

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



## Health & Wellness Newsletter

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### **TIPS FOR BETTER CYCLING...**

*UC Berkeley Wellness Letter, Sept. 2010*

Whether you're young or old, athletic or sedentary, bicycling is an enjoyable and healthy way to travel and experience the outdoors. When done vigorously, it can also provide a good cardiovascular workout and burn more than 500 calories an hour. A recent study in the *Archives of Internal Medicine* found that women (mostly in their 30s) who cycled regularly were less likely to gain weight over a 15-year period than their non-cycling counterparts.

#### **If the bike fits...**

- ◆ Once you pick a model, make sure the frame fits. Buy your bicycle from a reputable dealer who will help you find the right bike and fit.
- ◆ Position the saddle correctly; that is especially important for your knees. The rule of thumb is that the seat should be high—or low—enough so that your knee is only slightly bent at the bottom of each rotation. Adjust the seat's "fore-aft" position as well and make sure the seat is level (or with the nose just slightly higher).
- ◆ Check with a knowledgeable salesperson or bike mechanic on handlebar positioning.

#### **Getting the most from your ride...**

- ◆ If you're out of shape, start slowly. Pedal just 30 minutes or so a day on flat terrain for the first 3-4 weeks. Gradually increase the intensity of your riding and choice of terrain, adding hills for a better workout.
- ◆ Keep your arms and shoulders relaxed, and don't lock your elbows
- ◆ Try toe clips. For serious cyclists, there are clipless pedals; they're a little hard to get used to, but they can help you pedal more efficiently and powerfully.
- ◆ Shift your hand and body positions often.
- ◆ Share the fun with others. Riding in a group can make the miles zip by faster and motivate you to become a better cyclist (see box below).
- ◆ Finally, don't depend on cycling as your only workout. Cycling isn't a weight-bearing exercise, so it doesn't strengthen your bones. For that you should, for example, also lift weights or walk briskly.

- ◆ Always wear a helmet when you ride. More than 67,000 cyclists seek emergency care for head injuries each year in the U.S., according to the American College of Emergency Physicians, and head trauma accounts for 75% of cycling fatalities. When used properly, bike helmets are nearly 90% effective in preventing brain injuries.

## **GARLIC SHRIMP TAPAS**

*Weight Watchers® New Complete Cookbook 2006*

### **Makes 8 servings**

1 Tbsp. olive oil

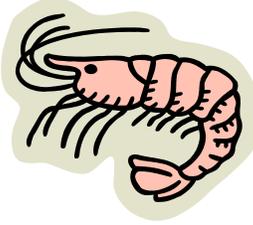
4 garlic cloves, minced

1 pound (24) large shrimp,  
peeled and deveined

3/4 tsp dried oregano

1/8 tsp crushed red pepper

PER SERVING (3 Shrimp):  
45 Cal, 2g Fat, 0g Sat Fat,  
0g Trans Fat, 53mg Chol,  
62mg Sod, 1g Carb, 0g Fib,  
6g Prot, 15mg Calc



In a very large nonstick skil-

let over medium

heat, heat the oil; then add

the garlic. Sautee until softened, about 1

minute. Increase the heat to medium-high

and add the shrimp, oregano, and crushed

red pepper; Sautee, stirring constantly, until

the shrimp are just opaque, about 2 minutes.