Mobile Mentor Aims To End Sedentary **Cycle Of Today's Young People**

BY WILLIAM HAGEMAN

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If Tom Schneider has his way, the image of chubby, pasty children hunkered down in front of their computers or personal devices will become a thing of the

Schneider is the creator of T.R.U.E. Fit, a training regimen that he hopes will promote activity and a

healthy lifestyle among people of all ages. But it's kids he's focusing on.

"A lot of them do want to move around," says Schneider, 27. "But there are a lot of social restrictions in play that keep them from engaging in

TOM SCHNEIDER

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activity. He cites adult worries that a child will be injured on a playground — when was the last time you saw a new set of monkey bars going up in a park? — or that kids will encounter evildoers while wandering the streets with friends. For older students, cuts in physical education programs have meant overcrowded classes that make it difficult to hold students accountable for their participation in PE, he says.

In the end, young people have fewer ways to be fit.

Schneider is passionate about fitness, spreading the word not just through T.R.U.E. Fit but also with a Chicago-to-Boston bike trip this summer. He plans to mentor kids along the

He says he got the idea for T.R.U.E. (The Resourceful Use of Exercise) Fit after coming to Northwestern University for his graduate studies in 2012. He took a job with Right At School, a before- and after-school enrichment program, working with kids in grades K-8.

"One of the things that stuck out to me was the inclination for kids not to engage in physical activity," he says. "They're more interested in sitting in groups with friends on the phone or on their personal devices.'

His interest in fitness began when he was growing up in Rockland, Mass. "I trained from (age) 13 with my father at the gym. ... I fell in love with strength

and conditioning." Schneider earned his bachelor's degree in exercise and health sciences from the University of Massachusetts at Boston and his master's in sports administration from Northwestern. Over the years, he has trained and coached athletes from the

youth level to profession-

als. He has had experience

in collegiate strength and conditioning at Harvard University, the University of South Carolina and Northwest-

Drawing on his education and experiences. he started to apply his expertise to kids.

In June, he and his father spent a day on bikes.

pedaling from Rockland to a ferry that took them to Martha's Vineyard. Over 24 hours they covered about 200 miles. The notion of a Chicago-to-Boston trek was born. "I thought it'd be great to do a bicycle tour and have T.R.U.E. Fit clinics along the way.'

On the Tuesday before Thanksgiving, he gave the clinic idea a trial run back in Rockland, at John Rogers Middle School, which he attended. There were six gym classes, with 20 to 30 students in each.

"The classes went great," PE instructor Steve Capone said. "The students absolutely loved the class.'

The success of the endeavor convinced Schneider to set up his bike tour, covering 10 to 12 days in August. He plans to do about 200 miles a day, stopping along the way to conduct classes. Youth organizations in Plymouth and Ft. Wayne, Ind., Mentor, Ohio, and Albany, N.Y., have already signed up, and there will be clinics in Chicago and Rockland. Others are in the works.

"We have such a sedentary culture. You can spend three hours on the phone, five hours watching TV, even our workforce is based on sedentary activity," Schneider says. "We try to compensate with healthy eating, physical activity.

His program stresses an inexpensive approach. "We need to create ways for people to access physical activity," he says.

FMTS Are Better Than We Thought

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D.

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Even though the first fecal microbiota transplants to treat Clostridium difficile were performed on people around 1958, the Beatles' 1967 "It's Getting Better All the Time" couldn't have been referring to the treatment's growing effectiveness. But we have to admit, it's true — the success of FMTs is doing just that.

Those of us in the medical community (and many of you, too) are well aware that FMT has about a 90 percent cure rate for C. diff bacterial infections. That's big news, because such infections can be lethal, especially if you're elderly or have a compromised immune system. In 2012, C. diff sickened 347,000 Americans, and 14,000 died. Despite that, the total number of FMTs performed in the U.S. remains below 500.

But now a new follow-up study has shown that when antibiotic treatments fail to help people with recurring C. diff, fecal transplants can prevent it for six months and counting. So, we're wondering, with a 90 percent or better success rate, is it time for FMT to be the first-line treatment for C. diff?

Side effects are virtually nonexistent; while antibiotic use contributes to development of antibiotic-resistant bacterial strains, such as MRSA. True, one woman became obese after receiving a FMT from her daughter (who wasn't overweight at the time, but became so later), but that just means donors should be screened more carefully as we learn more about which gut bacteria influence good health and which contribute to health problems. Researchers are working on FMT in pill form, and one day FMT may help obese people lose weight. Gutsy move!

