

Ramblings With Coach Rozy

No Time For Training

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

I hear it all the time. The number one reason why we don't exercise is that we don't have the time.

At least that's what we tell ourselves. We are all busy. Between getting to and from work, outside obligations, meetings, family and friends, weekly duties, balancing responsibilities of life and trying to find some time for yourself, there's little left over for workouts.

With summer in full swing, and fall knocking on the door that busy schedule is sure to get even more hectic. There will be vacations, cookouts and family gatherings. It won't be long before we are preparing for fall activities, school starting, sports and new obligations that come our way. It's no wonder that exercise quickly takes a backseat to our other activities.

We don't have to succumb to being a victim of circumstance. We can take control and find the time to work in a workout. Escape the time crunch excuse in three easy steps:

Step One: Schedule Your Workouts: You've heard this before, and it makes so much sense. If you treat your exercise time with the importance of a work meeting or another obligation you have made, then you'd never skip a workout and you'd be in amazing shape.

While the scheduling concept is brilliant in its simplicity, you have to put it into practice to reap the benefits. Pull out your calendar and a pen. Don't laugh, I'm serious! Just do it. If you want to get into shape it starts with committing to a revised schedule with a set exercise time.

Identify three 40-minute time slots and mark them on your calendar. That is when you'll exercise.

Remember this: if the thought that you should exercise this week is floating around in your head, but you haven't anchored it down to a specific time and date, then it will quickly disappear.

Step Two: Get the Most from Each Minute: The days of endless, mind numbing cardio are over. A great workout can take place in under an hour, when done correctly. The idea is to burn more calories each minute. This is done through short, intense bursts of exercise.

Use the following three tips to bring your routine up to the next level:

1. **Be Unstable:** Use your entire body, and target your core, by performing exercises that engage stabilizing muscles. To do this use an exercise ball, a balance board, a balance disk, or you could simply stand on one leg. Do dumbbell curls - do it on one leg and do one arm at a time.

2. **Add Resistance:** The more resistance that you incorporate with your routine translates into higher intensity and more calories burned. Some ideas for adding resistance include: carrying dumbbells while doing lunges, carrying weights while walking, or putting a weight between your feet while doing leg raises.

3. **Use Intervals:** Interval training is an amazing tool for creating short yet effective workouts. Don't worry, it's not complicated. Interval training is simply alternating between different short bursts of activity.

Here's an example: Let's say you want to focus on your legs and abs while also getting an effective cardiovascular workout. This would be a great interval routine for your goals:

- Lunge while curling dumbbells, 15-20 repetitions
- 30 seconds of intense cardio: sprint, jump rope, or jumping jacks
- Squat while pressing dumbbells overhead, 15-20 repetitions
- 30 seconds of intense cardio: sprint, jump rope or jumping jacks
- Crunches on an exercise ball, 15-20 repetitions
- 30 seconds of intense cardio: sprint, jump rope or jumping jacks
- Leg raises off the end of an exercise bench, 15-20 repetitions

Step Three: Twice the Results in Half the Time: What if I told you that there is a proven way to deliver twice the fitness results in half the time? It's simple really... When you attempt to lose weight or meet a fitness goal on your own, the odds are stacked against you. Sure, you could do it over time - but it's a long and lonely road. A road lined with detours that threaten to undermine your progress.

When you start a program, get a training partner or a performance Coach. When you do you suddenly have the upper hand on weight loss, strengthening and toning or reaching another goal. You have a team in your corner, coaching you each step of the way, keeping you accountable to workouts and giving you that dose of encouragement when the going gets tough.

You'll have someone there to congratulate you when your goal is met.

Implement one, or all three, of these time tips today. When you do, you'll find you'll be able to escape the "excuse noose" and put time in it's place.

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Servant Hearts Clinic Open At New Location

Servant Hearts Clinic a free, Christ centered medical clinic that will be open at our new location Oct. 5 from 5:30-8 p.m. at 232 Capital Street, Yankton.

This is a completely free medical clinic for urgent care conditions. Servant Hearts Clinic provides care for physical, mental health, emotional, and spiritual issues. Servant Hearts Clinic may serve as an entry point to other services within the community.

