



Redefining Possibilities for the
Spinal Cord Injury Community

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December 2011

Announcements

Push to Walk will be closed between Christmas and New Year's.

Plans are already underway for Team Push to Walk to participate in the NJ Marathon and Long Branch Half Marathon on May 6.

We will be wrapping purchases at Barnes & Noble on Rt. 46 in Woodland Park, NJ on the following dates:

Tuesday, Dec. 6th:
4pm-11pm

Thursday, Dec. 15th:
4pm-11pm

Sunday, Dec. 18th:
9am-9pm

Thursday, Dec. 22nd:
9am-4pm

Please come out and shop to support us or help out by volunteering!

We wish everyone a happy and healthy holiday season!

Push to Walk Welcomes New Trainer



"Working at Push to Walk has taught me why exercise makes such a difference in the lives of people with SCI, and I hope working here will show me how exercise can be used some day as part of a cure for spinal cord injuries."

Tommy Sutor began working at Push to Walk in September of 2011. He received his Master's degree in Exercise Science from East Stroudsburg University of Pennsylvania in the Spring of 2011. In addition to his degree he holds certifications from the NSCA and USAW. He also maintains his CPR/AED and First Aid certifications. While at East Stroudsburg University for his undergraduate degree, Tommy was also a national qualifier in the hammer throw for the track and field team.

FacingDisability.com

FacingDisability.com is designed to provide Internet-based information and support for people with spinal cord injuries and the members of their families. Connecting with the life experiences of others who have been down the path ahead of you often helps people find their own strength and support.

Spinal Cord Injury Health & Wellness Tips

Nutrition

Eat regular meals. Do not skip meals! Trying to lose weight by eating one meal a day does not work. Feed your body routinely; it'll help you pace your appetite throughout the day, and you'll end up eating less.

Be aware of portion sizes. More people are eating out more often and have become accustomed to the huge portions restaurants serve. A serving of meat shouldn't be bigger than about a deck of cards. A serving of rice is only ½ cup. What you're usually eating may actually be 3 or 4 servings. If you eat in a restaurant, you should take half of it home. It keeps you from over-eating, and you get two meals.

Article from <http://sci.washington.edu/info/forums/reports/nutrition.asp>

Skin Care

Why is skin so prone to problems? The answer is poor circulation. Pressure, from staying in one position without shifting, decreases blood flow to the area. What can I do to decrease my risk of skin problems or ulcers?

Eat a healthy diet, and don't let yourself get too thin. You need a little padding between your bones and your skin. Also, don't forget to drink fluids. Alcohol and caffeinated drinks don't count. They cause you to lose fluids.

Article from <http://www.sharp.com/rehab/health-tips.cfm>