

Dr. Elaine Screatton DC

Tips to Getting Active

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Thank You!

I would like to thank you for your continued confidence and trust for choosing me for your chiropractic and Injury needs! The greatest compliment is you referring your family and friends!



@drelainescreatton

World Spine Day is October 16 this year, and the theme for this year is 'Get Spine Active', reflecting the opportunity for people to manage back and neck pain with movement and exercise. This October 16, #GetSpineActive with some of my tips below!

- 1. Know Your Goal.** Whether it's weight loss, fat loss, gaining muscle, or just to move more, this affects your choice of activity!
- 2. Choose your location wisely.** Find something that is convenient to you, whether that's a gym, your basement, or a walking path. Convenience always helps!
- 3. Find the right fit.** If you are looking for a new gym, explore a few options before committing to find one that feels right for you. If new to a gym, find one that feels welcoming to newcomers with trainers that understand modification. Already big into weightlifting? Find a gym that encourages you to pick things up and put them down! Like CrossFit or Orange Theory (interval) training? Find a gym that offers those style of classes. The key here is no 2 gyms are alike, so find one that feels just right for *you*.
- 4. New to Working Out?** Modifications exist! A good trainer and gym should understand that we all have varying levels of fitness, and that modifications *exist* to these exercises to tailor the workout to *you*! Can't do pushups from the toes? No problem, variations exist! Pull-Ups not in your routine yet? It's ok, variations exist! A good facility should understand this and *encourage* appropriate modification to make sure the workout is approachable and achieving the desired goal!
- 5. Find a Good Community.** A gym where you feel welcome is key! You should feel good about spending your time there, whether it's the other participants or the coaches/trainers, you should feel comfortable in your own skin!

Pumpkin Chiffon Pie



Serves: 8-10 servings Time: 1 hour

This recipe is a family tradition from my Mom's family for Thanksgiving, dating back to the 1970s. This pie is no ordinary pumpkin pie- it has converted many folks who don't normally like pumpkin pie to LOVING it. Give it a go! Recipe courtesy of Joy of Cooking 1974.

Directions:

1. Beat Egg Yolks and 1/2 cup sugar until thick. It should turn the egg yolks a lighter colour of yellow and be quite thick. This takes a few minutes with a hand beater.
2. Add pumpkin, milk, salt, and spices (ginger, cinnamon, nutmeg) to egg yolk mixture. Cook over a double boiler until thick stirring frequently (again, this takes several minutes but should be *quite* thick. Be patient). Remove from heat once thick. You can do this directly in a pot as well, but from experience you need to pay more attention to it so nothing burns!
3. Put the gelatin packet into 1/4 cup cold water and stir until it dissolves. Once dissolved, add gelatine to pumpkin mixture until incorporated completely.
4. In a separate bowl, beat the 3 egg whites + 1/2 cup sugar to a stiff peak. A stiff peak means when you remove the beaters from the egg white, the egg white on the beater should be pointy like the peak of a mountain, and not droopy)
5. Fold egg whites *gently* into pumpkin mixture until incorporated. Pour this final mixture into a *cooled baked pie shell*. Chill in fridge several hours, can be made day ahead. To serve, can top with sweetened whipped cream. YUM!

Ingredients:

- 3 egg yolks
- 1/2 cup sugar
- 1 1/4 cup canned pumpkin (PLAIN pumpkin, **NOT seasoned!**)
- 1/2 cup milk
- 1/2 Tsp Salt
- 1/2 Tsp Ginger
- 1/2 Tsp Cinnamon
- 1/2 Tsp Nutmeg
- 1 TBSP (1 envelope) unflavoured gelatin
- 1/4 cup cold water
- 3 stiff-beaten egg whites
- 1/2 cup sugar
- 250ml whipping cream
- 19 inch baked pastry shell (you could use the pre-made Tenderflake pie shell that has been blind-baked (follow package instructions), or your own favourite pie crust recipe that has been blind baked. When Blind