

MOVEMENT FOR LIFE[®] NEWSLETTER

A HAPPIER, HEALTHIER LIFE IS RIGHT OUTSIDE YOUR DOOR

by Bryan Woo, PT, DPT, MSPT, OCS
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As you leave the examination room of your annual physical, the doctor casually mentions that you should start exercising. This statement stirs some confusion, questions, and concerns as you drive away from the office. Does this mean I have to join a gym? Do I have to hire a trainer? Should I buy one of those infomercial gadgets? How much is exercising going to cost me?

Although there are many great forms of exercise (some of which cost a lot of time and money), the easiest and simplest start is a walk around the neighborhood. For the cost of a good pair of walking shoes you can kick start your exercise routine with 30 minutes of daily walking.

There are numerous benefits to daily walking:

- Walking at a moderate pace for 3 hours or more per week reduces a woman's risk of a heart attack by 30-40%, with similar results for men.
- Walking 5 days per week for 30 minutes reduces the risk of a stroke by 24% compared to non-exercisers.
- In high risk individuals, daily 30 minute walks reduces the risk of type II diabetes by 58%
- Mortality rates in individuals diagnosed with breast cancer can be reduced by up to 50% if the individual walks 3-8 hours per week.
- If everyone walked briskly (3-4 mph) for 30 minutes a day it would reduce the amount of deaths caused by cardiovascular disease by 30% each year.

The effectiveness of a walking program depends on the intensity

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POSITIVE ACTION GETS RESULTS - NOT POSITIVE THINKING

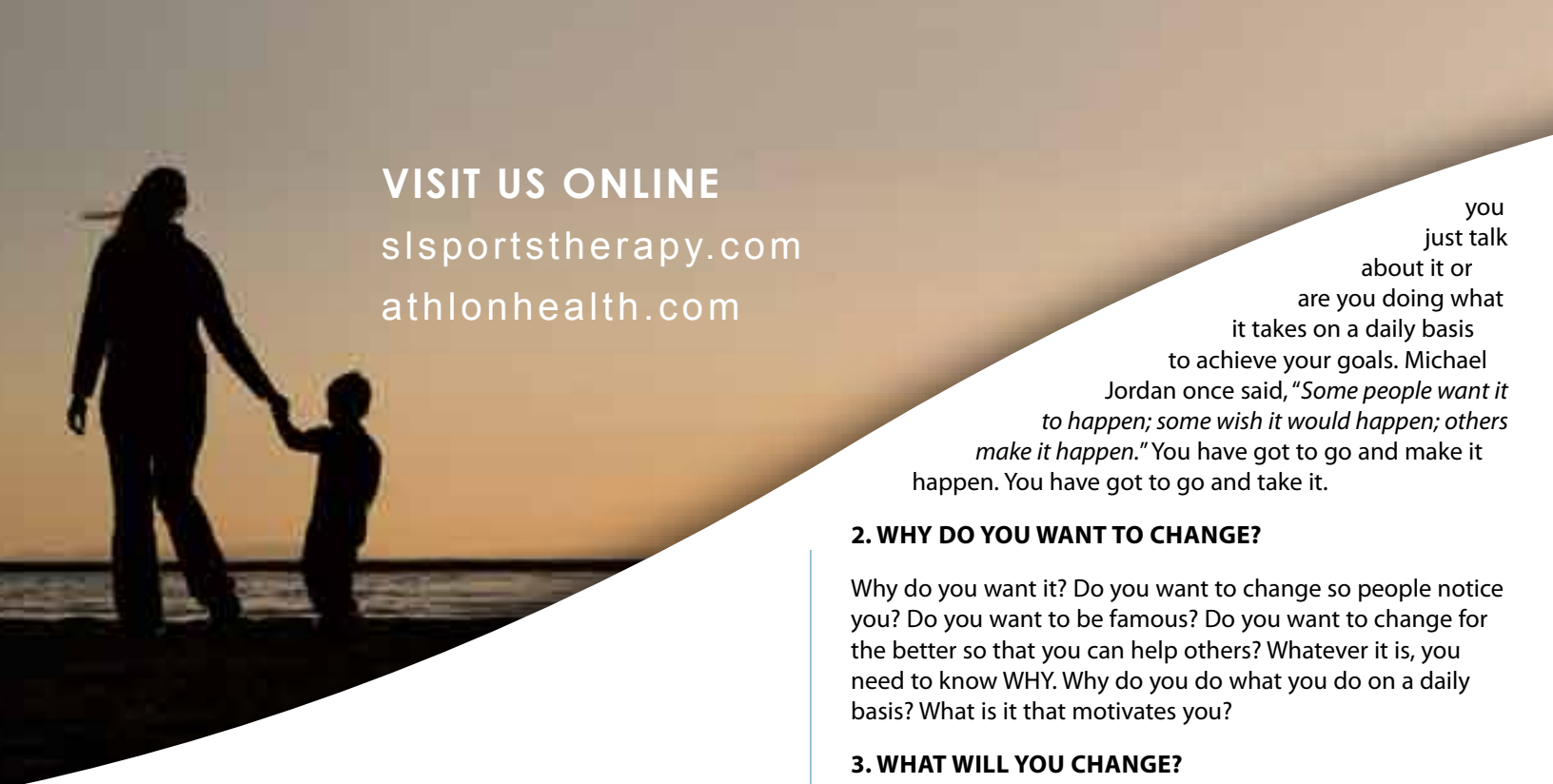
by Ashley Fittz, MS, CSCS
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I am naturally a pretty positive and upbeat person, but don't buy into the whole positive thinking movement. The way I look at achieving goals is like getting in shape or building a successful business. You need to take positive action to achieve any goal or become successful. Simply do the actions necessary to reaching your goals, and forget how you feel. What I found is that the proper actions always lead me to feeling better anyway. My advice about getting in shape is that sometimes you will feel like exercising and sometimes you won't. Make sure and exercise either way!

