

Wellness in your Life

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Winter Time Exercise

A new year always brings renewed resolve to make the upcoming year better than the last. Making the new year a healthier year doesn't need to be difficult.

Along the way to having and maintaining a healthier life, we need to look at the food we eat, the exercise we do, the sleep we get, the water we drink, the vitamins and minerals we need and the stress to reduce. We have explored food and stress in the past and will look at the others in the future.

Exercise is hard to make a routine part of our life. And when temperatures take a dive, we want to just curl up in a snuggly blanket and watch television until it warms up again. But hibernating is for bears.

As humans we need to stay active through the whole year. If we make certain adaptations, we can keep exercising, indoors and out through the year. In this issue we will explore some of the issues to keep in mind.

Beginning January 1, 2009, fees for adjustments will increase from \$35 to \$37.

New Hill City Office Hours

- Mon - 8 - 1, 2 - 5:30 ○
- Tue - 8 - 1, 2 - 7 ○
- Wed - 8 - 1, 2 - 5:30 ○
- Thur - 8 - 1, 2 - 5:30 ○
- Fri mornings and Sat - by appointment. ○
-
- Phillipsburg now open Fri. ○
12 - 5:30 with Dr. Anderson



Winter is no excuse for not exercising



Many research studies are finding that exercise can do many things for our bodies. Exercise has been shown to be as effective as medication for such conditions as depression and diabetes, and

contributes benefits to treatment for heart disease and cancer.

Studies have also shown that exercise can extend our lives and even reverse some of the markers of aging.

So, just because the weather turns cold, doesn't mean we should skip our exercise. Depending on your preferences, you can still exercise in winter time both indoor and outdoor if you take proper precautions.

Outdoor Precautions

- ✓ **First thing** to remember in any exercise plan, is to check with your doctor. Exercise in cold weather can be safe for almost anyone, including people with asthma and heart problems. But make sure you check to see what you may have to consider and what warning signs to watch for.
- ✓ **Layers.** A major problem with exercising in cold weather is we tend to overdress. Exercise generates heat - as much as 30 degrees more. But when you are tiring and slow down,

sweat can dry and cause chills. If you dress in layers, you can remove clothing when you start to sweat, and put it back on when (before) you start to chill.

The Mayo Clinic recommends starting with a thin layer of synthetic material such as polypropylene to draw sweat away from the body. Then add fleece for insulation. Cover that with a waterproof, breathable outer layer. If it's very cold, around 0 to 30 degrees, wear a mask or a scarf over your mouth.

- ✓ **Get warm first.** Cold temperatures can make your muscles tight and more prone to injury. Warm-up slowly and properly before engaging in intense physical activity.
- ✓ **Protect your extremities.** Cold weather leaves your hands and feet vulnerable to frostbite. Wear a thin pair of gloves under a pair of heavier gloves or mittens lined with wool or fleece. Try a couple of pairs of regular socks or thermal socks. You may need shoes a half-size bigger for exercising in. Don't forget a hat or headband.
- ✓ **It's best** to exercise during daylight hours. But if you have to be out when it turns dark, wear reflective clothing.
- ✓ **Pay attention to wind chill.** The wind will make temperatures that much colder.
- ✓ **When you return inside,** give your body time to adjust. Post exercise hypothermia is possible if your body loses heat rapidly when you stop.

Indoor Winter Exercise

When the weather is cold outside, you can always find ways to exercise inside.

- **Find an indoor walking location.** Recreation centers and community buildings may have areas you can walk. Other locations might be a mall, department store or the school gymnasium. Often it is helpful to join a walking group to keep you motivated and moving. You make a greater effort if you have to be accountable to someone else.
- **Join a health club or workout center.** This will give you a full range of exercise options year round. And they may have people available who can help you put together your routines and keep you motivated.
- **Create your own home gym.** Many workout programs are available to keep you moving at home. Equipment is becoming smaller to fit in most homes, and buying used may help cut down on the expense. If you don't have the room or the budget, you can build routines

around simple dumbbells, an exercise ball and/or jump rope. Some equipment you may even be able to make yourself.

- **Join a yoga or tai chi class.** Many recre-

ation centers and fitness clubs offer aerobic, yoga and tai chi classes. If there isn't one available near you, call some friends, rent a tape and start your own class.

- **If you have stairs** in your home or someplace nearby, you can do stair stepping where you can actually go someplace instead of being stationary. You can spend as little as 20 minutes at a time to get an intense and effective workout.



