

Ramblin's With Coach Rozy

Six Tips To Make Exercise A Habit

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We all have the desire to start an exercise program, start that training routine and change our physical appearance, feel better, fit into that new outfit - or get back into an old outfit that's hanging in the closet.

At the beginning of the year, the number one goal that people pick to work on for the new year is exercise/diet/weight loss going into each change of season the top priority is the same; we have the desire, but it's the follow through that is tough. Here are six tips to help you get on that exercise and training routine - and simple ways to STICK WITH IT.

Tip 1: Sign up for an Event — a Race — a Challenge — a Class

Maybe you've never even been to a road race, yet alone participate in one. Ever try a bootcamp or be part of a group challenge? Whether you're a beginner, a weekend warrior or do something every day with training, committing yourself to a major goal (like finishing a 5K, doing a five-week session of bootcamp or doing a one-month challenge is a highly motivating way to stick to your routine.)

First, many events have a fee, so there's the financial commitment: Once you plunk down the cash to compete you'll be more motivated to make it to that starting line or get in that Friday class instead of kicking back for the weekend.

Tip 2: Track Your Progress

Whether you like to use an app or keep things old-school with pen and paper, the experts find that logging your training is key to keeping up your activity. Tracking your training gives you a visual reminder of what you've accomplished—and guilt if you haven't logged a workout in a while. It can also help you follow the 10 percent rule of training — you shouldn't do more than 10 percent of what you did the week before in terms of training. So if you ran/walked a mile last week, don't jump up to a three-mile jaunt this next week.

And because you can also record other factors, like time of day, weather, work schedule, events, what you ate, and how much sleep you got the night before, you can start to track trends and figure out what works for successful training FOR YOU.

Tip 3: Get Social

When it comes to training, there can be motivation in numbers. Joining a running

group or getting friends to take part in a challenge can be just what you need to keep consistent with your training routine. Again those experts find that people that have folks to train with, or train with similar goals, is often more motivating. The key again is to make sure you all support each other at YOUR LEVEL — and not try to compete to get to another persons level if they are at a higher fitness zone then you might be.

Tip 4: Start off Slow

You may be pumped to pound the pavement at a blistering pace or grab the heavy weights during a class when you're first starting out, but to keep training as part of your life for the long term, slow and steady progression is the way to reach the peak. Instead of crushing yourself the first week or two, take it a day at a time and just try to do a little more each day than you did the day before. These small progressions will add up, and, before you know it, you will be seeing huge improvements.

Tip 5: Keep it Fresh — Change Up Your Program

Who says you have to do the same program each day. Even if you're a creature of habit, mixing things up with your runs can keep you coming back for more. Another way to fun it up? Change your choice of exercise. A runner, add some resistance training into the mix. Lift all the time, add a group exercise class or get on a bike. Mixing it up helps keep your mind fresh, adds new stress to the body which makes it adapt — and you see positive changes in your body, which keeps you motivated to keep doing more.

Tip 6: Plan it Right

Whether you're juggling your career, your kids, or both, it's easy to let life get in the way of exercise. But if you plan your workouts like you plan meetings or playdates, you'll be able to find time to get them in. Sit down at the beginning of each week and put your training into your calendar. Be real! If you can't fit in 3 training sessions that week, don't write in 4. Not a morning person, don't schedule the 5:15 Bootcamp in Gayville, settle for the 5:30 in the afternoon in Yankton.

Other tips for keeping exercise at the top of your to-do list:

- Be flexible: Even if you don't have the entire hour you planned — do something.
- Be prepared: Take your training gear with you if you know you have meetings that will run late. Think ahead and plan for the unexpected.
- Be open: Get help with your program and training, sometimes others might have some ideas and be able to help you stay on track.

BY MICHAEL ROIZEN, M.D.,
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Some words are universally hard to pronounce: the Irish girl's name Siobhan (Shivone), as in Siobhan Dervan, a four-time Irish National Road Race champion; Worcestershire (worster-sheer) sauce, which left New Jersey chef Pasquale Sciarappa tongue-tied in a cooking video viewed more than 1 million times on YouTube; and the latest trendy pseudo-grain, quinoa (pronounced keen-wah).

