



Fitness: Step-By-Step

Physical activity is an important part of lowering risk for many preventable diseases, such as diabetes, heart disease, colon cancer, obesity and hypertension. If you have been a couch potato in recent years, the key to success is to start exercising slowly, with gradual increases. Trying too hard at first can lead to injury, which will lead you back to the couch.

It is important to warm-up and cool-down with exercise. A warm-up means starting out at a slower pace for three to five minutes, to gradually increase your heart rate and body temperature. Cool-down is the opposite – once your walking time is up, gradually slow down for three to five minutes, so your heart rate and body temperature can return to normal.

Exercising can be done all at one time or, as recent studies have shown, smaller sessions 2-3 times daily. For example, you may begin by walking at a slow pace 30 minutes, three day per week to start. Or, you can break it into three 10-minute sessions – morning, noon and evening. Similar benefits either way.

The following month, increase your walking time to 45 minutes 5 days per week. With that regimen, you can burn 100 to 200 calories more per day. Now you're moving!

Use the "talk test" if you are unsure if you are doing too much or too little. If you become breathless and unable to comfortably carry on a conversation, you need to slow things down. Otherwise, keep going, you are doing great.

Don't forget to measure your progress. Log your distance or time daily. You may also want to measure your waist, hips, thighs and upper arms once a month. You will see the difference – and more importantly, feel the difference.

STOP immediately if you feel:

- Faint / feeling light-headed
- Dizziness
- Excessive shortness of breath
- Chest pain or pressure

Always consult your doctor before making any major lifestyle changes.

Who We Are

AppleCare Medical is the regional leader in affordable, primary care services, with immediate care centers conveniently located in Brunswick, Jesup, and Pooler with a new location opening in Warner Robins May 15, 2010.

Additional centers opening soon in Valdosta, Tifton and Waycross.

TAKE THE CHALLENGE

Welcome to our new monthly feature: Take the Challenge. The goal of the Challenge is to turn simple lifestyle changes into lifelong, healthy habits.

Each month, you will be *challenged* in an informative way to learn how to improve your overall health and wellness. . By participating, you'll learn how to:

- Increase your activity level
- Eat a healthier diet
- Manage stress
- Make improved lifestyle choices to benefit you and your family

Automated Teller Machine Safety

To ensure your safety when using any ATM, follow these important tips:

- Look at your surroundings - if the ATM is poorly lit, use another location.
- Have your card ready. Don't fumble to find your card while stopped at the ATM.
- Don't leave your valuables in your car, and don't leave your car engine running.
- Make sure people behind you can't see you entering your SECRET CODE or amount.
- Lock the car doors and windows when using a drive-through ATM.
- Don't count your cash while standing at the ATM! Put everything away immediately.
- Never leave your receipt behind. Always take it with you.
- Put the emergency card phone number in your mobile phone for easy access.

Sources: American Banking Association – www.aba.com

Maybe Laughter IS The Best Medicine

Why do we love a good laugh? Because it literally makes us feel better. It is impossible to be sad, angry or anxious while laughing. The table below outlines the true benefits of laughter.

Benefits of Laughter

Physical Health Benefits:

- Boosts immunity
- Lowers stress
- Decreases pain
- Relaxes muscles

Mental Health Benefits:

- Adds joy to life
- Eases anxiety and fear
- Relieves stress
- Improves mood

Social Benefits:

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict

How To Bring More Humor And Laughter Into Your Life

If you have forgotten how to laugh, use the tips below to get started and lighten up:

Smile. When you look at someone or see something even mildly pleasing, practice smiling.

Count your blessings. Considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter.

When you hear laughter, move toward it. People are generally very happy to share something funny because it gives them an opportunity to laugh again. When you hear laughter, ask, "What's funny?"

Spend time with fun, playful people. These are people who laugh easily and find the humor in every-day events. Their playful point of view and laughter are contagious.

Roasted Potatoes with Garlic

This recipe makes a great side dish for your spring holiday celebration.

- 1 lb tiny red potatoes, halved
- 1 head garlic, cloves separated but not peeled
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- Optional – ½ tsp parsley or ¼ tsp thyme



Arrange potatoes and garlic cloves in a 9" x 13" pan. Drizzle with oil and sprinkle with salt, pepper (parsley or thyme). Bake at 350* 30 to 40 minutes until potatoes are tender and garlic is soft. Squeeze the roasted garlic from the peels onto the potatoes. Mix together.

8 Servings

Weight Watchers Points: 1

SERVING SIZE: 1 cup

PER SERVING: 64 Calories, 3.4 g Fat, 0.7 g Fiber, 7.8 g Carbohydrates, 0.9 g Protein, 136 mg Sodium

Did you know?

DID YOU KNOW by making slight changes to your diet, you can easily eliminate 500 calories per day, which adds up to a weight loss of 1 pound per week or a whopping 52 pounds per year. Weight loss at that slower rate is ideal - it gives you the best chance to keep it off.

