

Ramblin's With Coach Rozy

6 Simple Ways To Maintain Your Training Program This Summer

BY MARK ROOZEN, M.ED, CSCS,*D, NSCA-CPT, FNCSA

The lazy days of summer have finally arrived! If you've gotten into the habit of working out and training through the winter and spring, there's no time for lounging around the pool during the summer. Maybe don't say there isn't time for lounging — say something like enjoy the body you've worked hard for by lounging by the pool for a bit and then jump in and get your laps in. Or something like that? Enjoy the hard work you put in over the last few months, just don't take off 10-12 weeks and go back to square one. You've still got work to do!



Mark ROOZEN

Here are six simple ways to help you stay on track with your workout program and help to keep seeing performance success through the summer months

1. Take Your Training Session Outside

We love the warm weather, and many times the reason folks see a decline in their training time is because they don't want to be inside. Great, don't be locked up. Get out and enjoy the outdoors. If you normally do a stationary bike, get out your bike and hit the roads or bike paths. Do treadmill for cardio, hit the track, paths or street for a walk or run.

If you enjoy resistance training, this is a great time to change it up and get out of your regular routine. By using your body as your machine and grabbing some easy to carry resistance bands, a medicine ball or some small hand weights, you can make the great outdoors your amazing training space.

2. Find A Fitness Friend — Or Group

It's always easier to stay on track by having someone on the same path and heading in the same direction as you are. Work to find a fitness buddy that will train with you over the summer months. Better yet, find a group. Like to run, look to find a running group. Like to bike, join the cycling group that does weekly rides. Many groups will be training for specific events and have set training programs, or even have their own events they are sponsoring.

3. Perfect Your Timing

Sun, humidity and poor air quality levels are most intense during the day, so you're at greater risk for dehydration, sunburn and heat exhaustion during this time. To minimize the effects of the weather, work out in the early morning (before 10 a.m.) or late evening (after 7 p.m.).

4. Protect Your Skin

Along with the great outdoors comes some issues that we need to be aware of; one key element is the sun. When outdoors, make sure to apply sunscreen with SPF 15 (or higher) to prevent sunburn — even on cloudy days. Use an oil-free formula that won't interfere with your body's ability to cool itself down and select a sweat-proof variety to prevent sunscreen from irritating your eyes, or drip off of you when you are out training. Clothing with tight weaves, sunglasses, and a lightweight hat with a brim can also help block the sun's harmful rays. If you stay cool and not get sunburnt, you can keep exercising outdoors longer and feel better while doing it.

5. Drink Often

Hydrate your body before, during and after your workout by carrying cold water and drinking it often. Switch to a sports drink with electrolytes if you will be exercising for more than an hour. If you are only doing activity for a short amount of time, the sports drinks can push up the sugar content of what you're taking in and push up the calories too.

Remember, on a "normal day", you want to take in about 1 ounce of water per 2 pounds of body weight (half your weight in ounces of water — so a 200-pound person needs roughly 100 ounces of water), that number will go up higher when you're exercising in hot, humid weather. Want the water to absorb into the system quicker, add a pinch of salt to the mix. If it tastes too salty, pour it out and try it again, this time with less salt in the bottle.

6. Acclimate To The Heat

Even the fittest people can have trouble exercising when it's hot and humid. Start by exercising in the heat for only a few minutes each day and gradually increase the amount of time you are training outdoors. Another big help to stay out longer is to seek shade. Parks, trails and other tree-lined areas can help you stay cooler than direct sunlight.

If you can, stay away from concrete or asphalt surfaces to do your running and training. Sport fields with artificial turf can also push up the temperature and make it harder to keep going. We did a football camp in Las Vegas one summer — and we finished the camp before 11 a.m. Even by then, the temperature on the field was well over 110 degrees and it felt like our feet were on fire. Training at high levels was pretty tough for athletes and the coaches.

By making a few smart choices and implementing good strategies into your program, you can make the summer — and doing your training plan outdoors — a fun and fit time of year.

Retired Surgeon To Present Video

Lars Aanning of Yankton will present a video entitled, "Transumbilical Incision for Open Appendectomy," at the American College of Surgeons Clinical Congress to be held October 4-8 in Chicago.

The video describes the technique of removing an appendix through the belly button, resulting in virtually no scar. The operation is especially suited for children, and is much less expensive

than laparoscopy.

Aanning published this technique in 2000, during his general surgery practice in Yankton. His son, Bjarne J. Aanning, videotaped several of the operations and edited the final version, which is about seven minutes in length.

The film becomes part of the Video Library of the American College of Surgeons and will be available on-line.

Connecting Caffeine And Erectile Dysfunction?

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.
King Features Syndicate, Inc.