The staff asks that patients please not enter the building until 5:15 p.m. to allow staff time to completely set up and prepare for clinic. We would also ask that if you are planning on being seen at the clinic

to be there by 7 p.m. to allow adequate time to be seen by our providers.

Services NOT provided by SHC at this time include dental, diagnosis or treatment of sexually transmitted diseases, HIV testing, prenatal care, treatment for Emergency Medical Conditions, radiology, immunizations and chiropractic care. We do not prescribe any narcotics.

Future clinics are planned for the first and third Monday of every month. The date of the next clinic is Oct. 19.

For further information about this clinic, call 605-760-2986 or e-mail servant-heartsclinic@gmail.com.

Get A Good Water Filter!

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

The Swedish proverb "the afternoon knows what the morning never expected" was popularized by the great American poet Robert Frost. What he was expressing is that often we find out later what really went on earlier.

In the interest of protecting the public health, the American Medical Association is adopting a policy supporting full disclosure of the chemicals released into the environment by the drilling/fracking industry. Believe it or not, when chemicals under immense pressure are injected into the ground during hydraulic fracturing, no one is currently held accountable for the amount and/or type of chemicals being used. In fact, in another "believe it or not" moment, in May 2014, the North Carolina Senate voted to make it a crime to disclose the chemicals used in hydraulic fracturing. (It is public knowledge that some of the chemicals the industry uses include: hydrochloric acid; magnesium oxide; isopropanol; methanol; formic acid; petroleum; boric acid; and zirconium.)

The AMA wants the opposite - for government agencies to record and monitor these chemicals with a focus on the effect of human exposure to them. That way, doctors will know what they are dealing with when it comes time to treat patients who may have health problems related to the distribution of those chemicals. Let the AMA (and your representatives) know that you support their initiative, and if you live near a fracking site, get a good water filter NOW. We recommend a charcoal filter on all water you use, whether it's for drinking or making coffee or soup.

USING IN-HOME MEDICAL DEVICES SAFELY

In "Young Frankenstein" (1974) Gene Wilder plays a neuroscientist who inherits a castle complete with a typical mad scientist's laboratory. It's filled with lots of weird medical devices (and a monster) from his grandfather, Dr. Frankenstein. Those devices led to hilarity. But for the millions of people who use medical devices to monitor blood glucose, blood pressure and respiration, to provide oxygen and insulin or to get relief from pain, home medical equipment is serious business.

The invention of these self-regulated devices (these days, they often send the data to your doctor) can offer you independence and save you money. A pilot project at the Cleveland Clinic found that remote monitoring increased the average number of days between office visits by 71 percent for diabetic patients and by 26 percent for hypertensive patients. Nationally, remote patient monitoring alone is expected to save around \$197 billion in the next 25 years.

But devices come with risks if they aren't manufactured correctly or if you don't use them properly. To protect yourself from equipment snafus (or worse):

- Always get a prescription for any in-home medical device, and learn how to use it with your doctor.
- Talk to your doc about medical devices that you plan to buy on the Internet. No freelance self-prescribing. Many products may not have Food and Drug Administration approval.
- Whenever you bring a device



OZ AND ROIZEN

Dr. Mehmet Oz and Dr. Michael Roizen

home, read labels and patient information (twice is nice), and check out the FDA's in-depth info on using home devices safely by Googling "FDA Home Use Devices."

FRUITS AND VEGGIES ARE FOR GOOD MENTAL HEALTH

Dale Carnegie said, "When fate hands us a lemon, let's try to make a lemonade." It's rule No. 6 in his book "How to Stop Worrying and Start Living." But there are actually lots of other tasty ways to change your outlook from sour to sweet that don't call for added sugar.

The newly published SUN (Seguimiento a Universidad de Navarra) study tracked 19,000 people for around 10 years and found that eating a diet with healthy amounts of fruits and vegetables (including legumes and nuts) reduces the risk of depression by up to 25 to 30 percent!

