



OUR OFFICE BUZZ

A MONTHLY OFFICE NEWSLETTER

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WHY SITTING IS THE NEW SMOKING.

BY DR. JULIO PAEZ, M.D.

Did you know the average American sits for 11 hours per day which contributes to an increase in health risks, including 300,000 deaths per year. Health risks caused by sedentarism and the dangers of sitting can be prevented simply by moving more during the day. This doesn't mean you need to get those old dusty running shoes out of the closet and start training for a marathon. There are plenty of easy and convenient ways you can integrate movement into your schedule, whether at home or in the workplace.

According to the Centers for Disease Control and Prevention's Physical Activity Guidelines, adults should get at least 150 minutes of moderately intense physical activity per week or 75 minutes of vigorously intense physical activity.

SIT LESS, MOVE MORE

Sitting down for long periods is bad for our health. Here are eight ways to add breaks to your day.

- WALK OVER** to speak with co-workers **instead of e-mailing them**
- DRINK WATER** and **get up for refills**
- STAND UP** when you're **on the phone**
- Take **REGULAR BREAKS** from sitting by standing up every **30 minutes**
- LEAVE your desk FOR LUNCH**
- TAKE the STAIRS** **instead of the lift**
- MOVE your rubbish BIN AWAY** from your desk
- LIMIT SCREEN TIME** to stay active



Fun Fact: Did you know Dr. Justin Tokorcheck attended and graduated from University of Notre Dame? He's a "Fighting Irish" fan!

PATIENT EXPERIENCE CARDS ARE HERE!

BY DR. JULIE SARANITA, D.O.



South Lake Pain Institute has always made patient experience and satisfaction our key priority. To better understand your experience, we are encouraging all patients to complete a "Patient Experience" card each time you visit our office.

Your participation with this easy to use tool will allow us to better serve you, your family and fellow community members.

As always, we encourage your feedback and are honored to care for you!

Fall Granola Bars

- 2 cups old-fashioned oats (don't use instant or quick-cooking oats!)
- 1 cup whole almonds, roughly chopped
- ½ cup pumpkin seeds
- 1 cup packed pitted Medjool dates
- ⅓ cup maple syrup
- ¼ cup creamy almond butter or peanut butter
- ½ cup dried cranberries
- ¼ teaspoon salt



Instructions

Preheat oven to 350°F. Spread oats, almonds and pumpkin seeds on a baking sheet with sides. Toast in the oven until slightly golden, about 12 minutes. Transfer to a mixing bowl.

Chop dates in a food processor in short bursts until you have a rough paste. Scrape into the bowl with the oat mixture.

Warm maple syrup and almond butter in a small saucepan over low heat, stirring to blend. Add to the bowl along with the dried berries. Mix well to evenly distribute the chopped dates.

Line an 8x8in pan with baking parchment so the paper hangs over the sides. Spoon the oat mixture into the pan and pack it down with the back of the spoon. Freeze for 20 minutes.

Lift the contents out of the pan and set on a cutting board. Cut into 16 bars. Store the bars in an airtight container for a few days.