

Volume 6-Issue 6 | 2016

HealthyWorks

"Work, Play, Live Healthy"

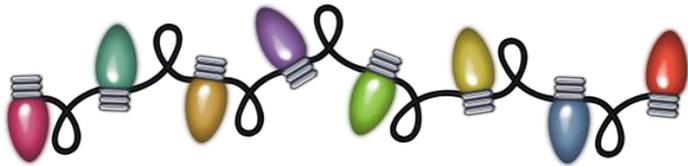
POWER UP
YOUR TRAIL MIX
WITH GOLDEN BERRIES

*MANGANESE
Please!*

STAY ACTIVE
AS YOU AGE

6
NATURAL
PAIN
KILLERS





Join Workout 360 for our annual Toys for Tots celebration!

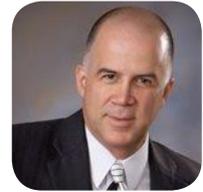
- When: December 10th
8 am - 12 noon
- Where: Workout 360-TGMC
Healthy Lifestyles Center
3rd Floor
- Bring a new toy or a \$5 donation to get in!
- Join us for a DJ, spin classes, kids' boot camp, circuit class, and Zumba!



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• Pilates Instructor



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• CEO of WorkSaver Systems



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Co-owner, ISR Physical Therapy

& ISR PHYSICAL THERAPY & WORKSAVER SYSTEMSSM

forging the path to better health!

ISR Physical Therapy is known all over south Louisiana for its excellent success rate, objective testing and high patient satisfaction. ISR's team is made up of former competitive hockey player, Trevor Bardarson, avid triathlon competitor, Marc Cavallino, and renowned Health & Wellness speaker, Dr. Richard Bunch. This dynamic team proves that health and wellness is not only their occupation, but their lifestyle.

In addition to getting patients pain-free and back to their normal lifestyles, ISR currently maintains a very successful return to work rate. On average, discharged patients happily report a 95% pain improvement rate.

Dr. Richard Bunch, ISR's founder, is also the founder and CEO of WorkSaverSM

Systems, a proven, highly effective ADA and EEOC-compliant functional testing system for defensive hiring and return to work cases. It has been used successfully nation-wide since 1993 by small and large companies alike. Clients have experienced an upwards of 68% reduction of on-the-job injuries after using the WorkSaverSM process with return on investments (ROI) in this program independently verified as high as 18:1.

No one in the nation has more expertise in the area of job-specific functional testing or has a better proven record of effectiveness than the WorkSaverSM team. ISR Physical Therapy's patients report a 95% pain improvement rate. Patients even report feeling stronger and healthier upon completion of therapy.



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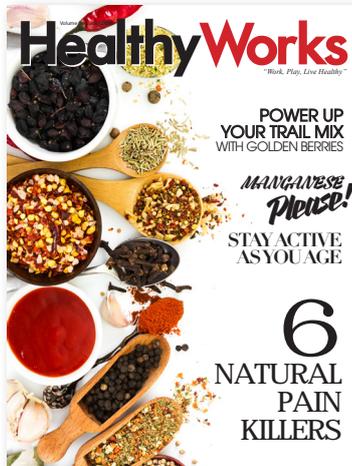
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We are Growing!

CAN YOU BELIEVE, HEALTHY WORKS MAGAZINE PUBLISHED ITS VERY FIRST ISSUE SEVEN YEARS AGO? WITH THE SOLID READERSHIP WE'VE DEVELOPED, WE ARE EMBRACING NEW OPPORTUNITIES. WE ARE GROWING AND HOPE YOU CONTINUE TO GROW WITH US.



Expanding Healthy Works gives us the opportunity to distribute our message to an even greater audience, so we are spreading HealthyWorks across the nation.

Our mission at HealthyWorks has not changed. It is still our desire to motivate you to take responsibility for your own health and wellness by bringing you the latest information on fitness, nutrition, injury prevention, and longevity. We have received many compliments about articles we've published that have benefited our readers personally. Our entire publishing team is continually inspired by your generous comments and supportive feedback, and we are always open to hear more from you. Your viewpoint is vital to the success and improvement of this publication.