There are many reasons why unprocessed fresh fruits and vegetables help you achieve and keep a positive attitude. First, they protect your overall health: Eating foods rich in polyphenols reduces inflammation and helps prevent some cancers, as well as cardiovascular and neurodegenerative diseases. Fruits and vegetables also provide fuel for the brain. Plus, when you're eating fruits and vegetables, chances are you're NOT eating foods that contain the Five Food Felons: trans and saturated fats, added sugar and sugar syrups, and processed grains.

Unfortunately, Americans eat only one serving of fruit and two servings of veggies daily. (And often the fruits and veggies are from sugar-added fruit drinks and French fries!) But good mental health is a pretty great reason to change your ways and eat five to nine servings of fruits and vegetables daily. Then, as Eric Idle sings at the end of Monty Python's "Life of Brian," you'll be able to "look on the bright side of life."

CANCER-TREATMENT-INDUCED HOT FLASHES AND ACUPUNCTURE

When Cybill Shepherd recorded the "Menopause Blues" (it's on YouTube) in 2004, she crooned about "those hot-flashin', mood-swingin'" miseries. But we bet she didn't know that for millions of women with breast cancer (and men with prostate cancer), those symptoms are a direct result of their life-saving treatments. Up to 80 percent of prostate survivors, especially those on hormone-deprivation therapy, and 80 percent of women on tamoxifen for treatment of estrogen-dependent breast cancer experience hot flashes. Oftentimes, they're bad enough for folks to consider ending their cancer therapy.

Walking Forward Receives \$50,000 Donation

SIoux FALLS — Walking Forward has received a \$50,000 donation from the Pink Pony Fund of the Polo Ralph Lauren Foundation. The Pink Pony Campaign, which was launched by Ralph Lauren in 2000, is a worldwide initiative dedicated to reducing disparities in cancer care and ensuring that access to quality treatment is available to everyone at an earlier, more curable stage.

Walking Forward is a South Dakota-based research program that is using innovative ways to address the gaps in cancer care, prevention and outcomes between the American Indian and non-American Indian populations living in the Northern Plains. Walking Forward is part of Avera's Molecular and Experimental Medicine Program at the Avera Cancer Institute Sioux Falls.

"These funds will help Walking Forward continue to make strides in improving access to cancer prevention, early detection and state-of-the-art care for American Indian and rural cancer patients," said Daniel Peterreit,

MD, FASTRO, Principal Investigator with Walking Forward. "American Indians present with more advanced stages of cancer, and therefore, experience lower cure rates - and we'd like to change that."

Over the past 13 years, Walking Forward has been involved with improving cancer cure rates and treatment in the American Indian population through various programs, including patient navigation, access to clinical trials and the latest technology, palliative care, and screening for colorectal, cervical, breast and prostate cancer. The most recent project is a smoking cessation program that uses patient navigation and customized text messages to encourage American Indians who want to quit smoking.

Avera announced its partnership with Walking Forward in February 2015. Walking Forward was started in 2002 by Peterreit, a radiation oncologist affiliated with Rapid City Regional Hospital (RCRH), as the principal investigator, in partnership with RCRH and the National Cancer Institute.

ASHH To Donate Care Center To Mount Marty

Avera Sacred Heart Hospital has announced that it will be gifting the Avera Yankton Care Center to Mount Marty College.

The residents and staff of the 74-bed Avera Yankton Care Center, located at 1212 West Eighth Street, will be moved into two new neighborhoods currently under construction at the Avera Sister James Care Center on the Avera Majestic Bluffs campus. That transition is tentatively planned to occur on Dec. 1. Mount Marty College will assume ownership of the 20,000 square-foot building around Dec. 31.

"We are pleased to contribute the Avera Yankton Care Center building and

property to Mount Marty College," said Avera Sacred Heart President and CEO Doug Ekeren. "The property has served us well, and we are confident that the college will continue to utilize the facility in a manner that benefits the college and the greater Yankton region."

"We are very grateful for this generous gift from Avera Sacred Heart Hospital," said Mount Marty College President Marc Long. "The addition of this building will help grow Mount Marty College's campus footprint and provide opportunities for expanding programs and increasing our connection to the Yankton community."

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