POSITIVE ACTION

Thinking about getting in shape and doing what it takes to get in shape are two very different things. It's great to learn and to discuss fitness, but make sure you become a person of action as well. You need to take consistent action to get great results.

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you just talk about it or are you doing what it takes on a daily basis to achieve your goals. Michael Jordan once said, "Some people want it to happen; some wish it would happen; others make it happen." You have got to go and make it happen. You have got to go and take it.

5 QUESTIONS YOU MUST ASK YOURSELF TODAY

by Ashley Fittz, MS, CSCS
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How bad do you want to be healthy, fit, and to truly feel good? So many people talk about it, but very few actually follow through and do something about it. I once heard a quote from Anthony Robbins that I will never forget, "There is no greatness without a passion to be great, whether it's the aspiration of an athlete or an artist, a scientist, a parent, or a business person." You can hope and wish for a better life all you want, but unless you have passion, you will never reach your goals.

Many people set resolutions or keep telling themselves they will eat better or workout tomorrow. But how many actually follow through and do it? The difference between those that reach their goals and those that don't is what they do on a DAILY basis. For most of us it's a slow process, and we won't reach our goals overnight. We must steadily move forward one day at a time, and one foot in front of the other. It takes consistency, perseverance, hard work, and dedication.

If you are serious about wanting to look, feel, and perform better in daily life, I want you to ask yourself five questions right now. These five questions will determine if you have what it takes to make the changes you desire or if you are satisfied with just being the way you are now.

1. HOW BAD DO YOU WANT TO CHANGE?

How bad do you want it? How bad do you really want to be healthy and fit so you look, feel, and perform better in your daily life? Do

2. WHY DO YOU WANT TO CHANGE?

Why do you want it? Do you want to change so people notice you? Do you want to be famous? Do you want to change for the better so that you can help others? Whatever it is, you need to know WHY. Why do you do what you do on a daily basis? What is it that motivates you?

3. WHAT WILL YOU CHANGE?

What are you willing to do until you get it? What are you willing to sacrifice? A lot of people say that they want to lose weight or get stronger and that's great. However, do you know what it takes NOW for you to get there? What you need to do on a daily, weekly, monthly, and annual basis to reach that goal? Self-improvement of any kind takes sacrifice. You may have to go to bed early when your friends are out on the town. You may have to tell your girlfriend or boyfriend you can't hang out because you need to train. Are you willing to make those kinds of sacrifices?

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4. HOW MUCH WILL YOU CHANGE?

How much are you willing to invest into it? How much time do you put into what you do? It takes time to improve. How much time will you put into taking action and doing what it takes? How much time

do you invest in yourself so that you can be healthy and fit? Be honest with yourself. Are you really ready to invest the necessary time? There is no substitute for hard work. Are you willing to work? HOW much are you willing to work at it?