There's been a lot of buzz lately about how coffee can perk up your sex life. Well, as Maxwell Smart (Don Adams/Steve Carell) says, if you want to "Get Smart," you "missed it by that much."

What's spot-on? Researchers from the University of Texas Health Science Center at Houston found that men who consumed between 170 and 375 mg of caffeine a day (that's two to three cups of coffee, or four to eight 12-ounce caffeinated waters) were about 42 percent less likely to report erectile dysfunction than those who consumed none. And "caffeine" is the operative word here. True, coffee is the No. 1 source of caffeine in the North American diet, but the study also counted caffeine from tea, sodas and sports drinks. (But they missed chocolate by that much; one and a half ounces of 80 percent cacao dark chocolate has a third to half the caffeine of a cup of coffee.) And the association between caffeine and avoiding ED held up for men who were overweight, obese or who had high blood pressure (frequent triggers for ED).

So, guys, if you want to reduce your odds for ED, enjoy your morning (and afternoon) coffee — a lot of additional benefits will come your way. Studies show that drinking coffee also decreases your risk for nine cancers, Alzheimer's disease, Parkinson's disease, age-related memory decline and Type 2 diabetes. And check out other sources of natural caffeine: 1 cup of black tea has 14-70 mg of caffeine; 1 cup of green tea, 24-45 mg; 1 cup of iced tea, 11-47 mg; caffeinated water has 45-100 mg. Now, that's getting smart!

SKIPPING MEALS LINKED TO ABDOMINAL WEIGHT GAIN

If skip tracer Dog Chapman and wife Beth are on your tail, you must have skipped out on something pretty serious, because there's a bounty on your head. But as unhealthy as it may be to have Dog hounding you, it's even healthier to skip meals.

Research says regularly missing meals can pack on pounds, especially around your middle, where visceral fat cranks up inflammation and makes you vulnerable to a host of health problems, from diabetes and heart disease to dementia.

One study found that folks who ate a single meal per day had elevated levels of fasting glucose in the morning and a delayed insulin response (precursor to diabetes), compared with folks who ate three meals a day. In other words, skipping meals throws your metabolism out of whack.

And now a new lab study indicates that meal-skippers may have even more health challenges! When mice ate a single, calorie-restricted meal a day, they had elevated blood sugar and fluctuating insulin production, just like the people in the earlier study. But researchers went one step further: They then fed the mice a standard amount of food. The previously meal-skipping mice became binge eaters! And before long, in addition to wild fluctuations in glucose and insulin production, the bingers accumulated super-unhealthy fat cells around the abdomen. So, even if



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

you're dog-tired, make sure you eat small meals three times a day and have two healthy snacks (for a great meal/snack plan, check out the Total 10 Program at www.doctoroz.com).

MICROBIOME AND HEALTH SOLUTIONS FROM EATING FNV

Quarterbacks Colin Kaepernick (49ers) and Cam Newton (Panthers), wide receiver Victor Cruz (New York Giants), NBA superstar Stephen Curry (Golden State) and actress Jessica Alba (a good sport) want you to get hip to FNV. That's Fruits 'n' Vegetables, the cool foods. To get their point across, those celebs have made "ads" for fresh produce (on YouTube). As first lady Michelle Obama says: "If folks are going to pour money into marketing unhealthy foods, let's fight back with ads for healthy foods."

Research shows most North Americans are FNV-starved: No state in the U.S. has over 50 percent of its population consuming fruit more than twice a day or vegetables over three times daily. We want you to wake up to how powerful an effect eating five to nine servings a day of FNV can have on your and your kids' lives.

FVN are loaded with fiber and nutrients that provide fuel for the trillions of bacteria in your digestive system (your gut biome). When your biome is balanced, it helps control weight, lowers insulin resistance, supports a healthy immune system and, get this, affects your mood and mental health. Plus, fiber in FNV controls cholesterol and blood sugar levels, and helps prevent colon cancer. And a healthy biome may help kids avoid developmental and learning problems. So aim for a daily fiber intake of around 25 grams daily for women and girls, and 31 to 38 grams for men and boys from whole grains, fruit, veggies and snacks like nuts or carrots. Go long for FNV!

ARE YOU A FAN OF TEAM WELLNESS?

A funny thing happened on Dr. Mike's way home from watching a last-second playoff victory by the Cleveland Cavaliers over the Chicago Bulls: He thought about eating a Cinnabon (didn't, wouldn't ever, but ...). True Cleveland fans know that rooting for the Cavs usually elicits a heightened stress response.

