

MOVEMENT FOR LIFE[®] NEWSLETTER



WHAT DOES HEALTH AND WELLNESS REALLY MEAN?

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The World Health Organization (WHO) in 1948 defined health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." A component of health is wellness. Wellness has multiple dimensions including social, spiritual, emotional, occupational, intellectual, environmental and physical. These dimensions interact to promote an individual who is healthy and well, therefore the importance of assessing each dimension is essential to overall health and wellness.

"Health and Wellness" have become very trendy terms. If you look around, "health and wellness" are everywhere in grocery stores, pharmacies, medical and health club facilities, and even in fast food chains. Try a general search on the web for "health and wellness"; you will find all types of tests, diets, pills, and activities claiming they will make you (and even your pets) healthy and well. Yet with "health and wellness" surrounding us, the world has 1.6 billion overweight adults (age 15 years and older) with a projection to increase by 40% over the next 10 years. The overweight population is

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IS YOUR WORKOUT MAKING YOU BETTER, OR JUST MAKING YOU TIRED?

by Ryan Joiner, MS, CSCS
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Fitness assessments may sound boring, but it's the most important part of a good fitness program. I'm not exaggerating.

Richard Feynman, the quantum physicist once said,

"the first step is realizing that you must not fool yourself; the second step is realizing that your the easiest one to fool."

This couldn't be more true. Though I imagine he was talking about something less tangible like quantum physics, but it still works really well for health and fitness.

How do you really know if what you're doing to stay healthy and fit is really working? Are you or your personal trainer objectively measuring things to determine you're not just getting tired but actually getting better?

It's quite common for a new client of mine, who has hired a personal trainer in the past, to comment on all the assessments we do in the beginning saying something like,

"no one's ever taken this much time to determine my needs before."

Assessments are key. They must be done at the start and then every 4-8 weeks thereafter to determine progress. Otherwise, how do you know if you're improving in the direction you want to go?

Some people say it's by the way they feel, but I can tell you that doesn't work. How often are your feelings wrong? Feelings are influenced by so many things (including your own prejudice's, the

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not isolated to adults; the occurrence of children being overweight is also on the rise. Being overweight, no matter your age, places you at higher risk for various ailments including osteoarthritis, type 2 diabetes, high blood pressure, high cholesterol, coronary heart disease, stroke, cancer, and metabolic syndrome to mention a few. Please realize weight is only one component of *"health and wellness,"* weight just happens to be a more personal, researched and publicized topic. After giving you a few definitions and dimensions of health and wellness, let's ask the question... Have you ever truly thought what being *"healthy and well"* means to you?

The process of becoming *"healthy and well"* is an active process beginning with you defining what *"health and wellness"* means to you. We all know you can be told by your family, friends, and even a health care professional if you are unhealthy or not well. However, if being healthy is not important or a priority to you, you are not going to be committed to proceeding toward the changes needed for you to achieve a healthy state.

As a health care professional and a mother of young children, these statistics frighten me and they have inspired me to become even more passionate about encouraging individuals to achieve healthier lifestyles, through education and physical activity or referring to an appropriate affiliate. If you are ready to commit (or need a little encouragement to commit) to health and wellness, but just are not sure how to get started please contact one of our offices. Visit www.centralvalleypt.com for directions to our clinic and contact information.

SOME COMPLAIN, OTHERS GET TO WORK

by Ryan Joiner, MS, CSCS
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My daughter and I were watching a reality show the other night and the participants had to sing. I'm not a big fan of reality shows, but I have to admit that I sometimes get hooked into their performances. To hear an amazing voice sing a well-written song is a great pleasure.

If you had been watching, you would have seen a very weird guy that was basically crying. Yeah, I know that describes about $\frac{3}{4}$ of them, but this guy was really crying. He said something like, *"how can they take my dream away from me?"*

I growled when I saw the scene and my daughter rolled her eyes, knowing she was in for another one of my *"lectures"* on bad attitudes and life lessons. You've probably heard one before too.

What immediately went through my head is that no one *"takes"* our dreams away from us, but us.

Then I thought of the economy, and all the complaining and moaning that I hear about it. Especially in the media, which made me think of this:

Some complain, others get to work!

And I bet you know who were the successful ones in this story – the ones who didn't let anyone *"take their dreams from them."* I see this attitude in health and fitness all the time.

In regards to the economy, no doubt there are people struggling right now, but nothing good will happen for them by complaining. While so many are cowering, I'm growing a business.

