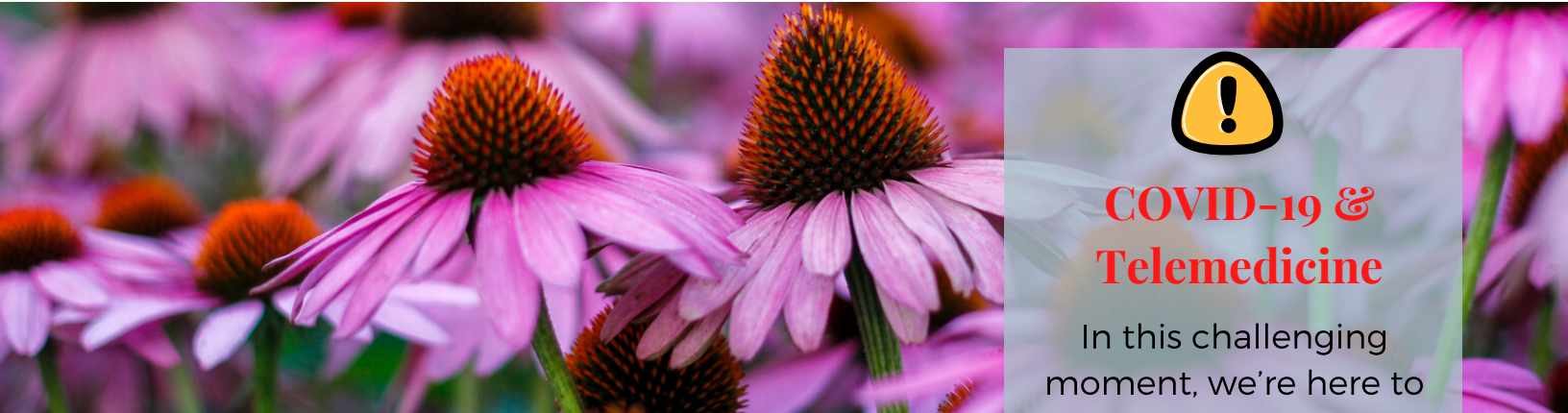


MARCH 2020

THE NEXT STEP

Dr. Andrew Schneider

Your first step towards a pain-free life



5 Easy Ways to Make Your Runs Better

Running is only good when it doesn't hurt. If you want to keep training and avoid the dreaded running-injury, here are some of our top suggestions:

1. **EAT EGGS AND AVOCADOS**

Your diet can help your body stay strong and injury-free. A steady intake of high-quality protein throughout the day, but most especially at breakfast, will support a stronger running session.

2. **MIX IT UP**

Many runners' injuries are a result of repetitive motions, over time, wearing down our bodies. In order to avoid this problem, you should also do exercises that aren't running: think swimming, rowing, cycling or using a cross trainer. Not only will this give your running muscles a break, it will build up the surrounding supportive muscles to give them an extra injury buffer-zone.

3. **ROTATE SHOES**

You should have at least two running shoes, so each pair can have at least a day off between sessions. This allows the shoe cushioning to fully rebound and offer appropriate impact protection.

4. **STRETCH**

Before a run, aim for a dynamic warm-up that opens up your hips while you're moving. And after a run, stretch each of the following muscle groups for 40-50 seconds: hamstrings, glutes, calf muscles and hip flexors.

5. **DRINK MILK**

Running takes a toll on your body, so you should replenish afterwards with an easily digested protein. We love milk, because it keeps you hydrated, and it has a 3:1 ratio of carbohydrate to protein, water and electrolytes and no extra added sugar. So pour a glass and help your body rebound faster!



COVID-19 & Telemedicine

In this challenging moment, we're here to meet you where you are: in your home. **We are**

now offering

Telemedicine

Services! Here's what that means: medical private practices, like ours, have been asked to continue operations.

This will help keep patients out of already-overwhelmed emergency rooms.

Our office is still open for patients who need or want to be seen in the office. **Don't forget, we can X-Ray in office.**

What's the Point of the UV Index?

If you've heard about the UV Index, but aren't sure how to use it, you're not alone. Here's the deal: the UV Index reminds us that we need protections when we're outdoors, especially in the middle of the day. UV radiation exposure is a risk for people of all ages, and it impacts your skin and eyes. The UV index, on a scale of 0 to 10, can help you make decisions about how much skin to cover, or whether it's even safe to go outside. If it's a 0-2 day, you probably don't need much protection, 3-7—you'll certainly need sunscreen, 8+ and you should probably stay indoors.



Here's Why We Love Native Plants!