We've truly had some great moments over the past seven years. However, we've also had a few growing pains, including some typos—ouch! Nevertheless, we must step back and realize that with growth comes some uncomfortable moments. Through our joys, laughter, and OMGs, we promise to continue striving to perfect this publication for your benefit.

So now the good stuff...how are we growing? Well, due to increased reader demand, we have upped our distribution from twelve thousand to fifteen thousand copies. As you know, most magazines are mailed directly to the homes of our loyal subscribers, and a few thousand are distributed at select locations throughout the community. In addition to increasing our distribution, we are now including advertisements in the magazine. Don't worry! We will continue to keep HealthyWorks clean and as reader friendly as it's always been. We know you want high quality content without the clutter—we do too! We will only feature advertisements that are congruent with our overall theme and message.

Wait! There's more. We agree with our loyal readers that HealthyWorks is a "good read," and we want to share our publication with readers in other cities and states. Expanding HealthyWorks gives us the opportunity to distribute our message to an even greater audience, so we are spreading HealthyWorks across the nation. Other physical therapists, gyms, and health-related businesses can now publish their very own copies of HealthyWorks Magazine to share with their clients. We are excited about our growth, and we hope you share the journey with us. Never stop growing!

*Christina Leidenheimer, CPT, CPI, CNC
Editor-in-Chief*



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• SUPER FOOD



Power Up Your Trail Mix WITH GOLDEN BERRIES

GOLDEN BERRIES ARE ONE OF PERU'S BEST-KEPT SECRETS. THIS SWEET AND SOUR SUPER FOOD HAS HEALTH BENEFITS YOU WON'T WANT TO LIVE WITHOUT.

Golden berries are a great, tasty snack delivering mega nutrients like beta-carotene, vitamins A, C, E, K1, B1, B2, and B3, as well as fatty acids and phytosterols. They contain a fair amount of fiber and important minerals like phosphorous, iron, and calcium. Although they are plant-based, these berries are packed with protein, about sixteen percent per serving. The B vitamins and protein make them a great energy-promoting snack for the active and adventurous.

Not only are golden berries energy promoting, but experts also tout their anti-inflammatory, antiviral, and anti-carcinogenic benefits. If that isn't impressive enough, golden berries have also been found to halt the effects of cancer! Golden berries are among a few foods that contain withanolide, a powerful anti-inflammatory, which can

suppress cancer-causing agents and turn on genes that enhance apoptosis—cancer cell death. Even more, they help reduce the likelihood of metastasis—the spreading of cancer.

If you cannot find this cancer scavenging super food fresh locally, dried golden berries offer the same benefits. Expect a potent, pucker-worthy sensation that can add a punch of flavor to your trail mix, cereals, oatmeal, or even salads. Athletes can grab these on the go and power up their day while reducing their risk of cancer.

OTHER BENEFITS OF GOLDEN BERRIES:

1. Nourishes kidneys
2. Protects liver function
3. Reduces fever
4. Regulates blood sugar
5. Improves immune function
6. Reduces inflammation
7. Supports weight-loss

MANGANESE Please!



Manganese is a vital mineral for so many important body functions. From proper brain function to vitamin and mineral absorption, manganese is a necessity!

Manganese is a trace mineral with powerful antioxidant properties. It seeks out free radicals that could cause cellular damage and destroys them. The body stores this mineral in small amounts in the kidneys, pancreas, bones, and liver. Although experts state that manganese deficiency is rare, at least 35% of the population may be deficient. Symptoms associated with manganese deficiency include high blood pressure, high cholesterol, poor vision, severe memory loss, tremors, and bone malformation.

So how does manganese benefit the body? This super mineral is an integral component for the structure of the body, helping build bones and connective tissues. It works with the body to absorb calcium—another top player in bone formation. Structurally it helps in the production of collagen, facilitating proper wound healing and supporting healthy skin. Manganese also supports proper functioning of sex hormones, the thyroid gland, and the brain. In addition, it helps regulate blood sugar levels because manganese plays a role in gluconeogenesis—

the conversion of substances like amino acids or organic acids into sugar. For all these benefits and more, it is important to eat a varied, healthy diet to ensure you are getting this and other necessary minerals.

