

## Upcoming Events



**Tornado Relief: Bake Sale  
Carter Tecumseh  
June 12, 2012 9:00-5:00**



**Kelly Carter Scholarship Run July 13, 2013  
902 Industrial Drive Tecumseh, MI**

### Carter Rehabilitation Center Scope of Service

- ◆ Physical Therapy
- ◆ Occupational Therapy
- ◆ Hand Therapy
- ◆ Aquatic Rehabilitation
- ◆ Pelvic Floor Rehabilitation
- ◆ Infrared Light Therapy
- ◆ Social Services
- ◆ Fibromyalgia Wellness Program
- ◆ Community Fitness Program
- ◆ Big Program for Parkinson's Disease

## BREAST CANCER AND EXERCISE



**Adult women of all ages who get 10-19 hours of exercise each week are 30% less likely to develop breast cancer. Take a walk, pull weeds, go for a hike or go for a bike ride; not only do these activities provide a workout but also colorful scenery. Find an activity you love and give back through charitable or community fund raisers.**

### PURSE CURLS

Instead of throwing down your purse immediately when getting home, lift it up 10x curling to shoulder then straighten arm. Do both arms.



### Commercial Squats

During commercials stand with back against a wall and bend knees to lower yourself until they reach a 90° angle (Keep ankles aligned under knees). Try to get through 2 commercials before standing up.



### CALF RAISES

While on the phone, press up on to the balls of your feet, use free hand to hold edge of table for balance. Stay there for a few seconds, tighten glutes and abs, then lower down.

### Counter Push Ups

Stand arms length from counter, slowly step back a few steps. Tighten stomach with spine straight and bend elbows as you bring chest toward counter, then push back. Repeat 10-15x. Do slowly to build muscle.





## News For You! From CRC

JUNE/JULY 2013

### Carter Rehabilitation & Aquatic Centers

902 Industrial Dr.  
Tecumseh, MI 49286  
(517) 423-7722

tecumseh@carterrehabcenter.com

1525 W Maumee St, Ste. 3  
Adrian, MI 49221  
(517) 265-6007

adrian@carterrehabcenter.com

## *Kelly Carter Scholarship Run/Walk* *July 13, 2013*



Carter Rehabilitation Centers of Tecumseh and Adrian are proud to announce the 19th Annual Kelly Carter Scholarship Run/Walk. The event will take place Saturday July 13 at CRC Tecumseh, starting at 8:00 a.m. This annual event is held to benefit the Kelly Carter Scholarship Fund, which provides financial assistance to Lenawee County students in pursuit of higher education in specified ancillary medical fields. Over \$50,000 has been awarded to area students.

### Preparing for a 5K Run/Walk

**5K (3.1 miles) race is a fun and realistic goal for exercisers of all fitness levels. If you're ready to train for your first 5k, but not sure where to start, don't worry! Even if you don't consider yourself a runner/fitness walker, nearly anyone can complete a 5k if you begin with the basics and build up slowly. Choose a race 6 weeks from now (KCS race). Committing to the race in advance gives you more incentive to train. Start training now! Here is one 6 week routine you may like.**

#### **Week 1**

Walk briskly for 15 to 20 minutes, at least 5 times this week.

#### **Week 2**

Run for 2 minutes. Then, walk 5 minutes. Repeat this 3 times (21 minutes total).

Do this 3-4 times this week. Walk briskly for 30 minutes on 2 other days.

#### **Week 3**

Run for 4 minutes. Then, walk 4 minutes. Repeat this 3 times (24 minutes total). Do this 3-4 times this week. Walk briskly for 30 minutes on 2 other days.

#### **Week 4**

Run for 5 minutes. Then, walk 3 minutes. Repeat this 3 times (24 minutes total). Do this 3 or 4 times this week. On 2 other days, either walk

briskly for 30-40 minutes, or alternate running and walking 2 minutes for 30 minutes.

#### **Week 5**

Run for 7 minutes. Then, walk a minute or two. Repeat this 2 times. Then alternate 2 minutes of running and a minute of walking 3 or 4 times on 3 days this week. On 3 other days do a light mix of running and walking.

#### **Week 6**

Run for 1 mile. Walk until recovered. Repeat 3 times. Hey, you just covered 3 miles. Do this on 3 or 4 days this week.

**SEE YOU AT THE KCS RUN !!**