Houston has a lot of incredible native plants—purple coneflower, black-eyed susans and many, many more—and we're all about growing local. **This is why it's so important to embrace local plant life:**

- They need less fertilizers and pesticides.
 - They keep your air cleaner.
 - They provide shelter and food for local wildlife, and support pollinations.
- So, next time you're getting ready to plant, ask what species are local to your area. You'll do yourself—and the environment—a major favor!



How far can you go?

Let us help! Learn more here and start moving toward a pain free life

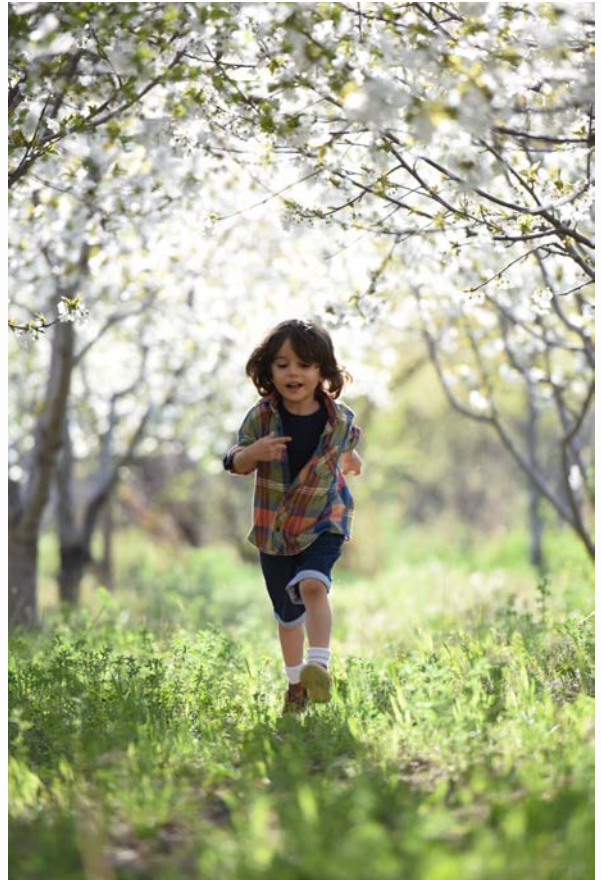


This Is Why Your Kids Should Get Outside

Aside from getting them out of your hair, there's serious scientific reasons for you to push kids outside for play time. Research shows that being in nature improves concentration, fosters creative play, and helps treat or even prevent mental illness—especially depression and ADHD.

Additionally, we know that kids who spend more time in nature have better motor fitness. They're more coordinated, have greater mental acuity, are more inventive and are better supported in their intellectual development. Park time, anyone?

Just remember to stay 6 feet from others!



Want more updates? Check out our blog, website, or social medias, we'll keep you on track!



The Schneider Family

Our oldest son Ariel has been in Israel for his gap year, and we had planned on visiting him for two weeks in April. Unfortunately the Coronavirus derailed our plans, and we ultimately made the decision to bring him home. We are so relieved to have the whole family back under one roof to weather this virus together. From our family to yours, we hope you and your family stay safe in these trying times. We are so proud of Daniella for her lead role in her high school's production of the 25th Annual Putnam County Spelling Bee. She is currently preparing for another lead role in April and are hoping it's not derailed by COVID-19.



Save A Life Month

April is National Save a Life Month, a campaign encouraging everyone to become an organ, eye and/or tissue donor. But why wait? You can sign up today at Registerme.org. It's free to register—but the gift you might give some is absolutely priceless.



Eat More Fiber Now

Just call fiber the miracle ingredient: it's crucial for your digestive health, and helps you feel fuller for longer, so you snack less. Fiber can also improve your cholesterol and blood sugar levels, lowering your risk for diseases such as diabetes, heart disease and bowel cancer. Not sure how to increase your intake? Why not start with this delicious, fiber-filled recipe courtesy of the Mayo Clinic (so you know it must be good for you!)

Artichoke Dip

Ingredients

- 1 can (15.5 ounces) artichoke hearts in water, drained
- 4 cups chopped raw spinach
- 2 cloves garlic, minced
- 1 teaspoon ground black pepper
- 1 teaspoon minced fresh thyme (or 1/3 teaspoon dried)
- 1 tablespoon fresh minced parsley (or 1 teaspoon dried)
- 1 cup prepared unsalted white beans (or half a 15.5-ounce can unsalted white beans, rinsed and drained)
- 2 tablespoons grated Parmesan cheese
- 1/2 cup low-fat sour cream

Directions

In a mixing bowl, combine the ingredients. Transfer to an oven-safe glass or ceramic dish and bake at 350 F for 30 minutes. Serve warm.



From the desk of Dr. Andrew Schneider

Thank you for taking the time to read our newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter on to friends and family that may benefit from this information.

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