Whole food sources are among the best options for getting your daily vitamins and minerals. In fact, just one cup of spinach contains 84% of the daily value of manganese, while one-fourth cup of oats provides 96%. Other sources of manganese include cloves, cinnamon, and brown rice. Add these whole foods and spices to your diet for a healthy brain, strong bones, and youthful skin.



FOODIE FEATURE

Aleksandra Winters



Oh ...it's my favorite time of year—autumn. Around the country, changing leaves are unveiling waves of color. It's just magical! It's as though Mother Nature was storing up this glorious beauty and now its bursting forth. At this time, the earth is becoming a beautiful canvas for our enjoyment. With this beauty comes a great harvest time, too. All the yellows, oranges, and peach hues bring delight to my culinary senses.

Just like the earth seems to transform, so can we. A new season is a great time to detox and cleanse the body. These are some of my favorite seasonal juice combos. The Cinnamon Sweet Potato Pie Juice tastes like a pumpkin pie milkshake while the Fennel and Beet Magic Juice tastes like a delicious red wine. I hope you enjoy them!



CINNAMON SWEET POTATO PIE JUICE

Serves 2

- 1 small beet
- 2 uncooked sweet potatoes or yams
- 5 carrots, 2 apples, 2 oranges
- 1 lemon with peel (if not organic, use without peel)
- 1/2 inch ginger
- Garnish: Pinch of Ceylon cinnamon

Process all ingredients in a juicer. Shake together and serve.

FENNEL AND BEET MAGIC JUICE

Serves 2

- 3 red beets
- 3 kale leaves
- 1 cup spinach
- 1 lemon with peel (if not organic, use without peel)
- 5 carrots
- 1 pear
- 1 fennel bulb
- 1 cup red grapes

Process all ingredients in a juicer. Shake together and serve.



Aleksandra's Book

Inspired by her Polish heritage, the world, and love for art, Aleksandra Winters—my friend and fellow health nut—takes you back to the basics of cooking in her book, Raw Food Art.

This brilliantly bold and colorful cookbook combines stunningly vibrant photography, natural and homegrown ingredients, and an eclectic approach to wellness that will replenish your mind, soul, and body. It is your must-have guide to a raw, plant-based lifestyle!

Raw Food Art includes more than 80 fresh recipes, tips for healthy living, and the inspiration for becoming your own chef. Winters will help you uncover the simple joys of food and the processes of making it once again. Have fun, get messy, and enjoy every season of life with Raw Food Art.

Find it on Amazon.com.

6 NATURAL PAIN KILLERS

By Christina Leidenheimer, CPT, CNC, CDS

FOR MANY, THE CHANGE TO COLDER WEATHER CAN EXACERBATE ACHES AND PAINS, EVEN CAUSING ARTHRITIC FLARE UPS, BUT DON'T DESPAIR! AS ALWAYS, NATURE HAS A WAY OF HELPING YOU THROUGH EACH SEASON.

According to the Arthritis Foundation, more than 50 million adults, that is 1 in 5 people, have doctor-diagnosed arthritis. Another 31 million Americans suffer from chronic back pain. Pain can be nagging, uncomfortable, and put a damper on your mood. But before routinely reaching for pain medication, you may want to try reducing pain and inflammation naturally. Nature's bounty during the fall and winter months provides an array of special herbs and spices to help reduce pain and inflammation.

Try adding these herbs and spices to your diet this season.



1. TURMERIC

Turmeric is a root used as a seasoning and spice in India. Traditionally, Chinese and Indian medicine use turmeric to reduce pain and stiffness associated with arthritis. A component in turmeric has been shown to block inflammatory cytokines and enzymes, including cyclooxygenase-2 (COX-2), the target of celecoxib (the drug known as Celebrex).

This vibrant yellow spice can be purchased in root or powder form. In powder form, you can sprinkle it in a stir-fry, add it to soup, or spice up a seasonal drink like chai tea.

For those who do not like the pungent flavor of turmeric, it does come in capsule form. The Arthritis Foundation recommends people with osteoarthritis take 400 mg to 600 mg at least three times per day (or 0.5 g to 1 g of powdered root up to 3 g per day). For rheumatoid arthritis, the suggested dose is 500 mg twice daily.