- **Get wet.** If an indoor pool is available, try swimming, water aerobics, or even just walking or running laps in the water.
- **Visit your library.** Often the local library will offer exercise videos you can check-out for free. When you exhaust all of those, you may be able to find more workouts on the internet.
- **Don't forget the massage.** Research at Ohio State University is looking into the mechanisms for therapeutic massage helping in recovery after a sports injury. Massage is often a routine for professional athletes, but the rest of us can benefit also. If you've overdone it, or just want to recover quicker, get a massage when you are done exercising, or shortly after.



The Exercise Bottom Line

We are constantly told the path to health is through diet and exercise. Diet meaning eating a healthy, balanced diet rather than the restrictions definition.

Exercise has enough studies to indicate that it can improve almost any condition we may have, from diabetes to depression to arthritis. And some studies even show that we can reverse some of our aging markers by exercising more vigorously.

Low levels are still good

Even exercise at a lower level than the recommended one could boost over-



all fitness and heart health. Dr. Mark Tully, from the University of Ulster in Northern Ireland, and col-

leagues, studied 106 healthy but sedentary adults between the age of 40 and 61 for 12 weeks.

Groups were assigned a brisk 30-minute walk three days a week, a brisk 30-minute walk five days a week, or to not change their lifestyle (the non-walking control group).

After the 12 weeks, the researchers found a significant lowering of blood pressure and waist and hip girth for both the three-day walkers and the five-day walkers, compared to no change in the non-walking control group.

The conclusion is that even if you don't have time to walk five times a week, walking even two or three times will be better than not walking at all.

Getting started

So how do we get off the couch and out the door? Especially when the weather is brutal and the economy is slumping?

If indeed, the weather is "brutal" with high winds and very low wind chill temperatures, the best alternative is to find a gym or wellness center where you can walk on an inside track or treadmill. You might also decide to do yoga or pilates that day and walk another time.

For weather that is cold but not so brutal, bundle in layers and put a scarf or ski mask over your mouth.

It also helps if you can walk or exercise with friends or in a group. This will make it more enjoyable and keep you accountable. Join or start a walking group with some of your friends.

Overcome barriers

Some of the obstacles to exercising include: "I don't have enough time to exercise."

We've already shown studies that indicate you don't need to exercise every day. Other studies are showing that short 10-minute walks several times a day can also provide benefits. You might also try getting up 30 minutes earlier to squeeze in time, or walk whenever and where ever you can, such as park at the back of the parking lot, or walk to the neighborhood store. Walking to run your errands can also save you on gasoline during these times of high gas prices.

“Exercise is boring.” This is often accompanied with “I’m not going to do exercise that doesn’t get me anywhere.” If you can exercise with friends, you can look at it as “social time” rather than exercise. Try a class or sports league at the recreation center or school gym. Mix up the type of exercise you do so you are not doing the same thing day after day.

“I’m self-conscious about how I look when I exercise.” Remind yourself that you are doing this to make you feel better and becoming healthier. Eventually the looking good may come also. Others might be there feeling the same thing and may need your encouragement to keep going as well.

“I’m too tired to exercise after working all day.” This may almost be a valid excuse. But if you get into an exercise routine, you may gain tremendous amounts of energy so you won’t feel as tired when you get home.

Work benefits

Try other times of the day for your exercise time. We mentioned getting up earlier for morning exercise, you might also talk to your boss and organize a lunchtime exercise program or a mid-day time to exercise as an office. A study in England, presented at the American College of Sports Medicine annual meeting in June of 2005, found workers who participated in a work sponsored mid-day exercise program returned to work better able to manage time demands, manage output demands and improved mental and interpersonal performance.

The study involved 210 workers doing aerobic classes as well as some yoga and stretching. Results included less, not more, afternoon fatigue, more productivity and better co-worker relations. Researchers also expect health care cost to

decrease as workers would need fewer sick days, better attendance and better relations with colleagues.

Time and money

“I’m too lazy, not athletic, and afraid I’ll hurt myself.” Set realistic expectations, starting slow and pacing yourself. Join an exercise class or work with a personal trainer to determine what you are capable of. Exercising with others makes it more enjoyable and they can keep you accountable for working toward the goals you set for yourself.

“I can’t afford to buy fancy exercise equipment or join a health club.” There are many ways of making your own exercise equipment and exercising without needing equipment. You can also look for used equipment, but be careful to check for flaws and other problems with used items.



Also keep in mind why you are exercising. You see the doctor because you feel a need to get healthier and you may be taking prescriptions for the same reason. Think of exercise as another prescription for getting healthy.

