk at least 20 minutes a day, at least three times a week.

2. Eat 3-5 servings of veggies everyday.

3. Pay it forward: do one nice thing for someone else EVERYDAY

4. Eat at home one additional day each week.

5. Try something new!
For example: sign up for a dance class or learn a new language.

7. Bring your own re-usable bag/tote to the grocery store.

6. When (and if you are) able, take the stairs instead of using the elevator/escalator.

8. Find a community service project to donate your time to. You can go to www.communityservice.org to search for community service opportunities in your area.

PASTA SALAD PRIMAVERA

2 Tbsp grated Parmesan cheese
1 Tbsp red-wine vinegar
1 tsp grated lemon zest
4 tsp olive oil
1 garlic clove, minced
1/2 tsp salt
1/4 tsp freshly ground pepper
2 cups cooked rotelle
1 cup small broccoli florets,
steamed until tender-crisp
1 cup small cauliflower florets,
steamed until tender-crisp
12 cherry tomatoes, halved
1/4 cup shredded fresh basil
1/2 red onion, finely chopped

Makes 4 servings

Per Serving (~1¾ cups): 182 Cal, 6g
Fat, 1g Sat Fat, 0g Trans Fat, 0mg
Chol, 504mg Sod, 26g Carb, 8g
Fib, 8g Prot, 52mg Calc.

This is a low-fat yet rich-tasting pasta salad, studded with vibrant vegetables and tossed with a yogurt-based dressing. It makes a perfect potluck dish!

1. To prepare the dressing, in a small bowl, combine the cheese, vinegar, lemon zest, oil, garlic, salt, and pepper.
2. In a large bowl, combine the pasta, broccoli, cauliflower, tomatoes, basil, and onion. Drizzle with the dressing; toss to coat. Refrigerate, covered, until chilled, at least 1 hour.

Weight Watchers® New Complete Cookbook 2006

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