No matter how you say "quinoa," its nutritional virtues are loud and clear. One study, done by Rutgers University and international partners, reports that quinoa contains a lot of health-beneficial phytochemicals, including amino acids, fiber, polyunsaturated fatty acids, vitamins, minerals (and say these next ones correctly) phytoecdysteroids, phenolics and glycine betaine. Plus, the researchers cited four clinical studies that say supplementing your diet with quinoa "exerts significant, positive effects on metabolic, cardiovascular and gastrointestinal health."

Protein: Quinoa has more than barley, oats, rice and maize, and it delivers more than 180 percent of the daily recommended intake of 10 essential amino acids.

Fiber: It has 10 percent dietary fiber, and fiber boosts your digestive health, lowers lousy LDL cholesterol and helps control your appetite.

Healthy Fats: Quinoa delivers anti-inflammatory omega-3 and omega-6 in a good ratio.

Vitamins and Minerals: You'll get a good dose of vitamins A, Bs, C and E. Plus more minerals, such as calcium, copper, iron, magnesium, phosphorus, potassium and zinc, than in rice or wheat.

Odd Stuff: Contains phytoecdysteroids, which might help build muscle; phenolics, which have anticancer, anti-diabetic, anti-inflammatory, anti-obesity and cardio-protective effects; and glycine betaine, an amino acid which helps manage diabetes, obesity and cardiovascular disease. Now, that's a mouthful.

MINIMUM EXERCISE, MAXIMUM HEALTH: YOUR SHORTCUT TO WELLNESS

"Short Cuts," the 1993 movie with Jack Lemmon, Tom Waits, Lily Tomlin and Jennifer Jason Leigh about the intersecting lives of 22 Los Angelenos, squeezes in enough plotlines to make your hectic day look like an afternoon snooze at the beach, and we know how busy you are with work, child care and other responsibilities! That's why (you say) you have so much trouble fitting regular exercise into your weekly routine. Well, we have a shortcut solution: a super-compressed, four-step exercise plan that will help you avoid weight gain, make your brain younger and stronger, and perk up your sex life, while dialing down your blood pressure, lousy LDL cholesterol and blood sugar levels. So here it is!

1. Make sure you get in 10,000 steps every day — and keep track of them with a pedometer or a smartphone app! Remember: One minute of aerobic exercise (like swimming) equals 100 steps.

2. Tone muscles with 30 minutes of resistance exercises a week using stretch bands, hand weights or your own body weight!

3. Go for 20 jumps a day. You heard us: JUMPS. You can try jumping in place, jumping up and down off a step platform,



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

jumping from one leg to the other or jumping rope. This exercise builds bone.

4. Get 20 minutes of cardiovascular exercise three times a week. Cardio should be done at 80 percent or more of your age-adjusted heart rate. You can calculate your AAHR by subtracting your calendar age from 220.

SUGAR AND FAT: THE DUMB AND DUMBER DUO

Jim Carrey (Lloyd) and Jeff Daniels (Harry) were "Dumb and Dumber" (or maybe it was the other way around) in the 1994 movie that showcased how ignorance could be bliss — and mildly amusing. While it was a hit, it left moviegoers wondering how two characters could be so half-witted. Well, researchers at the Linus Pauling Institute have the answer: by eating a high-sugar, high-saturated-fat diet.

We've long known that artery-clogging saturated and trans fats, and inflammation-producing added sugars and syrups damage your cardiovascular and immune systems. Now it's clear that the sugar- and saturated-fat-laden diet of most North Americans slams the brakes on cognitive flexibility, the ability to adapt to changing circumstances and think on your feet. And there's more: The study found that a high-sugar diet also dims short- and long-term memory.

Why are added sugars and unhealthy fats so brain-dulling? The research showed that they alter the way your gut bacteria communicate with your brain! Healthy, happy gut bacteria release compounds that act as neurotransmitters, which stimulate sensory nerves and other biological functions. But they can't run smoothly if there's a lot of sugar and saturated fat disrupting their fuel lines. In lab-based research, it took just four weeks for saturated fat- and sugar-eating mice to become dim-witted.