As always, consult your doctor before taking any new dietary supplement. Individuals on blood thinners and women who are pregnant should practice caution, as turmeric can act as a blood thinner. Avoid taking it before surgery or if you suffer from gallbladder disease.



2. CINNAMON

Cinnamon has a ton of health benefits. One of the well-known benefits is its ability to reduce pain and inflammation. This natural painkiller is effective because it has a powerful prostaglandin-inhibiting action, like that of aspirin. There's more! A 2008 study published in *Bioorganic and Medicinal Chemistry* discovered that cinnamon slowed down the breakdown of bones, reducing bone damage. This mineral-rich spice contains calcium, potassium, zinc, magnesium, and iron, all of which are crucial for the growth and repair of new tissues.

Freshly grating your own cinnamon sticks will yield a more fragrant and potent spice than the pre-powdered form. Purchase a few high-quality sticks and grate them over a cup of hot cocoa, or add a pinch of sweetness to a savory dish.

3. HOLY BASIL (Tulsi)

Holy basil is revered as a safe, effective alternative to medical marijuana. Thousands of cancer and AIDS patients depend on medical marijuana to control symptoms associated with their illness. However, there are still some known side effects with that alternative form of medicine, such as impaired attention, decreased motor skills, and changes to brain function. On the other hand, holy basil offers many of the same reported benefits as medical marijuana but without the negative side effects. A unique compound found in holy basil called BCP or (E)-beta-caryophyllene acts as a natural anti-inflammatory to dramatically reduce pain and swelling.



4. GINGER

Ginger is a common plant (a root) with many medicinal uses. Certain compounds in ginger function as a COX-2 inhibitor (COX-2 is the enzyme responsible for pain and inflammation), in much the same way many commonly used medications for rheumatoid arthritis or psoriatic arthritis do. 6-Gingerol is the major pharmacologically active component of ginger and has many biological activities from anticancer to anti-inflammatory.



5. FENNEL

Fennel is a licorice-tasting herb that contains a volatile oil compound known as anethole. This oil is especially effective at blocking inflammation by inhibiting NF-kappaB, which is responsible for inducing inflammation relative to conditions like allergies, asthma, arthritis, cancer, and even atherosclerosis.

Fennel also can increase certain activities of an antioxidant known as superoxide dismutase. This antioxidant helps lower levels of inflammation caused by oxidative stress—one of the culprits behind chronic inflammation associated with degenerative conditions.



6. CAYENNE

Cayenne (chili pepper or red pepper) not only improves blood flow and circulation throughout the body, but it also contains natural compounds called capsaicinoids that have mega anti-inflammatory properties. These special compounds trick the nervous system, dulling the sensation of pain. It does this by depleting a neurotransmitter called substance P, which is responsible for relaying pain signals to the brain. When this substance is blocked, the pain signal is not received, so you feel pain free. Traditionally, many take cayenne capsules orally, cook with cayenne pepper, or use a cayenne rub topically for arthritic pain, achy joints, or sprains.

RED HOT ANALGESIC CREAM

Super-Natural Ingredients:

- 3 TBSP of organic cayenne powder
- 1 cup of organic olive oil
- 1/2 cup of grated beeswax

Directions:

1. Mix together 3 tablespoons of cayenne powder with 1 cup olive oil. Heat the mixture in a double boiler for 8 minutes over low-medium heat.
2. Slowly add a 1/2 cup of grated beeswax and gently stir until completely melted. Make sure all ingredients are well mixed.
3. Remove from heat and chill mixture in the refrigerator for 10 minutes.
4. After 10 minutes, mix well and continue to let mixture cool for 10-15 minutes.
5. Remove from refrigerator. Mix well. Using a spoon, add mixture to a glass jar with a tightly fitting lid.
6. Mixture can be stored in refrigerator for up to 10 days. Use daily as needed.

Precautions: Cayenne is hot! When first applied, there will be a tingling, burning sensation on the skin. Wear gloves when handling and applying cream. Avoid any contact with your eyes, as it can burn them.

This may not be something practical for those with very sensitive skin. Test a small amount on skin before using.