BE BRAVE! (AND HEALTHY) TRY THESE FOODS

Anthony Bourdain ("Parts Unknown" on CNN) and Andrew Zimmerman ("Bizarre Foods" on the Travel Channel) made their careers by eating exotic and sometimes hard to swallow foods. Zimmerman says the 10-year-old tofu at Taiwan's House of Unique Stink (that's its name!) is horrific, and Bourdain admits Icelandic fermented shark, hakarl, is revolting.

But just because you haven't heard of a food, doesn't mean it's to be avoided. There are unusual taste treats out there that deliver a mouthful of good-for-you goodness.

Meet Kalettes. This cross between kale and Brussels sprouts is NOT genetically modified, just an old-fashioned hybrid that's created mini sprouts surrounded by small kale-like leaves. They deliver 120 percent of your daily vitamin K and 40 percent of vitamin Č in every 1 1/2 cups, and are good roasted, in soups and steamed.

Hello Broccoli Sprouts. These aren't just tasty (a slightly bitter, very green flavor), they're loaded with the enzyme myrosinase. The Cleveland Clinic says that's an essential partner to broccoli's other powerful component, sulforaphane, the cancer fighter. Combine broccoli sprouts with broccoli, and you'll boost sulforaphane absorption

Welcome Khorasan Wheat. This an-



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

cient grain delivers a lot more nutrition — especially selenium, zinc and magnesium — than today's wheat. A study in the Journal of European Clinical Nutrition found eating khorasan wheat improved folks' metabolic, lipid, antioxidant and inflammatory blood profiles. It's sold under the Kamut brand. You can use it to make homemade pasta or buy khorasan-containing products, like cereals, pastas and breads online and in health-food and grocery stores.

DON'T BE A SAT-FATHEAD

The Urban Dictionary defines "fathead syndrome" as someone who acts like a blowhard. But researchers at Louisiana State University's Inflammation and Neurodegeneration Laboratory have found that a diet high in saturated fat (more than 13 percent of calories from sat fat) can cause a lot more than a bad case of know-it-all-itis! It affects your brain, and that leads to anxiety. memory problems and other not-sogreat changes in behavior.

Working in the lab, researchers transplanted gut bacteria from mice that ate a high-sat-fat diet into thin mice that ate a low-fat diet. Lo and behold, the thin mice developed brain inflammation and had behavior changes that were the same as those of their sat-fatmunching buddies.

What does this mean for you? There's every reason to think that even if you're not overweight, eating a diet high in saturated fat throws your gut bacteria way off balance and puts you at risk for bodywide inflammation. That means you're in for heart and immune system problems, and brain inflammation that can affect your behavior and emotional well-being.

A moderate amount of fat is essential for your good health, but it has to be the right kind: mono- and polyunsaturated, and the odd fatty omega acids 3 and 9. So aim for, at most, 25 percent of your daily calories from healthy fats. And make sure that of a 2,000-caloriea-day diet, no more than 2 percent to 6 percent of your calories (max 120) come from saturated fat. You'll be healthier and happier!

WHAT'S SWEET ABOUT SWEAT

In a 1984 Dry Idea antiperspirant commercial, football coach Dan Reeves was asked about the three "nevers" it takes to be a winning coach. He answered: "Never let the press pick your starting quarterback. Never take a last place team lightly. And, really, no matter what the score, never let 'em see you sweat." But sweat you must if you want to reap the benefits of work-

Tracking around 204,000 adults ages 45 to 75 for more than six years, Aus-

tralian researchers discovered that adding a dose of vigorous exercise to your workout — your respiration increases, you can only talk in short sentences and you a sweat — delivers substantial

Compared with folks who exercise only moderately (that still makes your RealAge 4 years younger), if more than a third of your activity is vigorous, you make your RealAge another 1.6 years vounger and lower your risk of an early death by 13 percent. Compared with people who don't get any activity, your risk of a too-early-end is slashed in half.

How does sweating do that? Besides helping rid your body of toxins, sweating increases your cardiovascular strength, boosts your endorphin levels (which relieves stress and the related health risks), and stimulates your skin's natural antibiotic properties, increasing your resistance to colds. If vou have diabetes, heart issues or are obese, work with your doc to establish a walking routine and when you can, add some vigorous exercise. Pushing it even a little bit delivers benefits. Go for the glow!

