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 excelpt.net for more

Spring Pasta Salad



- 1 pkg. (12 to 16 oz) tricolor pasta (preferably whole wheat)
- 1 each green, yellow and red peppers, seeded and chopped into 1/4" dice
- 1 cucumber peeled, seeded and cut into 1/4" dice
- 1/2 cup Vidalia (or other mild onion) cut into 1/4" dice
- 1 carrot, grated
- Any other fresh vegetables that you wish to add, such as asparagus, fresh corn, or zucchini also cut into 1/4" dice
- 1/2 to 2/3 cup fat-free salad dressing, any kind. Fat-free caesar is a nice choice.
- 2-3 tablespoons apple cider vinegar
- 2-3 tablespoons honey mustard (optional)
- Freshly ground black pepper to taste.

PREPARATION:

Cook tricolor pasta according to directions on package. Drain and cool. While pasta is cooking, chop vegetables and put into a large bowl. Add cooled pasta. Stir in salad dressing, vinegar and honey mustard if desired. Mix thoroughly. Add more salad dressing if pasta seems dry. Refrigerate covered, until chilled, 1-2 hours.

'Tis The (Golf) Season | Better scores to come with less pain

It is finally that time of year again, where most golfers dust off their clubs first time in anticipation of their first round of 18 holes in 2011. However, like wild bears, most golfers go into hibernation over the fall and winter months and neglect their bodies from any physical activity (aside from raking leaves and shoveling snow, of course). And often times, restarting your body's engine after so many months without golf can be a painful process. This will quickly ruin that favored first round.

For some players, pain is a temporary thing that involves simply loosening their body's muscles and joints. For others, this pain can be a major problem and can be directly associated with golf. It is especially true when trying to get back to your end of season form immediately after a winter full of hibernation.

Stretching tight shoulders, hamstrings and quads is a great warm up before that all important first shot. But, despite feeling more loose for a great round, one swing reminds you that your back is not as ready as the rest of your body. The familiar pop in your back and the pain that radiates down your hip and leg can be resolved with the proper help.

Here are a few exercises you can do to help your body come out of the winter hibernation and have a great, pain free first round in 2011:

1. Reach over your head with both hands for 1 minute with your elbows locked out.
2. Twist laterally at the waist 10x and hold for 5 seconds in each direction. Turn your head all the way to the right and left slowly, 10x each way.
3. Look at the ceiling for 20

seconds with your feet pointed straight ahead.

4. Sit on the floor, up against a wall for 3 minutes with your legs straight and your feet pointing straight up. Get your tailbone to the wall eventually.
5. Kneel on the floor and get up with a different leg each time you stand 5x each leg.
6. Flap your arms like a bird 25 times
7. Stand on a chair for 1 minute. Being that high off the floor will force your center of gravity to shift due to the close proximity of your feet to each other.
8. Balance on one leg for 30 seconds. Also, try it with your eyes closed and attempt to get to 30 seconds again.

For more information on Golf Fitness or to receive a full screening and preventative exercises to help your golf game, call Excel Fitness Center at (660)882-6115 or email us at info@excelpt.net for more details.





Andrea Hoehn

Took a different position to spend more time with daughter.



Lindsey Scheets

Took Clinical Assistant position with a Columbia Orthopedist.

Good Luck!

“You Say Goodbye & I Say Hello” Welcome!



Please join us in welcoming 3 great new employees, as we wish best of luck and farewell to two others. Rob, Sam and LeslieAnn each joining Excel bringing something new and exciting to our clinic. Check out excelpt.net for more information on our new staff members.



Rob Thomas
Certified Personal Trainer



Sam Goedrich
Occupational Therapist
Certified Hand Therapist



LeslieAnn Lueckenhoff
Certified Athletic Trainer
Athletic Injury Specialist

Excel Fitness Center Synopsis

A Look Into Excel's Fitness Center Happenings

Congratulations to Our Biggest Losers

Since January of this year, a group of Fitness Center members have been participating in a weight loss challenge, similar to the hit show on NBC (without the ridiculing judges, of course). Each one of the participants have been successful and have made each one of the Excel Family Members very proud. Congratulations!

Personal Training Packages

Personal Training Packages are now available for our new Personal Trainer, Rob Thomas. Call Rob at (660) 882-6115 or email us at info@excelpt.net today for more information about great discounts and to get signed up.



Zumbaerobics

On Tuesdays, Jeanine, Excel's Fitness Instructor, leads this exciting and effective new class. Log on to excelpt.net to find out more information about the newest way to get in shape.



Free Upgrades

Excel has purchased 2 new treadmills and another cross trainer to keep up with the demands of our Fitness Center members. And this spring, we will be pulling off our best HGTV impression by giving our locker rooms a facelift. Stay tuned to excelpt.net for the progress on the improvements.



National Athletic Training Month

The National Athletic Trainers' Association reminded everyone that not all athletes wear jerseys. No matter if you do or don't wear one, all injury assessments are just \$10 with LeslieAnn. Schedule yours at (660) 882-6115 or leslieann@excelpt.net.



Not All Athletes Wear Jerseys

Athletic Trainers
Treat the Athlete in You.



Did You Know You Have A Choice?

When it comes to your medical care, it is the law that you are given a choice. Many patients who are referred to a clinic for physical or occupational therapy care do not realize that they have a say in who their provider will be. Often times, patients blindly call the first name in the phone book. Or many patients simply assume that their physician wants them to receive treatment at the clinic listed atop of their prescription. And it

is not unheard of that a patient, who prefers a specific provider, will end up receiving treatment elsewhere, solely based on the fact that their physician mentioned it. If a physician refers you, a friend or family member to a physical or occupational therapy clinic, be sure to ask them about other options that exist in the area. You may be surprised to hear that they are glad you asked and may refer you to a specific clinic, like Excel.