5. DO YOU REALLY WANT THIS CHANGE?

Do you really love it? Is this your passion? Your passion is what is going to drive you. It's what keeps you going when times get tough. Things will not always be easy. The path will be difficult and if you don't love what you're doing, you will quit! If you don't have a passion for this, you will throw in the towel. You really need to ask yourself, "Is this what I love to do?" If not, hang it up and find something you love to do. This is what life is about!

Now that you have asked yourself these questions, go and get it. Go and take what you deserve, and don't look back until it's yours!

POSITIVE ACTION GETS RESULTS - NOT POSITIVE THINKING

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KEEP IT SIMPLE - DO THE ACTIONS IT TAKES TO SUCCEED

If you want to lose weight then eat less than you burn. Once you learn the proper steps, simply begin "doing" them. Regardless of your mood, do what it takes to reach your target. Don't over-analyze, start moving toward your goals and learn as you go.

YOUR MIND WILL FOLLOW YOUR BODY

There are many times that I don't feel like working out, until I begin to workout. It's funny how it works. How can you "feel" like exercising by exercising? I am convinced that your mind will follow what your body is doing. It isn't true 100% of the time, but more often than not it works. I'm sure many of you reading this article have experienced this as well.

WHAT IF YOU REALLY DON'T FEEL LIKE EXERCISING?

Here is how I push myself to complete any action even if I don't "feel" like doing that particular action.

I ask myself what most people would do given the exact same circumstance.

The answer is that most people would simply allow themselves to be talked into doing nothing due to their mood.

I remind myself that in order to be extraordinary at anything I need to do what others are unwilling to do

To me, this is just using logic. I realize that the difference between success and failure is almost always lack of "positive action". Obviously the correct actions need to be taken, but that isn't the main reason why people fail, lack of action is.

WHAT WILL MAKE IT EASIER FOR YOU TO TAKE POSITIVE ACTION?

You need to find ways to make sure you take positive action. This article isn't against positive thinking. In fact, if that causes you to take positive action, I'm all for it. Find out what works for you. Some people work well if they reward themselves for positive action and others work better on punishment if they don't do something. I remember reading somewhere about a person who said they would eat a can of cat food if they cheated on their diet. The bottom line is to figure out what it takes for you to take positive action on a consistent basis.



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of the walk. Someone new to regular exercise should walk at a moderate intensity; which includes an elevated heart rate and breathing rate while still maintaining the ability to have a conversation. If you are gasping for breath or unable to carry a conversation you should reduce your intensity level. If you are unable to walk for 30 minutes continuously, try walking at a moderate intensity for 15 minutes twice a day or 10 minutes three times a day. You will still get similar benefits.

Starting a new exercise routine is challenging and can be intimidating. As with starting any exercise program, be sure to contact your doctor to make sure the program is right for you. If you are apprehensive about starting a program on your own, ask your physician for a referral to physical therapy to help



get you started. Our physical therapists are specially trained in identifying your current fitness level, as well as identifying and addressing any obstacles to exercising. He or she can help guide you through an individualized program and help you monitor your progress.

Your fight against disease can start with 30 minutes a day of walking. Establishing this routine has numerous health benefits and would be a great step in the right direction. The road to a healthier, happier life is right outside your door and maybe around the block a few times.



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THE TORTURE OF SITTING

by Ashley Fittz, MS, CSCS
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Sitting for long periods at a time is torture on your spine. Here's how to fight back....

By the way: If you haven't noticed, your back is begging you to stand up and read this!

Sitting compresses your spine. In a flexed position, material inside the disc can migrate towards the back of the disc, creating pressure on nearby nerves and causing pain as a result.

My advice: Take a small towel and roll it up to support the natural arch of your lower back. It should fill the space between your lower back and butt, but shouldn't push into you to keep you upright. This alone can help maintain the normal curves in your spine while you're driving your car or sitting at your desk, and assists forces to go through the spine as best as they can.

Since sitting is so compressive, if you have the freedom to pull over during long commutes or road trips, definitely do it. Same at work. Same on planes. Anytime you're sitting, you should be looking to stand.

Take a couple trips down the aisle of a plane, or walk the halls in your office. It doesn't take long, but it can make your time sitting more tolerable and less harmful for your back.

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