



**Convenient Location:**

Dearborn: 3361 Greenfield Road  
(313) 593-1703 (313) 593-1939 fax

November 2010

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

**Free Transportation**

We offer free transportation to those in need to our Dearborn center.



**Tri-Rehab's Customized Services Include:**

- Balance Programs
- Shoulder and Neck Conditions
- Hip, Knee and Ankle Conditions
- Work and Auto Accidents
- Wii Rehab Programs
- Low Back Pain



**WWW.TRIREHAB.COM**

In this issue Tri-Rehab is sharing helpful tips for you to determine portion size during the holiday season. We hope you find this information helpful. And of course, we hope you choose Tri-Rehab as your rehab provider!

**5 Easy Tips for Portion Control**



As the holiday season approaches over eating becomes a concern for people, so here are five quick and easy tips for portion control. Remember that portions are an average, to have your specific pyramid and portion visit [mypyramid.gov](http://mypyramid.gov) for more information.

1. The average person should consume five servings of whole grains per day, one serving should be the size of a hockey puck or half a tennis ball.
2. The average person should consume three servings of vegetables a day, a serving should be the size of a tennis ball.

## Avoid Back Injuries by Lifting Properly

While preparing for the holiday season, remember to use proper lifting techniques.

1. Prepare a clear path to avoid awkward movements while carrying heavy objects.
2. While lifting keep your feet shoulder width apart to provide a solid base while you lift a heavy object.
3. When lifting, remember keep your back straight and bend with your knees.
4. Tighten your abdominal muscles before you lift to help protect your spine.
5. Hold items you are carrying close to your body to provide maximum strength and balance.
6. Get help! If you find yourself straining ask someone to help you lift.

3. The average person should consume two servings of fruit a day, a serving of dried fruit should be the size of a golf ball while the serving size for fresh fruit and juice should be the size of a tennis ball.

4. The average person should consume three servings of dairy per day, a serving of cheese, milk or yogurt should be the size of a golf ball.

5. The average person should consume three servings a day of meat and protein, one serving should be the size of a deck of cards.

In order to maintain your current weight your total calorie consumption must be equal to the total calories you burn. Try to make nutrient dense food choices such as an apple instead of a fruit juice, nutrient dense foods will help you feel "full" longer.

Sources:

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.prevention.com/portioncontrol](http://www.prevention.com/portioncontrol)

## Accepted Insurance Plans

Medicare	Blue Cross Blue Shield
Theramatrix	Aetna
Cigna	Health Alliance Plan
TriCare	Workman's Compensation
Auto	United Healthcare

If you do not see your insurance plan, please call our office as we are an approved provider of over 35 plans.