MAX BENEFITS OF MINIMALIST SHOES



There's been a certain amount of controversy surrounding minimalist footwear. However, a recent study conducted by Hong Kong Polytechnic University (PolyU) and Harvard Medical School, found that running in minimalist shoes can increase leg and foot muscle volume, indicating its potential application in rehabilitation programs.

EAT THIS, LOSE WEIGHT



Most people admit to gaining a few extra pounds during winter months, but that doesn't have to be the case. Many fall foods, like pumpkin, are rich in fiber that will help you feel fuller longer. In fact, there are seven whopping grams of fiber in just one cup of pumpkin, including canned pumpkin. Additionally, pumpkin is low in calories and has a high-water content. So fill up on this super nutritious food this fall and watch the numbers on the scale drop!

CINNAMON BOOSTS BRAIN FUNCTION



Research led by Dr. P. Zoladz found that chewing or just smelling cinnamon flavored gum enhanced research participants' cognitive processing. Specifically, cinnamon improved participants' scores on tasks related to attention processes, virtual recognition memory, working memory, and visual-motor speed, all while working on a computer-based program.



NOURISH DRY SKIN

Organic apricot kernel oil is a best-kept, all-natural beauty secret. This lightweight, soft-scented oil is rich in essential fatty acids like omega-6 and abundant in gamma linoleic acid (GLA). While the GLA content is especially good for maintaining skin's delicate moisture balance, it also helps firm and tone the skin. The rich vitamin A and E content can effectively reduce signs of aging by soothing and nourishing fine lines and wrinkles. Use apricot kernel oil as a natural moisturizer before bed or upon rising for healthy, glowing skin.



A FUN WAY KIDS CAN WORK THEIR BRAINS

NEUROSCIENTISTS ARE CONTINUALLY DISCOVERING THE AMAZING BENEFITS KIDS CAN GAIN FROM BEING MUSICAL. ARE YOUR KIDS REAPING THESE BENEFITS?

Studies show that musical training can greatly improve cognitive function. Music has a unique way of improving the connectivity of different regions of the brain, helping neural pathways expand. This helps the brain process information quickly by strengthening communication between brain areas. Consequently, learning how to play an instrument gives the brain a good workout! It fosters the development of listening and auditory processing skills that promote better memory and enhance the part of the brain involved in planning, organizing, and goal setting. Further studies show, these benefits are far-reaching—kids who were musical while growing up have better memory and quicker thinking skills as they age.

Music lessons sound great, right? But how will you get your kids to stick to the learning process long enough to gain the benefits? Kindermusik classes meet this challenge because they are designed to help your child reap all the above stated benefits while having fun! Children are introduced to new concepts and topics that help them gain a

better understanding of themselves and the world around them. As they learn song lyrics and dance routines, their memory and recall skills are developed. They will practice focusing on and listening attentively to original stories and unique animal sounds. They will learn about cause and effect through instrument and prop play. These activities are fun but do serve a purpose—they encourage problem solving, symbolic thinking, reasoning, and more—all in a musically engaging and developmentally appropriate way for each child. These classes are so engaging that children won't even know they're getting a brain workout.

Learn more about Kindermusik classes at

www.kindermusik.com

Call Candy Rink for a free class preview. 985-791-3083

Classes are for infants to age seven.

Location:

Vintage Cafe (Kindermusik with Ms. Candy)

6670 W Main St. Houma, LA 70360



GET READY TO HARVEST COOL WEATHER CROPS

IF YOUR SUMMER GARDEN DIDN'T DO WELL BECAUSE OF THE FREQUENT RAIN, INTENSE HEAT, AND PERSISTENT WEEDS DON'T GIVE UP ON YOUR GREEN THUMB JUST YET! COOLER WEATHER OFTEN MEANS IMPROVED GROWING CONDITIONS.

Favorable fall conditions allow cool-weather crops to flourish. You will have to work less to protect your garden from destructive pests, as both insect and animal populations will taper off in fall. And since weeds will germinate less frequently and grow more slowly, weeding won't be a time-consuming task. Finally, more rain and less sun and heat reduce the risk of crops falling victim to drought or too much heat.

