

Clinic Connection

Wellness Matters

Apr 2018

PLEASE READ CAREFULLY

The Clinic was voted to be shut down by the West Clark School Board at the end of the school year which is May 30th. We are open during normal business hours, Monday, Wednesday and Friday from 8am-6pm seeing patients as normal up until May 30th. If you have been a patient at the Clinic and you want a copy of your medical records or to be faxed to your Primary Care Physician, please contact us, 812-252-0258.

CrossFit, what is it and can it help me?

CrossFit is the combination of Olympic lifting, circuit training and cardiovascular exercise combined followed by technique or core work. Pro's, its fun and fast. People like to get in and out these days so if you are more experienced give it a try. Cons, properly and safely performing Olympic lifts is not for beginners or intermediates, i.e, lots of injuries in crossfit due to not knowing how to properly do the movement. Make sure if you try crossfit your coach has a USAW-1 certification at the minimum which will ensure the instructor is properly certified to teach Olympic lifts.

Tip: Warm up properly!!!

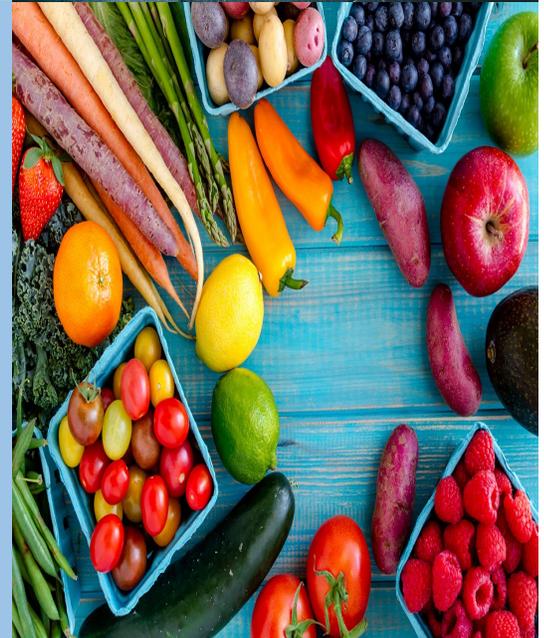


How Whole Food Phytochemicals can reduce the risk of Chronic Disease and Cancer

Whole fruits, vegetables and grains provide bioactive phytochemicals (antioxidants) for health promotion and disease prevention. Cells in the body are constantly exposed to oxidizing agents in air, food and water. According to the American Journal of Clinical Nutrition, "Oxidative stress can cause oxidative damage to large biomolecules resulting in an increased risk".

Fruits and vegetables contain antioxidant compounds that may help protect cellular systems from oxidative damage and lower the risk for of chronic disease.

Does a dietary supplement react and have the same health benefits as consuming whole fruits and vegetables? NO



Clark Memorial Hospital

A Norton and LifePoint Partnership

314 S. Ferguson, Henryville, IN 47126 P 812.252.0258 F 812.252.0315



-Cooking Tip-

Bring out that grill and add some serious flavor to your meats and veggies. Try a marinade!