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### We now carry Designs for Health™

—one of the best vitamin and supplement lines on the market. With a free nutrition screening, our registered dietitian will customize the right combination that's best for you.

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## The Prescription that Never Runs Out

Dawn Braud, MS, Woman's Center for Wellness

Your doctor hands you a prescription: Exercise three times per week, eat 5 to 8 servings of fresh fruits and vegetables a day... and call her in the morning.

This prescription is a **partnership** between you and your physician because the prescription will only work if you use it. With this one prescription, you have the opportunity to help yourself to prevent and treat numerous diseases, including diabetes, hypertension and obesity.

"Exercise is Medicine™," is an initiative focused on encouraging physicians and other healthcare providers to include **exercise** when designing various treatment plans for patients or to refer a patient to a qualified fitness or other allied healthcare professional for exercise counseling.

Woman's Center for Wellness brings together these professionals to carry out the doctor's orders all under one roof.

"Exercise is preventive medicine," said Robert Sallis, MD, Chair of the National Exercise is Medicine Task Force. This medicine begins with a treatment plan including an assessment of where **you** are to find out how you should begin. Whether it's through a physical therapy evaluation, fitness assessment, nutrition counseling, or hearing test, the staff at Woman's Center for Wellness will evaluate you to know where you should begin. The more we know about you, the more we can help you.

After the **assessment**, our part may include a plan or recommendation for physical or occupational therapy, medical personal training or personalized workouts with a personal trainer. Your part is to follow the plan, ask questions and look for progress. It may mean your next doctor visit is a testament to your commitment to health with a lower blood pressure reading, level blood sugar, and lower cholesterol numbers.

Woman's Center for Wellness provides you with opportunities to improve the quality of your life. By bringing your prescription here, whether it's a recommendation for lifestyle modifications or for physical therapy, our professionals can provide you with the tools you need to live a happier, healthier life. We invite you to not only be a member, but to be part of the new initiative of "Exercise is Medicine™" because this is medicine that will not run out.



# Summer Skin Protection

Stevie Baez, LMT, Woman's Center for Wellness

With summer approaching, the harmful effects of sun exposure is of vital importance. These simple tips can help prevent sun damage which can lead to wrinkles, age spots or even worse, skin cancer. So what are you supposed to do?

## Jump into Action!

Summertime is here and in your hectic summer schedule it can be hard to find time to make that healthy, balanced meal and snack.

Here are some tips to keep your heart healthy and diet going strong while you're on the run!

**Start Your Day with Breakfast.** Breakfast fills your empty tank to get you going after a long night without food, and it can help you perform better at work! Easy to prepare breakfasts include whole grain cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, or a breakfast smoothie.

**Learn to Snack SMART!** Having healthy snacks ready on hectic days can help you avoid overeating high calorie food.





**Don't skip the moisturizer.** Just because your skin is oilier during the summer months doesn't mean that you don't have to moisturize. Instead, switch to a lighter, water-based formula. Using a moisturizer with sunscreen is a great way to add moisture and protect your skin. Choose a sunscreen that blocks both *ultra-violet A (UVA)* and *ultraviolet B (UVB)* rays. Apply sunscreen with a minimum *sun protection factor (SPF)* of 15 every day before going outside. If you are going to be on the beach or lying out by the pool, reapply sunscreen every two hours and always after swimming.

Don't let the clouds fool you! You can get sunburned on a cloudy day. Remember a sunburn is considered skin damage and can increase your chances for skin cancer. At Woman's Day Spa, we offer a variety of sunscreen products by Dermalogica® and SkinCeuticals®.

**Switch to summer makeup.** Trade your old liquid foundations for Jane Iredale's lightweight tinted moisturizer with SPF 15. Tinted moisturizers are a wonderful alternative to liquid foundation. This product combines three products in one. Skip the creamy blush and go for a touch of bronzing powder. Bronzers can help you capture a radiant natural glow without ever catching a ray!

**Bring on the balm.** Lips are susceptible to sun damage and can blister and swell when sunburned. Wearing a lip balm with sunscreen can keep lips sun-safe and supple.

**Exfoliate regularly.** Sun, sand, sweat, and sunscreen increase the amount of dead skin cells. An exfoliating scrub a few times each week will give your skin a glow. (A beautiful bonus: exfoliating will also help your self-tanner go on more evenly and prevent streaking.)

