



Gibsonia  
5499 William Flynn Hwy  
Gibsonia, PA 15044  
Phone: 724 443-8444

Brackenridge  
825 Freeport Road (10th Ave)  
Brackenridge, PA 15014  
Phone: 724 224-2224

Monroeville  
One Racquet Lane  
Monroeville, PA 15146  
Phone: 412 372-3772

**Network Providers  
For:**

Highmark  
Blue Cross / Blue Shield  
Aetna  
Cigna  
Health America  
United Health Care  
Auto Insurances  
Workers Compensation

Address Service Requested

Go to: [www.AlleghenyHealth.com](http://www.AlleghenyHealth.com)  
for more information about our Offices.



Presorted  
Standard  
U.S. Postage Paid  
Gibsonia, PA  
Permit No. 74



Dr. Robert Bengel D.C. Dr. Eric Bengel D.C. Dr. Benjamin Shultz D.C.  
Dr. Anthony Talarico D.C. Dr. Travis Lamperski D.C.

Gibsonia  
5499 William Flynn Hwy  
Gibsonia, PA 15044  
724-443-8444

Brackenridge  
825 Freeport Road  
Brackenridge, PA 15014  
724-224-2224

Monroeville  
One Racquet Lane  
Monroeville, PA 15146  
412-372-3772

[www.AlleghenyHealth.com](http://www.AlleghenyHealth.com)

# UPCOMING EVENTS

SEPTEMBER—NOVEMBER

## FALL FRIENDS & FAMILY FESTIVAL

Refer the most patients from September–November and win:

- 1st Place: \$100 Target Gift Card
- 2nd Place: \$75 Target Gift Card
- 3rd Place: \$25 Target Gift Card

SEPTEMBER 14, 2011

## PATIENT APPRECIATION DAY

Free health screenings and a fun filled day dedicated just to you and your guests!

Fall themed light snacks and beverages will be provided.

Sign up at the front desk!

ALSO, JOIN US TUESDAYS DURING THE FALL FOR OUR FREE TRIGGER POINT THERAPY WORKSHOPS WITH THE DOCTOR!

## 10 Tips for Fall Health & Fitness

*Fall, is a great time to start a fitness program because you're going to create good habits for the holiday season and the upcoming winter months.*

*Here are 10 ways to start making the most of the season.*

**1. Take advantage of the weather.** Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures. Walking, hiking and cycling are all awesome in the fall. Discover park trails and take in some new scenery, whether you're walking, biking, or in-line skating. And remember, it doesn't have to seem like exercise to be a great workout. Raking leaves or doing some fall

outdoor yard work is a great way to get the heart pumping, and it's great for calorie-burning.

**2. Think outside the box.** Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Ask any schoolchild: Fall is a great time to learn something new. Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you.

Fall is the perfect time to gain new physical skills because you burn fewer calories when you begin a new activity (thanks to the learning curve). If you learn something new now, by next summer, you'll have mastered the skill -- and you'll burn more calories doing it, just in time for swimsuit season.

**3. Be an active TV watcher.** Many people get geared up for fall premieres of their favorite television shows, if you're going to sit down and watch hours of TV, get moving, make a date with exercise and TV. While you watch, you can walk or

run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. In a one-hour show, you probably have close to 20 minutes worth of commercial interruption.

**4. Integrate exercise into your life.** You already know the obvious suggestions: park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break. Here are a few that are less obvious:

- If you're spending the afternoon taking kids to soccer practice, instead of reading a book or visiting with another parent, why not walk around the outside of the field while they practice?
- Or try "walking meetings," go for a walk, brainstorm, and figure out who's going to take what responsibilities. Things get achieved much more quickly, and everyone feels better for doing it.



(10 Tips for Fall Health & Fitness Cont.)

**5. Rejuvenate yourself.** Fall is the time to rejuvenate your body, mind and spirit. Get a massage after your run. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote wellness, so you can feel good physically, mentally, emotionally, and spiritually.

**6. Remember the 30-day rule.** It takes about four weeks for the body to adapt to lifestyle changes. That's why people who give up on their fitness programs tend to do so within the first 30 days. So, when the alarm goes off in the morning and it's darker and colder, don't roll over and hit the snooze button. Try to stick with a program for a month. After a month, behavior patterns will have adapted and it will be much easier to stick with it after that.

**7. Strive for the 3 Cs.** "The three Cs" are commitment, convenience, and consistency, having all three will lead to a successful fitness program. First, exercise takes *commitment*. We're all busy; that's just part of our lives. You have to start planning exercise, just like you do everything else, like

meetings, dinners, and getting kids to lessons and practice. Put it on the calendar, because later always turns into never.

*Convenience* means choosing a gym that's close by, or an activity you can do at home, or a time when you're not likely to be interrupted. Finally, there's *consistency*. It is better to work out for 10 minutes a day than one hour every other month.

**8. Deal with darkness.** The best way to enjoy fall is to exercise outdoors. But it is getting darker earlier, and staying dark later in the morning, so be smart and safe. Just because it's 6 p.m. (or a.m.) and dark doesn't mean you can't work out. If walking or running outdoors, wear a reflective vest and carry a flashlight. When cycling, affix a light to your helmet or bike.

If possible, use trails or a local school track to avoid vehicle traffic. Try to work out at the same time every day, so drivers get used to seeing you.

