



Northern Rehab PT Newsletter

You have a choice where you can go for physical therapy.
Thank you for choosing Northern Rehab!

Sycamore Rd.
815.756.8524

Lincoln Hwy.
815.756.2369

Genoa
815.784.6417

Rochelle
815.562.3299

Sandwich
815.786.1888

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Northern Rehab Health & Sports Scholarship



Northern Rehab is pleased to announce scholarship applications are now being accepted for the annual Genoa-Kingston High School Health & Sports Scholarship. This scholarship is awarded to Genoa-Kingston High School Seniors that participate in at least one sport and plan to enter a career in the healthcare/sports medicine field.

For application instructions and more information, please visit our website.

Strength & Stability Classes - Next Session Begins Feb. 18



The next session of our Strength & Stability Classes begin the week of February 18. Classes are intended for anyone hoping to improve their balance, coordination, strength, flexibility, and overall well-being. These classes include various activities and exercises in a circuit-style environment, and you should be comfortable exercising in a group setting. Classes are offered at our DeKalb Sycamore Road, Genoa, and Sandwich locations.

To learn more about our Strength & Stability Classes, please visit our website.

Are You Getting Enough Vitamin D?

Vitamin D is an important multi-purpose nutrient that is significant in the prevention of heart and autoimmune diseases, as well as cancer. Recent research has also likened the vitamin to a "natural antibiotic" for its role in the prevention of many common ailments. The body requires sunlight in order to properly utilize Vitamin D. According to Oregon State University research, as much as 70% of the American population is Vitamin D deficient, especially during the winter months when light exposure is limited. Sun exposure is necessary for proper metabolism of Vitamin D, which occurs in the skin. Supplements are usually suggested during the winter months. The daily recommendation for Vitamin D for adults and children are 1300 IU (units), seniors over 70 years of age at 800 IU, and infants at 400 IU. For best absorption, take Vitamin D supplements with fat containing foods such as nuts or dairy. Additionally, at least 15 to 30 minutes of direct sun exposure every day is suggested, but not always possible during the winter months. Eating Vitamin D rich foods such as salmon, tuna, fish oil, and milk, cheese, and egg yolks in moderation is also recommended. Always discuss your Vitamin D levels with your doctor.



- * Reduces Risk of Cancer
- * Lowers Inflammation
- * Boosts Immune Function
- * Regulates 2,000+ Genes
- * Reverses Depression
- * Lowers Blood Pressure
- * Optimizes Body Weight
- * Prevents Bone Loss
- * Helps with MS & Autism

Find Us at the Genoa Home & Business Expo

Stop by and see us at the annual Genoa Home & Business Expo on Saturday, March 9 from 10:00 am - 3:00 pm at the Genoa-Kingston High School. Visit our booth to speak to our PTs, enjoy a complimentary chair massage, enter to win our raffle, and pick up some fun promotional items. It's a great community event and fun for all ages. We hope you'll stop by the Northern Rehab booth to see us!