Perhaps the greatest advantage of fall gardening is you will have fresh, healthy produce on hand well into the cooler season. Many autumn vegetables can endure the first few frosts if you provide them with proper protection, like row covers, cold frames, or mulch. Some varieties—like spinach, collards and kale—taste better when nipped by frost.

FALL GROWING TIPS

The first step to success is to know your growing season. In warm climates, fall crops can thrive throughout winter. In colder areas, the growing season will be shorter. Not sure when frost will arrive in your area? Check out the USDA frost map on the Bonnie Plants website.

Next, you need to ensure your growing spot is in tip-top shape. Regardless of where you choose to plant your garden, in the sunniest spot in the yard or in containers, it is important to get the soil healthy. Take time to test the soil, and add amendments if needed. Clear the ground and containers of any leftover garden debris, then add a two-inch layer of mulch or compost. Finish with a balanced, organic natural fertilizer for a strong, healthy start.

Since fall's growing season can be unpredictable, it's important to give your garden every possible advantage. Get a jump-start and use transplants, like those offered by Bonnie Plants. These are a good choice because

they have eco-friendly biodegradable pots—preventing millions of pounds of plastic from entering landfills. They are also a non-GMO (genetically modified organism) seed company. The advantage of using transplants is they are already six weeks old, so you'll skip the seed starting process and enjoy a harvest six weeks sooner.

FARMERS' FALL FAVORITES

* *Artwork Stir-Fry Broccoli* - Also called stem broccoli, produces multiple long, edible stems with tender, bite-size heads instead of a single large head -perfect for stir-fries and sautéing.

* *Brussels sprouts* - High in protein and vitamin C, these hardy "mini cabbages" grow along a thick stem and can stand up to frost.

* *Georgia collards* - The sweet, cabbage-like flavor of collards make them a favorite in southern dishes. Frost sweetens their flavor further, making collards a nutritious and delicious fall favorite.

* *Spinach* - A chill-loving green, spinach can produce abundant leaves ready to go from garden to table. Spinach is a nutritional powerhouse and is high in vitamins A, C, K and E, as well as iron, manganese, folate and calcium.

* *Cauliflower* - Rich in vitamin C, cauliflower can withstand light frost and Bonnie's can resist colder temperatures. Cauliflower is naturally low in calories and high in fiber.

Herbs can be planted too. Try some culinary favorites like parsley, rosemary, thyme, and onion chives. These are great additions to hot soups.

If you put proper growing practices into place this fall, you'll get your garden off to the right start and reap an extra inning of a healthful and productive cool-weather harvest.

Are Your Veggies Safe to Eat?

IT'S ALWAYS A SMART IDEA TO THOROUGHLY WASH YOUR PRODUCE BEFORE PREPARING AND EATING IT. IT SEEMS SIMPLE ENOUGH, BUT ARE YOU USING A SAFE, EFFECTIVE PRODUCT TO GET THE JOB DONE?

Washing produce can help remove mold, bacteria, and pesticides. When done properly, washing and soaking produce can also remove that annoying wax from the surface of fruits and veggies. The best way to ensure you aren't doing more harm than good is to make your own vegetable wash. With the DIY method, you know the ingredients are harmless to your health.