**Go for the faux.** Minimize your chances for wrinkles, age spots and skin cancer by skipping a suntan altogether and opting for a sunless self-tanner, spray tan, or airbrushing. Keep in mind that there is no safe way to tan using the sun. A sun tan occurs as a response to ultraviolet damage of the skin.

Consider consulting with one of our aestheticians at Woman's Day Spa. She can teach you how to protect your skin from harmful sun rays, and correct the damage already caused from too much fun in the sun. Our staff can help you choose the right products for your skin type, your activity level and your personal style.

*\*All products mentioned above are available at the Day Spa at Woman's Center for Wellness.*



*Melissa Martin, LDN, RD, Woman's Center for Wellness*

Handy snacks include: canned fruit in light syrup, dried fruit, raw vegetables, cereal bars, rice cakes, whole-wheat crackers and 2% cheese.

**Save Time in the Kitchen.** Cook extra rice and pasta and use them in soup, salads, and stir-fries. Freeze cut vegetables like green peppers and onions for quick additions to recipes. Practice correct portion sizes so you will have leftovers for another night's meal.

**Plan Ahead for a Busy Day.** Pack your lunch or snacks the night before. If your hectic day goes unplanned and you skip a meal or snack, you may overeat or eat more "red-light" foods at your next meal. Let your stomach tell you when you are hungry and full. Eat only when you are hungry and stop when you are satisfied.

### **Lime Couscous with Mint**

Make a great side dish to compliment pork or lamb!

- 1<sup>3</sup>/<sub>4</sub> cups low-sodium chicken stock
- 1/4 cup lime juice concentrate
- 1/2 teaspoon salt
- 1 tablespoon orange olive oil
- 1 (10-ounce) box couscous
- 1/3 cup chopped fresh mint leaves
- 1/4 cup chopped fresh flat-leaf parsley

In a medium saucepan over medium-high heat, bring chicken stock, lime juice concentrate, salt and orange olive oil to a boil. Stir in couscous, cover and remove from heat. Let stand 5 minutes. When ready to serve, fluff couscous with a fork and stir in mint and parsley.

# The Right Skills for Effective Writing

*Kristi Penouilh, LOTR, Woman's Center for Wellness*

A child's inability to correctly hold a pencil or weakness of hands is often easily identified by teachers and parents as reasons why a child is having difficulties with handwriting. An ineffective pencil grasp may indicate difficulties with fine motor coordination, an important component of handwriting. In addition, adequate muscle strength is needed for effective writing. However, there are many other components of handwriting that are not as easily observed and that play a role in a child's overall academic success.

Inadequate processing of sensory input (input from various parts of the body to the brain) can affect a child's pencil pressure, pencil grasp, and overall perception of his or her hand movement across the page. A child's ability to plan and execute nonhabitual tasks is also an important component of handwriting as it can affect formation of letters and words.

The visual system plays a vital role in a child's writing skills. A child needs to be able to look and scan the line, focus on the text and formation of letters, as well as be able to discriminate between letters and words. Spacing deficits between and within words and poor eye/hand coordination may indicate difficulties with the visual system.

In addition, a child needs to be able to easily cross the middle of his/her body, have the ability to integrate both sides of the body, and a sense of laterality (using one hand or one side more than the other) to enable hand dominance and stabilization of paper when writing.

These less observed components of handwriting are often the reason why "bright" children seem to struggle in school. Their "hidden" disabilities often go unnoticed early on, resulting in more dysfunctions in the future. An occupational therapist can help treat these concerns and work with teachers and parents to help a child achieve not only better handwriting skills but improve overall academic skills. A referral to occupational therapy or participation in a handwriting program instructed by an occupational therapist is recommended if you identify any of the above concerns in your child. At Woman's Center For Wellness, occupational therapy is offered, as well as the handwriting programs listed.

**Jump Into Writing**  
**Kindergarten (5-6 year-olds)**  
**1st grade (6-7 year-olds)**

**Ready Set**  
**Jump Into Preschool**  
**4-5 year-olds**

**Camp ABC**  
**5-6 year-olds**

**For more information**  
**call Woman's Therapy**  
**225-924-8450**