So stay sharp. Avoid life-shortening sugars and fats in processed foods as well as saturated fats in red and processed meats. Because, as Lloyd says to Harry: "Life's a fragile thing, Harr. One minute you're chewin' on a burger, and the next minute you're dead meat."

IS SITTING DOWN TOO MUCH CAUSING YOUR ANXIETY?

Missing a 3-foot putt on the 18th hole at the U.S. Open surely caused golfer Dustin Johnson some anxiety. But he's not the only one. According to recent Australian research, anxiety also could affect the millions of golf fans who never miss a putt watching from their living-room couch: Too much sitting is associated with anxiety.

According to the Substance Abuse and Mental Health Services Administration, 6 million full- and part-time American workers suffer from anxiety, and many of them have desk-chair-bound jobs. On top of that, every day many of you sit another one to two hours watching TV (36 percent); play video games for one to two hours (10 percent); get on a home computer for one to two hours (29 percent); and that doesn't include sitting in the car. Turns out, the average North American is on his or her rump 13 hours a day and then sleeps for six to eight hours. That's 19-21 hours of downtime! No wonder anxiety is epidemic.

So what's the solution? A combo of motion and meditation will soothe your anxiety and help boost your overall health.

Stand up every hour — and jump! Bouncing up and down for two to four minutes will boost your metabolism, wake up muscles, build bone strength and dispel stress. Jumping jacks or hopping from one foot to the other also does the trick! When you get home, stay clear of TV and digital screens; instead, take an after-dinner walk with the whole family. And before you hit the hay, take 10 minutes for mindful meditation (instructions at sharecare.com).

PREGNANT AND SMOKING POT? COOL IT!

Alanis Morissette, the Canadian songstress who penned the tune "Mary Jane," admits to using pot in the past to juice up her creativity. But when she became pregnant — her son Ever is 4 now — she gave up the weed.

"You Oughta Know" what she knows: Smoking pot while you're pregnant or breastfeeding is dangerous for your fetus and your child. Studies show that when you expose your fetus to marijuana, chances are your child will have lower test scores on visual problem-solving, visual analysis, and visual and motor coordination, plus behavioral problems and a decreased attention span. These are lifelong handicaps.

Unfortunately, according to a recent report from the American College of Obstetricians and Gynecologists, marijuana is the most commonly used illicit (in some places) drug during pregnancy, with roughly half of female marijuana users continuing to smoke it while pregnant. Self-reported prevalence of marijuana use during pregnancy ranges from 2 to 5 percent of all pregnant women and 15 to 28 percent of young, economically deprived urban women. Switching to edible pot may not be less hazardous for your offspring; the psychoactive chemicals still go into your bloodstream and then into the fetus's. A recent report shows 25 percent of the legal products deliver a lot more of pot's active ingredient, THC, than their label says!

If you want to mellow out while you're pregnant, we suggest yoga for pregnant women (details at sharecare.com) or a stress-reduction app for your smartphone.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Well-ness Institute at Cleveland Clinic. Write your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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Avera Sacred Heart Hospital Appoints Chief Medical Officer

Avera Sacred Heart Hospital has announced that Kevin Bray, MD, has been appointed as its Chief Medical Officer.

The new position will have the primary responsibility of developing and strengthening physician and clinic relationships throughout the Avera Sacred Heart region, which covers northeast Nebraska and southeast South Dakota.

"The Chief Medical Officer represents the perspective of a physician practicing medicine within our organization and serves as a physician advocate," said Doug Ekeren, president and CEO of Avera Sacred Heart. "He will promote effective relationships between physicians and Avera Sacred Heart, as well as clinical quality improvements. Within the constantly changing landscape of health care, we believe having a chief medical officer is necessary to understand the physician point of view and to help us continue to provide outstanding care to our patients."

Bray stated that he looks forward to applying his diverse experience to developing the Chief Medical Officer position.