Here are some 100 per day calorie changes: choose low-fat options, when available and save 100 calories for each; replace morning fruit juice with water; replace bacon at breakfast with turkey or Canadian bacon; steam veggies instead of sautéing them in butter or oil; if you drink soda, switch to diet soda.

For more examples, visit: www.freeweightloss.com

Helpful Links

Exercise Advice

www.fitnessonline.com

Health Guide

www.healthguide.org

American Council on Exercise

www.ace.org

Take the Challenge

START MOVING:

Start now and work towards the goal of 30 minutes of physical activity, 5 days per week. Find something that you like and stick to it.

Try www.mypyramid.gov/pyramid/physical_activity.html for help getting starting or use the attached challenge companion and follow the steps to increase physical activity.

Always consult your doctor before making any major lifestyle change.

GOAL: 30 minutes activity 5 days weekly.



1111 Glynco Parkway,
Building 1 Suite 10,
Brunswick, Georgia 31525
(912) 264-9111



GOAL: At least 30 minutes of physical activity 5 days weekly

The American Heart Association recommends that all adults get at least 30 minutes of physical activity at least 5 days of each week to lower your risk of heart disease, diabetes and high blood pressure. If you can't find 30 minutes or more in your schedule, break up your activity into 15-minute sets. Recent studies have shown that breaking up your activity is as good for you as exercising for 30 minutes all at one time. Below are a few tips to get you started:

- Wear comfortable clothes and sneakers or flat shoes with laces.
- Exercise at the same time of day, if possible, so it becomes a regular part of your lifestyle.
- Drink water before, during and after exercising.
- Ask family, friends or coworkers to join you — you'll be more likely to stick with it if you have company.
- Keep a log of your activity. Write down the distance or length of time of your activity and how you feel after each session. If you miss a day, plan a make-up day or add 10–15 minutes to your next session.
- Use variety to keep your interest up. Walk one day, swim the next and go for a bike ride on the weekend.
- Don't exercise right after meals, when it's very hot or humid, or when you just don't feel up to it.
- STOP immediately if you feel: faint or light-headed, dizzy, excessive short of breath, chest pain or pressure.
- Stretching prior to physical activity is extremely important – it helps reduce chance of injury.
- ALWAYS warm up and cool down with physical activity. A warm up means starting out at a slower pace for three to five minutes to gradually increase your heart rate and body temperature. Cool down is the opposite – gradually slow down from your physical activity.

Types of Activity

Below are the three different types of activity. It is important to include activities from all three types throughout your week.

AEROBIC ACTIVITIES – speeds heart rate and breathing and improves heart and lung fitness. Examples are brisk walking, jogging, and swimming.

RESISTANCE, STRENGTH BUILDING, AND WEIGHT-BEARING ACTIVITIES – helps build and maintain bones and muscles by working them against gravity. Examples are carrying a child, lifting weights, and walking. They help to build and maintain muscles and bones.

BALANCE AND STRETCHING ACTIVITIES – enhances physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga and martial arts.

Activity Progression

It is important to start at the beginner level if you have been fairly inactive. Doing too much, too soon puts you at risk for injury.

BEGINNER: activity levels should be very light and would include an increase in standing activities, special chores like painting a room, light yard work, ironing and cooking.

LIGHT: slow walking of 24-minute mile, garage work, carpentry, house cleaning, golf, sailing and table tennis.

MODERATE: walking a 15-minute mile, weeding and hoeing a garden, cycling, skiing, tennis and dancing.

HIGH: walking a 10-minute mile, jogging, heavy manual digging, basketball, climbing or soccer / kickball.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE MAKING ANY MAJOR LIFESTYLE CHANGES.

Who We Are

AppleCare Medical is the regional leader in affordable, primary care services, with immediate care centers conveniently located in Brunswick, Jesup, and Pooler with a new location opening in Warner Robins May 15, 2010.

Additional centers opening soon in Valdosta, Tifton and Waycross.

TIPS TO STAY MOTIVATED

- Be sure you enjoy the activities you choose. For example, do not ask yourself to use a bicycle you find uncomfortable.
- Try to vary your activity. Two walking sessions combined with two swimming or aerobic dance sessions each week may keep you from becoming bored with exercise.
- Keep a log of your progress. Set realistic goals and reward yourself, even in small ways, when you meet them.
- If you work out alone, give yourself something fun to do while you exercise. Find some good heart pumping music or listen to books on tape. A suspenseful audiobook may be all you need to get on those running shoes each day.
- Recognize that your will to exercise is going to fluctuate, and exercise anyway. Sometimes it helps if you promise yourself that you can stop your activity after 10 minutes if you still want to. At that point, you will usually be feeling so much better that you finish the workout.
- Make sure you have the right gear, which can make all the difference in the comfort level of your workout. A good pair of shoes is essential.
- Try to think of exercise as something you do for yourself: a gift you give yourself, a way to stay balanced and focused, and time when you can be alone with your thoughts.



1111 Glynco Parkway,
Building 1 Suite 10,
Brunswick, Georgia 31525
(912) 264– 9111



April - Physical Activity

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		