Then, two days later, he noticed how exhausted he was from the stress of watching the game and yet how much he was looking forward to the next one. That made him realize how important it is to stay healthy (he exercises three days a week, walks 10,000 steps a day and eats well) if he were to keep going

to these stressful games! And that made him wonder if we could come up with a similarly immersive experience that creates enthusiastic fans/participants for Team Wellness — fans/participants who would come back season after season for more physical activity and good nutrition; fans/participants who would then be able to manage the stress that emotional attachments cause without resorting to the consolation of a sugary, fatty treat.

So we're asking you to join Team Wellness. You only need to play by five rules.

1. Ditch all trans and most sat fats; any added sugar or syrup; any grain that isn't 100 percent whole.
 2. Walk 10,000 steps a day.
 3. Sleep seven to eight hours nightly, and meditate daily.
 4. Avoid toxins like tobacco and BPAs (wash your hands after touching receipts).
 5. Share laughter and love with friends and intimate partners.
- The rewards? A healthier, happier and longer life. That's the ticket!

HIGH-HEEL HAZARDS

Steve Winwood may have thought the "Low Spark of High-Heeled Boys" was, in 1971 slang, "groovy." But the low moan of the high-heeled girls that's rockin' emergency rooms across North America isn't so melodious.

According to a new study from the University of Alabama Department of Public Health, from 2002 to 2012, the number of reported high-heel injuries doubled. High-heel tip-overs caused 123,300 emergency-department visits, including 19,000 in 2011. Over 80 percent of those injuries were to the ankle or foot; around 20 percent involved the knee, torso, head or neck. Most of the time, the person limped away with a strain or sprain, but 19 percent of the time, bone fractures occurred. That doesn't include the chronic discomfort, pain and sometimes long-term damage to joints, bones and soft tissue that happens to around 50 percent of well-heeled women. And the most surprising fact is that fully half of the injured don't even make it out their front door; they're injured at home! Gals 20 to 29 are most likely to fall off their pedestals; those 30-39 are the second-most-frequent fallers.

You'd think this would make fashionistas consider alternatives, but the opposite's true. Organizers of the chic Cannes Film Festival try to insist that all women walking the red carpet wear high heels (this year film producer Valerie Richter says she was initially turned away because she was wearing flats!). Maybe the festival should be renamed "Can't," and women should just say, "Au revoir."

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

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Free CNA Training Set

Interested in a health-care career? In just a few weeks, you could be ready to provide care as a Certified Nursing Assistant thanks to the "Rural Rewards — A Call to Care" program servicing Yankton and a seven-county area.

On June 17, beginning at 1 p.m. until 3 p.m. Rural Rewards staff from Yankton Rural Area Health Education Center (AHEC) will be available for questions at the South Dakota Department of Labor office in Lake Andes, located at 51 South Third Avenue.

Julie Schweigert, with Yankton Rural AHEC, will have applications and information available for men and women interested in a rewarding career as a CNA.

Selected applicants will participate in on-line education, on-site clinicals, skills review and certification testing. Rural Rewards is a project of the Yankton Rural AHEC and a consortium of 11 long-term care facilities.

"Answering the call to care for the residents in our rural facilities can provide a rewarding career change or job addition. CNAs are an important part of the team providing care. The demand for CNAs keeps growing," said Sandy Viaw-Williams, executive director of Yankton Rural AHEC. "Our goal is to train 80 new certified nursing assistants within the next year in a seven county area."

The program is designed to provide flexible and accessible training. Participants can keep their present jobs during training. The Rural Rewards training program consists of 75 hours of various components of training, including on-line education, on-site clinicals, a skills review and certification exam.

Applications are available at www.ruralrewards.org or at local South Dakota Department of Labor and Regulation offices in Yankton, Mitchell, and Lake Andes. Call the Yankton Rural AHEC with any questions at 605-655-1400.

USDA Announces Distance Learning Grants

WASHINGTON — Agriculture Secretary Tom Vilsack has announced that the U.S. Department of Agriculture (USDA) is accepting applications for its Distance Learning and Telemedicine (DLT) grant program, which provides increased access to education, training and health care resources in rural areas.

"This program provides people who live and work in rural areas with better access to a variety of educational and health care services," Vilsack said. "For example, because of the DLT program, students in rural areas can take advanced placement classes, residents can have access to specialized medical services not typically available, and many other benefits for rural communities."

USDA's Rural Utilities

Service, a Rural Development agency is making \$19 million available for fiscal year 2015. The Distance Learning and Telemedicine Program finances telecommunication equipment, computer networks and advanced technologies for use by students, teachers, medical professionals and rural residents. Minimum grant amounts are \$50,000; maximum amounts are \$500,000 for fiscal year 2015.

Since 2009, USDA has provided more than \$182 million to expand access to learning at nearly 4,700 rural educational facilities and to improve delivery of medical care at more than 2,500 rural health facilities.

Details of the DLT funding are on Page 29602 of the May 22 Federal Register. The application deadline is July 6, 2015.

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