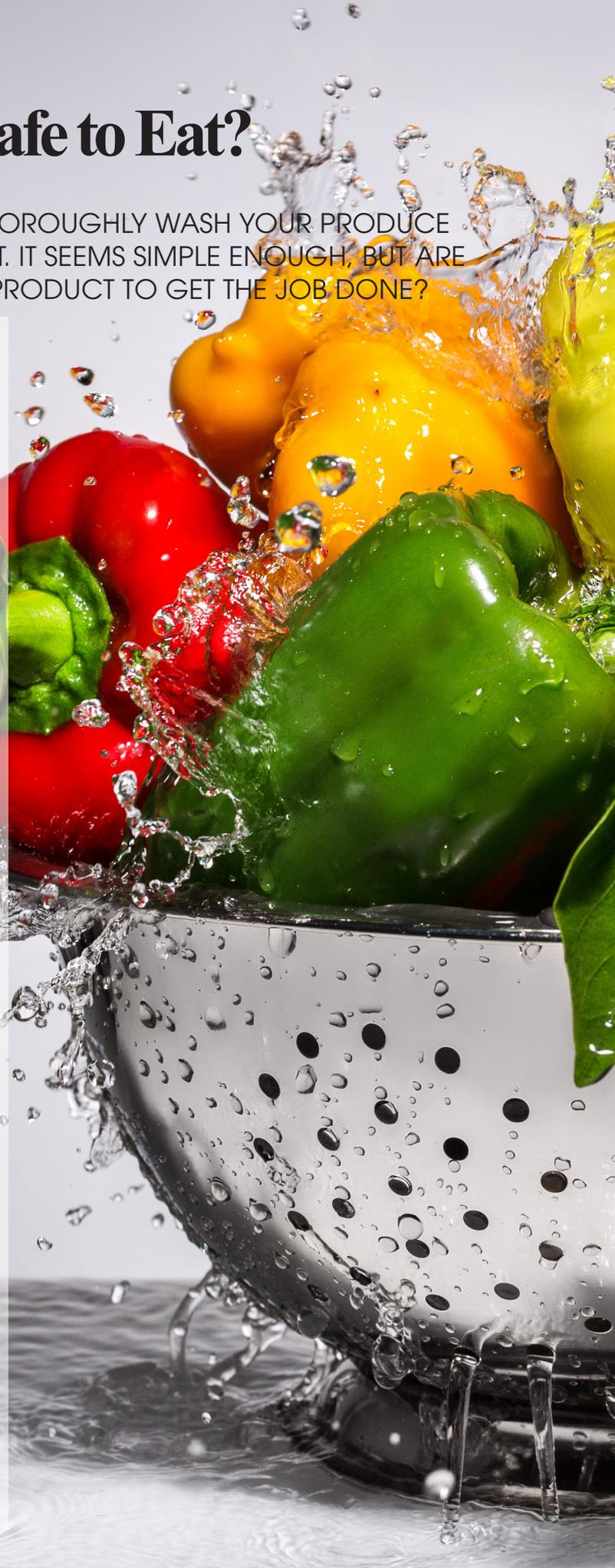
You will need at least three ingredients: apple cider vinegar, lemon juice, and water. Apple cider vinegar is an effective ingredient because it contains acetic acid, which has antimicrobial properties. Lemon juice also has very potent all-natural antimicrobial properties. Grapefruit seed essential oil is optional but very effective. It is well known for its ability to fight bacteria and fungus. It is even touted to kill E.coli bacteria. When purchasing essential oils, look for the 100% therapeutic grade label. This will ensure that oils are high quality and safe for ingesting.

DIY PRODUCE WASH

- 1/2 cup apple cider vinegar
- 2 TBSPS lemon juice (*or 6 drops of grapefruit seed essential oil*)
- 2 cups water

Instructions:

1. Measure and combine all three ingredients in a small spray bottle. Shake bottle well.
2. Spray your produce thoroughly; then rinse.
3. For soft-skinned fruits like berries and tomatoes and tender leafy greens, spray lightly and let sit for thirty seconds, then rinse and pat dry.
4. For tough-skinned items like root veggies, apples, oranges, and melons, spray the produce thoroughly, and then gently scrub with a clean vegetable brush. You can then pour more of the solution into a sink full of clean, filtered water and let the produce soak for at least thirty minutes. The soaking process will help remove the wax coating often found on store bought produce. After soaking, drain, rinse, and pat produce dry.
5. If you have leftover spray, put the date on the bottle and store in fridge for up to a month.



Use body weight exercises to BURN FAT & BALANCE YOUR BODY

By Christina Leidenheimer, CPT, CNC, CDS | Naturallychristina.com

Some conventional exercises isolate one or two muscles at a time. This can create bulk or strengthen in one area of the body while neglecting other parts. One way to target the whole body is to use body weight exercises like planks. Planks force you to use almost every muscle in your body at one time, helping you develop an overall strong, symmetrical, beautifully balanced body. Working many muscle groups in unison also creates greater calorie expenditure, producing a more effective fat-burning workout.

1. MODIFIED REVERSE PLANK

Sit with your butt on the floor. Bend your knees and place your feet on the floor. Place the palms of your hands beside your butt. Lift your pelvis toward the ceiling, supporting your weight on your palms and heels. Bring your body into a straight line. Hold this position for 30-45 seconds.



