

Health Matters

A Newsletter from WOMEN'S HEALTH & SUPPORT SERVICES Fall 2008

THERAPEUTIC EXERCISE • NUTRITION COUNSELING • FITNESS TRAINING • WELLNESS COACHING

Hello from Jody...

This past year the Exercise is Medicine™ campaign was launched by the American Heart Association and the American College of Sports Medicine. The vision of this partnership is “for physical activity to be considered by all healthcare providers as a vital sign in every patient visit, and that patients are effectively counseled and referred as to their physical activity needs, thus leading to overall improvement in the public's health and long-term reduction in healthcare cost.”

I encourage you to visit the website at www.exerciseismedicine.org to learn more about what you can do as a patient* or a physician to bring this campaign to realization.

Yours in good health,

Jody

Along with your regular GYN, DEXA, colonoscopy exams, etc., it is recommended that you schedule a Fitness Assessment yearly to support your total wellness and health plan.

Weight Loss: How to do it the Healthy Way

The number one reason clients seek my services is to lose weight. Usually they have already tried commercial diets or popular trends in search of the “quick fix” and to no avail. Thankfully there is a better way...the *healthy* way.

Breaking the diet cycle is the first step to long term weight loss success. There are several principles that can help you do that.

Readiness

Determine your reasons for wanting to lose weight. Is it for health, athletic performance, aesthetics, or external pressures from family or friends? Remind yourself regularly the reasons why losing weight is so important to you and adjust those reasons towards optimizing your health, if at all possible.

Examine your current life demands and your ability to truly focus on what's necessary to lose weight. Taking care of you takes time and energy. If you aren't able to create that time, you may not be “ready” quite yet. Consider your past experiences with weight loss efforts. Learning from your previous failures and successes may also influence your current readiness. It's important to recognize that repeated cycles of weight loss failure make it very difficult to drum up the mental energy to try again.

Expectations

Eliminate the need for a quick fix. By changing your mindset to a long term commitment of healthy eating and exercising, you will increase your chances of success. Determine your willingness to change your timeline for weight loss, and be more flexible with your idea of what is a successful outcome. Take into consideration what would be reasonable weight loss versus ideal and work from there.

Process

Consider focusing your attention to the process rather than the outcome. The actions and choices you make in the moment should be acknowledged and rewarded. By giving yourself credit for every little success along the way, a built-in positive feedback cycle is established which ultimately supports success long term.

Prevention

Life will always get in the way of even the most committed. Learn your stressors and leave room for uncontrollable circumstances. Have a written plan in place for times when you can't exercise or eat healthfully. Acknowledge the probability of negative cycles and know your red flags signaling time to put your prevention plan into play.

These principles are the foundation of the *Change Your Mind, Change Your Body: Emotional Wellness and Weight Loss* program. Since 2005, this program has been helping women break the diet cycle, optimize their nutrition, improve physical health and well-being, and lose weight.

The next 12-week *Change Your Mind, Change Your Body* workshop will be offered beginning October 6th. Classes meet Monday evenings from 6:00 to 7:30 p.m. Please call 301-299-6586 for a Workshop Schedule and Registration form. Space is limited.

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7810 Heatherton Lane • Potomac, Maryland 20854
301-299-6586

Schedule

One-on-one consultation or fitness training appointments:

Monday	8:30 a.m.-12:30 p.m. 5:00 pm. - 8:00 pm.
Tuesday	8:30 a.m.-3:30 p.m.
Thursday	8:30 a.m.-3:30 p.m.
Friday	8:30 a.m.-3:30 p.m.

Women's Stretch Level I - Stretch & Relaxation

(Fridays 10:35-11:25 a.m.)

14 week Fall Session begins on August 29th

Women's Stretch Level II - Stretch & Strengthen

(Fridays 9:35-10:25 a.m.)

14 week Fall Session begins on August 29th

Change Your Mind, Change Your Body:

Emotional Wellness and Weight Loss Program

Mondays 6:00-7:30 p.m.

Fall session begins October 6th

(12 week session October 6th-December 22nd)

To register for a class or schedule an appointment,
call Jody Miller at 301-299-6586.

Guidelines for Effective Stretching

Stretching is an important component of a total fitness program. It not only feels good but also helps us to develop or maintain range of motion of our joints. The following guidelines may be helpful in implementing a stretching routine:

1. **frequency** - try to stretch every day for 10-20 minutes to get the full benefits of increased joint range of motion
2. **timing** - if just stretching, do so after a short warm up of five to ten minutes of movement to help prepare the muscles, or stretch following your aerobic or resistance training sessions
3. **duration** - hold each stretch statically for 20-30 seconds (up to 60 seconds if tolerated) at the place where a stretch is felt but is not painful
4. **repetitions** - repeat each stretch 2-4 times depending upon need and comfort
5. **exercise selection** - choose a variety of 8-10 exercises which will address your tightest areas and the major joints of the body



- ### Sample routine for walkers/runners:
- ✓ **Quad Stretch** - While standing use hand to grasp foot/ankle from behind. Pull heel toward buttocks until stretch is felt.
 - ✓ **Calf Stretch** - Facing and leaning on wall, extend one leg behind with heel pressing to the floor. Keep front knee bent and press forward until stretch is felt in calf of the extended leg.
 - ✓ **Hamstring Stretch** - Place heel of one leg on step or chair. Lift up the torso and stretch over that extended leg bringing your chest towards your knee.
 - ✓ **Hip Stretch** - Sit in a chair. Cross one ankle over opposite knee. Sit up tall and stretch directly over that bent leg. Allow your arms to rest gently on your leg for added stretch in the hip.
 - ✓ **Shoulder Rolls** - Slowly roll your shoulders forward and backward- 10 times each way.
 - ✓ **Back Flexion/extension** - While seated, place your hands on your knees. First lift the chest up extending the spine and looking at the ceiling. Next tuck the chin to the chest and round the shoulders forward.