"As a practicing physician in Yankton, an Avera Sacred Heart Hospital board member and the Medical Information Officer for the Avera Sacred Heart region, I am very familiar with Avera's Catholic health care ministry," Bray said. "Effective communication and collaboration between Avera Sacred Heart and area physicians is necessary to achieve a common goal: The best patient care outcomes. I believe the Chief Medical Officer role will help bridge the needs of physicians and Avera and open the door to new partnerships that will benefit our patients."

Bray, M.D., is a practicing physician at Yankton Medical Clinic, P.C., and is a board member for Avera Sacred Heart Hospital. Dr. Bray is also the Medical Information Officer (MIO) for the Avera Sacred Heart region and is an active participant on the Avera Health service line for OB/GYN. He graduated from The University of South Dakota School of Medicine in 1988. He completed his residency in Milwaukee, Wisconsin, in 1992 for Obstetrics and Gynecology. Dr. Bray is Board Certified in Obstetrics and Gynecology.

Medicare And Medicaid: Keeping Us Healthy For 50 Years

It's easy to forget that before 1966, roughly half of all seniors were uninsured, living in fear that the high cost of health care could propel not only them, but their families, into poverty. Few of us remember that not that long ago, far too many disabled people, families with children, pregnant women and low-income working Americans were unable to afford the medical care they needed to stay healthy and productive.

Fifty years ago, on July 30, 1965, the landscape of health care in America changed forever when President Lyndon B. Johnson signed the landmark amendment to the Social Security Act, giving life to the Medicare and Medicaid programs. Medicare and Medicaid save lives, help people live longer, and provide the peace of mind that comes with affordable health care that's there when you need it. Chances are, you or someone in your family either has Medicare or Medicaid or you know someone who does. In fact, Medicare and Medicaid cover nearly 1 out of every 3 Americans—that's more than 100 million people.

Marking the 50th anniversary of these lifesaving pro-

grams this summer gives us an important opportunity to recognize and remember the ways these programs transformed the delivery of health care in the United States.

Medicare and Medicaid have greatly reduced the number of uninsured Americans and have become the standard bearers for quality and innovation in American health care.

Fifty years later, no other program has changed the lives of Americans more than Medicare and Medicaid.

• **CHANGING LIVES:** Medicare and Medicaid provide Americans with access to the quality and affordable health care they need to live happy, healthy and productive lives. Today, about 55 million Americans depend on Medicare to cover 23 types of preventive services, including flu shots and diabetes screenings (some of these services are free, and for others you have a small copayment or pay the deductible.) Medicare also covers hospital stays, lab tests and critical supplies like wheelchairs, as well as prescription drugs. Medicaid provides comprehensive coverage to more than 70 million eligible children, pregnant women, low-income adults and people living with disabilities.

It covers essential services like annual check-ups, care for new and expecting mothers, and dental care for kids from low-income families.

• **INCREASING ACCESS:** Medicare and Medicaid provide more and more Americans with access to the quality and affordable health care they need and deserve. Though they started as basic health programs for people who had no other access to health coverage, Medicare and Medicaid have helped millions get access to care they wouldn't get otherwise.

• **DRIVING INNOVATION TO SHAPE THE NEXT 50 YEARS:** Over the course of five decades, Medicare and Medicaid have become the standard bearers for coverage, quality and innovation in American health care. Innovative and dedicated teams are combatting fraud and working to continually improve the quality of life and care delivered under these programs. Medicare and Medicaid are

among the most efficient and well-managed health insurance programs in the world. They will continue to transform to create a health care system that delivers better care, spends health care dollars more wisely and results in healthier people.

President Johnson would be heartened to know that the hard-fought efforts to improve our health care system have not only succeeded, but that America is on track to give even better access, higher quality care and improved health for the next 50 years and beyond.

How has Medicare or Medicaid (or both programs) helped your life or the life of someone you care about? Whether you've just enrolled or have been covered for decades, we'd love to hear from you. You can share your Medicare or Medicaid story through our Medicare.gov website, or connect with us on Twitter or our just-launched Facebook page.

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