2. MODIFIED REVERSE PLANK WITH DIP

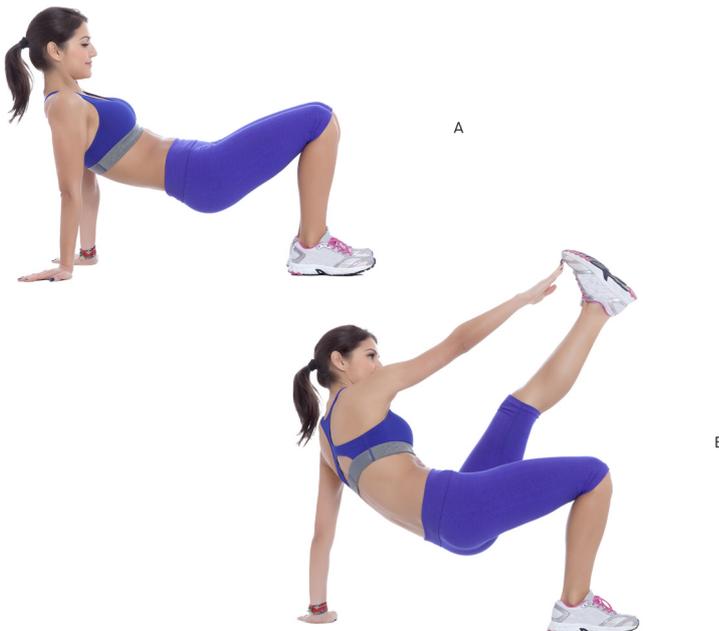
Sit with your butt on the floor. Bend your knees and place your feet on the floor. Place the palms of your hands beside your butt. Lift your pelvis toward the ceiling, supporting your weight on your palms and heels. Bring your body into a straight line. Hold this position for five seconds. Lower your butt toward the mat, allowing it to hover a few inches above the mat. Repeat exercise. Your butt should not touch the mat throughout the entire exercise.

Perform 2 sets of 12-15 reps.

3. MODIFIED REVERSE PLANK WITH TOE TOUCH

Sit with your butt on the floor. Bend your knees and place your feet on the floor. Place the palms of your hands beside your butt. Lift your pelvis toward the ceiling, supporting your weight on your palms and heels. Bring your body into a straight line. Lift your right leg straight up to about a forty-five-degree angle. Take your left arm and reach your hand out to meet your right leg. Touch your toes if you can. Bring your right leg and left hand back to the mat. Repeat this exercise with the right arm and left leg. Continue alternating the right and left side. Try to hold your pelvis in a mostly neutral position, not allowing excessive bouncing up and down.

Perform 2 sets of 12-15 reps.





STAY ACTIVE AS YOU AGE

Individuals over the age of seventy who lead a sedentary lifestyle will likely develop problems walking or climbing stairs within a few years, says a study revealing that physical activity is as important to elderly individuals as taking prescription medications.

Staying active not only increases muscle mass and strength, it also helps maintain normal lung capacity during simple activities. The strength gained from exercise also helps the elderly maintain the balance needed to walk upstairs or on uneven surfaces, reducing their chances of falling. A study conducted of 3,075 men and women between ages of seventy and seventy-nine showed that thirty-four percent of the men and forty-seven percent of the women reported difficulty with walking and climbing stairs. Those who were inactive were twice as likely to report these problems as people who exercised regularly.

No matter how old you are, exercise can improve your quality of life. You are never too old to move your body, and you do not have to spend a lot of time exercising to see and feel big improvements. It is crucial that seniors engage regularly in cardiovascular exercise, strength training, and flexibility exercises to stay healthy and maintain as much strength and functionality as possible. Those who exercise on a regular basis will maintain greater mobility as they age which will help them stay independent as long as possible.

If you are an older individual who has trouble performing daily activities, consult with a physical therapist who can prescribe exercises and coping strategies that will help you remain active and independent. Here at ISR Physical Therapy, we stress a “hands on” approach to physical therapy with a focus on exercise and mobility.



ISR PHYSICAL THERAPY
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