And at the same time many are complaining about their weight, their energy levels, their looks, their sleeping patterns, etc. We saw 78 people last month go to work and successfully change these things!

How is your mindset currently? How do you handle the negative thoughts that enter your head each day? How does that affect your fitness? Do you let your fears, anger, and

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complaining run wild? Or do you shut down the “head trash” and get to work?

Take control of your life. The future favors the bold!

When many are struggling and looking to others for solutions, I can promise that there are people thriving right now and they are the people taking action, rather than waiting for others to take action. They are not letting anyone take their dreams from them! Be one of these people.



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outside environment, other people’s suggestions, etc.), they can’t be relied upon to give objective data as to whether you’re physically improving or not.

Do you feel your cholesterol improving? Do you feel your spine coming into better alignment (after it’s been out of alignment for 9 years)? Do you feel your lack of left hip internal rotation (which is now causing your right shoulder impingement pain) improving?

No, these things must be measured objectively and then shown to you with a comparison to previous numbers and “typical human norms.”

When the numbers change, you know that you’re changing, objectively. And that means a lot. You don’t have to wonder if you’re just fooling yourself.

Just a few things that should be measured on the body mass/aesthetic side of things are body fat percentage and circumferences. And of course, a little less scientific but still very effective is last year’s photographs and jeans! Can you fit in them or not?

On the fitness side of things, you could be measuring improvements in the number of consecutive push-ups you can do, sit-ups, one-mile time (walk or run), vertical leap for a power measurement, or hamstring flexibility.

These are just some of the measures to take on an on-going basis to help know that you’re improving. Your workouts need to do more than just make you tired, they need to make you better!

WHAT IS SCIATICA?

by Amanda Tvedt, PT, DPT, OCS

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Most of us have heard of the term “*sciatica*,” but what exactly is it? Sciatica is not a condition, but rather a symptom.

The cause of this symptom is due to inflammation of the sciatic nerve. The sciatic nerve begins in the low back and is formed from segments of the lower spinal cord, including the lumbar and sacral nerve roots. As the thickest peripheral nerve in the body, it runs through the back of the pelvis, and down the back of the thigh and leg. It functions to supply movement and sensation to parts of the leg.

Sciatica is most commonly caused by a herniated disc or spinal stenosis, and less commonly by peripheral nerve entrapment. It may present with symptoms such as pain in one leg which is greater than pain in the low back, pain radiating into the foot or toes, numbness and paraesthesia in areas of the leg.

Conservative treatment of sciatica focuses on pain and inflammation control, and your physical therapist will direct you with specific exercises, correction or movement impairment, and education. In general, if conservative treatment is appropriate the clinical course of acute sciatica is positive, with 80% recovering within 8 weeks, and 95% within 1 year.



Prevention may not always be possible, but protecting your back may reduce your risk. Always practice proper lifting techniques, lift with your legs and hold objects close to your chest. Exercise regularly to maintain and increase the strength of the main muscular stabilizers in your back and abdomen. Use correct and effective posture when sitting and standing, and take breaks to



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FACTS YOU MUST KNOW ABOUT HEADACHES

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70-90% of adults report having one or more headaches annually. Up to 15% of headaches are of cervicogenic origin. This simply means the headache is caused by dysfunction of the cervical spine, particularly the C1 to C2 or C2 to C3 facet joints. To determine if you have a headache with a cervicogenic component, pay attention to areas of pain and what brings the headache on. Cervicogenic headache pain can be felt along the neck, area right below the skull, behind or around the eye region, and along the temples or ears. The onset of headache is usually precipitated by specific neck movements or sustained postures. Headache is on one side most of the time. Symptoms last 4 to 72 hours, but can last weeks. A number of other symptoms such as dizziness, nausea, vomiting, blurred vision, sensitivity to light and sound, and trouble swallowing may be present. Arm or shoulder pain on the same side of the headache has been reported.

It's important to remember that any acute onset dizziness, blurred vision, trouble swallowing, or shoulder and arm pain that is not part of your headache presentation should be addressed by a physician. If you or a family member has symptoms that may be attributable to a cervicogenic headache, contact a physical therapist. There are several tests a physical therapist can perform to determine if your headache has a cervicogenic component. If it does, the headache can be treated using a combination of manual therapy directed to the upper cervical joints and specific exercise targeting the deep neck flexors. This treatment regimen has been shown to reduce

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