**9. Dress in layers.** When exercising outside, layer your clothing. Before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed. These days, there's no lack of great weather gear. We recommend clothing with wicking, often called "DriFit." This fabric wicks moisture away from your skin so you're not exercising with wet fabric hanging on you. We suggest three layers: The inner layer should be a moisture-wicking fabric, so it wicks away sweat and you're not chilled. The second layer should be a warmth layer, and the third layer should be a protective layer (like a windbreaker or rain slicker, depending on the weather). And don't forget the sunglasses, UV protection is important year round. Fall sun can be blinding at certain times of the day.

**10. Find your motivation.** People are motivated by different things. It's important to first discover what your individual goals are, whether it's losing weight, strengthening and toning, or preparing for a race or event. But goals aren't enough to get

you there; you have to be motivated by the day-to-day workouts. So choose something you'll enjoy doing and will be likely to keep up, whether it's walking or hiking with a friend, working with a trainer, or taking part in a "boot camp" class. Creating a challenge for yourself will motivate you, as will encouragement and accountability. You want to know when you're doing a good job, and when you're not.

Remember too, that anything worth having takes work. Tell me something you can do three times a week for 10 minutes and be great at? It doesn't exist. If it was easy to be great, everybody would be great.



We would like to

## Welcome

Dr. Travis Lamperski D.C. as our new clinic director at our Brackenridge office. Dr. Travis earned his undergraduate degree from Slippery Rock University of Pennsylvania earning a BS in Exercise Science. He received his Doctor of Chiropractic degree from Palmer College of Chiropractic, Florida campus. Dr. Travis is a board certified Chiropractor. He is also board certified in adjunctive physiotherapy procedures and practices a variety of chiropractic techniques. In 2010, Dr. Travis left Florida and returned to his hometown, Pittsburgh. Soon after, he joined the team at Allegheny Health & Rehabilitation Center.

Dr. Travis has been married to his wife, Shelley, for eight years and was just blessed with his beautiful daughter, Chloe. He is a "family man" who likes the spending time outdoors and looks forward to expanding his family. Now that he is back in Pittsburgh, he is trying to catch up on some Steelers games, Penguins games and Primanti Bros.

## Healthy Hints to Ease Your Family Into The Fall Season



*Autumn is on the horizon and families everywhere are bracing for a return to school, work and hectic schedules. The sudden change to fall activity however can quickly sap energy levels leaving both parents and kids tired, stressed and even prone to illness. Plan ahead with the hints below to ease the transition; you can ward off fatigue and anxiety, and keep your family in good health.*

**Get to bed earlier.** By the end of the summer your children may be used to later nights and sleep-ins. Help kids readjust their internal clocks: initiate an earlier bed and wake-up time a couple of weeks before school starts. Most experts agree that children and teens require a minimum of nine hours of sleep to stay healthy and alert at school.

**Eat well.** Make sure the family gets up early enough to have a balanced breakfast. The hype around breakfast being the most important meal of the day is all true. A balanced breakfast is the ultimate brain booster: studies show it improves concentration, attitude and performance in young and old minds alike, and can reduce trips to the doctor's office. For all meals and snacks it's best to steer clear of fast and processed foods—which tend to be high in fat and salt, low in essential nutrients and fiber—and follow the USDA's Food Guide Pyramid.

**Give your immune system a boost.** Make sure everyone is up to date with required vaccinations. Create a chart noting immunization dates to remind you when family members are due for their next shot. Immunizations can greatly reduce the risk of illnesses—such as whooping cough, measles and chicken

pox—that can leave victims bed-ridden for weeks.

**Wash your hands.** It seems simple, but it's one of the most effective ways to ward off colds and the flu. Teach children to wash their hands after they use the washroom and before and after every meal. For situations where a sink is not close at hand, carry moist wipes or antibacterial gel.

**Get to know the school nurse** or health representative. Ensure medical contact information is current and that the nurse is aware of any medical conditions or allergies your children have.

**Take a breather.** It's easy to get so overwhelmed by work, studies, after school sports etc. that you forget to take a time out. Stress weakens the immune system so releasing excess anxiety with a 'stress blaster' is a great way for you and your family to stay healthy. Take a 20-minute walk, meditate, read the newspaper or listen to music. Discover an easy activity that lets you relax and re-energize and encourage your children to do the same.

## Healthy Autumn Recipe

Check out this easy Healthy Autumn Recipe you can cook up in just about 30 minutes!  
**Bourbon Pork Tenderloin**



### Ingredients

- 1/2 cup bourbon or reduced-sodium chicken broth
- 1/4 cup packed dark brown sugar
- 3 tablespoons white vinegar
- 3 tablespoons reduced-sodium soy sauce
- 2 garlic cloves, minced
- 1/2 teaspoon pepper
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1/8 teaspoon ground allspice
- 1 pork tenderloin (1 pound), cut into 12 slices

### Directions

- In a small saucepan, combine the bourbon, brown sugar, vinegar, soy sauce, garlic and pepper. Bring to a boil; cook until liquid is reduced to about 1/2 cup, stirring occasionally.
- Meanwhile, combine the chili powder, cinnamon, salt and allspice; rub over pork slices.
- In a large skillet coated with cooking spray, cook pork over medium heat for 4-5 minutes on each side or until a meat thermometer reads 160°. Serve with sauce. **Yield:** 4 servings.

Per serving: Calories 462; Fat 16 g (Saturated 6 g); Cholesterol 120 mg; Sodium 1,018 mg; Carbohydrate 30 g; Fiber 7 g; Protein 48 g