ADVERTISING HELPS MAKE **KIDS OVERWEIGHT**

Wow! That's Dora the Explorer on a box of frozen treats. And you know what Dora's discovered inside that box? High fructose corn syrup, liquid sugar and a bunch of great dyes. Good sleuth-

But wait! Her image is there to attract, not educate, young consumers, and it works, making bad-for-you food youngsters' top picks. That's why the fast-food industry spends more than \$5 million every day marketing unhealthy foods to children. And the total spent annually by the food and beverage industry targeting kids? Around \$2 billion!

If you think you and your children are able to resist kids-you-gotta-eat-thisto-be-happy-and-cool marketing, think again. Researchers say even five years after kids are exposed to unhealthy food ads, they select fewer fruits, vegetables and whole grains, and increase their consumption of fast and fried foods and sugar-sweetened beverages. And the damage doesn't stop there: Intergenerational advertising targets not only today's kids but their kids as well by establishing lifelong brand preferences. No wonder the Centers for Disease Control and Prevention predicts that 1 in 3 U.S. adults will have diabetes by 2050 — and those adults are your kids and grandkids!

What can you do about the onslaught? Talk to your children. Explain that just because Dora's picture is on a box doesn't mean the food in the box is good for them. Then offer great-tasting alternatives. Buy fruit that kids can blend and freeze into tasty pops. And educate them about how important it is to feed your body the healthy fuel it needs to stay strong, smart and happy.

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 Snow or visit www.snarecare.com

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760-2986 or e-mail servant-

Caregivers Support Group Being Offered

support group for caregivers who are dealing with individuals who have a memory loss. The group that is open to the public meets on the second Tuesday of each month at 4 p.m. in the Center Library.

group works to provide mutual support.

For more information, call The Center at 605-260-4685 and

Bring your questions and share your experiences as the

The Center, 900 Whiting Drive, Yankton, is sponsoring a

Brain Training: The Science Weighs In

training has become a very hot topic in recent decades. An industry has developed from the fact that as we age, many fear memory loss, explained Leacey E. Brown, SDSU Extension Gerontology Field Specialist.

"The most common question I hear is, "How can I prevent dementia?" Brown

Unfortunately her answer isn't an easy one. "There is no silver bullet or game you can play to prevent dementia or Alzheimer's disease, Brown said." The science of the brain is still in its infancy.

She added that when it comes to memory loss, the mantra to remember is, 'if it's good for the heart, it's good for the brain.' "A well balanced diet, physical activity and healthy habits, such as not smoking and limiting alcohol consumption are not the only known actions a person can take to delay the onset or prevent dementia and Alzheimer's disease,' she said. "To prevent or delay the onset of disease and disability we know that it's important to remain cognitively active and socially

connected.' Brown said it is important to note that the cause of these diseases is not well understood so a person may still develop dementia or Alzheimer's disease even after engaging in activities known to prevent or delay the onset of disease or disability.



WHAT ABOUT **BRAIN TRAINING?**

If you have been on social media, listened to the radio, or watched TV, you have heard the claims that brain training improves memory, attention, problem solving and much more.

However, Brown said that although these services indicate their training is backed by research; according to statement released by the Stanford Center on Longevity in 2014, more than 70 scientists from around the world concluded that to date, science cannot support brain training as a legitimate way to prevent or reverse dementia or Alzheimer's disease.

The statement says: "We object to the claim that brain games offer consumers a scientifically grounded avenue to reduce or reverse cognitive decline when there is no compelling scientific evidence to date that they do. The promise of a magic bullet detracts from the best

evidence to date, which is that cognitive health in old age reflects the long-term effects of healthy, engaged lifestyles. We encourage continued careful research and validation in

As a gerontologist, Brown said she has long been skeptical of the ability of brain training to either prevent or reverse cognitive decline. "I encourage individuals to consider this — our species has existed for millions of years and widespread literacy has only emerged in the past 500 years. Even in this era of widespread literacy, areas of the worlds have literacy rates below 50 percent," she said.

The brain training we engaged in for most of our history Brown said did not involve us solving problems on paper or a computer screen. "It applied to our everyday lives and was deeply practical," she said.

So what's the take away

here? Brown encourages South Dakotans to remain active. "Continue to be cognitively active, socially connected and engage in a healthy lifestyles to prevent debilitating illness and early cognitive decline," she said.

If you don't know where to begin, Brown encourages readers to learn a new skill, start a new hobby and become involved in activities that keep you connected with other people.

"Please keep in mind that we are not telling you to not play brain training games. If you enjoy them, continue to play them. We just want to ensure that accurate information on the subject of brain training is being delivered to the public," Brown said.

To learn more, visit iGrow.

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