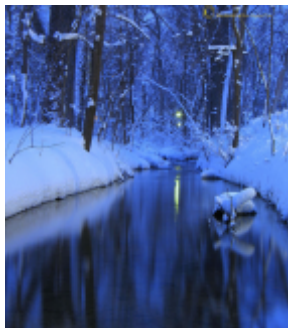
It’s all for you

When you check the bottom line, you want exercise to feel healthy, reduce medical costs, increase work production, and to have a longer, happier life with your family. The reasons are all about you.

Winter Blues is S.A.D.

With sub-zero temperatures and cloudy days, our thoughts turn to fire places and hot chocolate. Exercise levels tend to suffer during the winter.

We are also vulnerable to the



Winter Blues which is actually a milder form of S.A.D., or seasonal activity disorder.

Some of the symptoms for S.A.D. include: down and depressed; less interested in doing

anything or always delaying doing things; less interested in sex; less interested in eating; restless sleep; feeling that life is not worth living; thoughts or speech are slowed; avoiding people; craving sweets or starchy foods; mood or energy slumps in the afternoon; and numerous other symptoms often associated with depression.

Food solutions

The Winter Blues do not have to keep us down and can be countered. Because of less sunshine in the winter, lower vitamin D levels are a major factor. Checking your vitamin D levels and possibly adding a supplement may help to change some symptoms.

In addition, adding foods high in omega-3 fatty acids such as fish have been shown to help with mild to moderate depression.

Folate levels are also deficient in some people experiencing depression. Lentils, chili peppers, turkey and tuna

are good sources of folate. (This can also help with mild dementia.)

Winter exercise

As we've said in earlier parts of this newsletter, exercise is a good tool for overcoming depression and the Winter Blues. Studies have indicated that one hour of outside aerobic exercise had the same benefits as 2.5 hours of light treatment indoors.

Sleep strategies

Benefits have been shown for people who can get out in the early morning sunshine. Instead of staying up late at night and waking later in the morning, if you can go to sleep earlier and wake up earlier, you will gain more energy during the day and reduce feelings of depression.

Light boxes

Since lack of sunshine is the prime contributor to Winter Blues, using a "light box" helps to overcome some of the effects. Light intensities need to be between 2,500 and 10,000 lux (a normal light emits 250 to 500 lux).

If Winter Blues is a problem, don't just sit back and take it. Do something about it.



Dustin S. Cheney, D.C., D.A.B.C.I.

In these times of economic un-rest, political tension, and dis-harmony in the world, it is easy to see that many of us are facing new stressors. Chiropractic has long said that stress (physical or emotional) is the cause of many diseases including pain, heart disease, cancer, and many others.

This month we talk about exercise because, as most people know, being overweight or obese is considered the most preventable cause of chronic disease (by most authorities) and at least 65% or our nation could be considered at least overweight (me included:). We also talk about the cardiovascular ramification of not being physically fit. There is reason-

From the Desk of ... Bruce Anderson, D.C.

Happy New Year!.. New Year's Eve and New Year's Day, typically a time for renewal, reflection, celebration and resolution. All of the things we wanted to do last year, we can do this year. Both you and I know while that thought is a somewhat romantic one, it hardly ever comes to pass in that way. It's OK. For the most part, I'm right there with you.

This is the time of our lives for second chances. That chance to really make a difference in our lives concerning our health care and what to do.

So many more options are available to us than ever before. When I was younger the fitness place available was called the YMCA. Also, the one fitness and health magazine was called *Prevention*. Today there are a variety of community and private fitness spas coupled with a large variety of health and fitness magazines.

It would be easy to overwhelm ourselves with all of the healthcare options we presently have. One option would be

able data to state that mood, psychological conditions, and generally happiness can be influenced by being active and fit as well. All of these and more contribute to the physical stress placed on our bodies.

We are a minute society with a need for instant gratification, yet we also know that Rome wasn't built in a day. In the end, all we have is ourselves and the decisions we make regarding our life. Won't you please consider your long term wellness? Quit a bad habit, exercise a little, give without wanting to receive, eat a few more salads, mitigate some of your stress, and try to maintain a little **"Wellness in Your Life."**



to prioritize our list of needs. It could be a change in diet, exercise habits (or lack there of),

sleep habits, or stress management. One could try acupuncture for that achy knee problem and so on. Chose the three most important to focus on.

Then choose one of the three that feels most important and address it. Whatever it may be, give that need the appropriate time and attention. Once you have achieved results with that, then it is time to address the second and possibly the third. Try not to do too much all at once. Managing one project at a time is best.

The Dr.'s Cheney and I are always available for consultation in helping you achieve that healthcare New Year's resolution. We wish you a safe and healthy year with our desire for continued **"Wellness in Your Life."**

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