

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



## Health & Wellness Newsletter

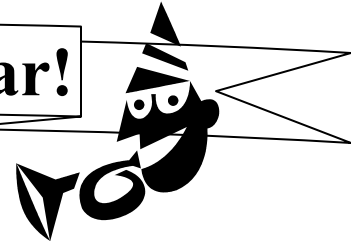
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# Happy New Year!



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](http://www.communityservice.org) to search for community service opportunities in your area.

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## **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 (~1<sup>3</sup>/<sub>4</sub> 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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