

Ramblin's with Coach Rozy

Push-Up That Will Pump Up Your Workouts

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

Not too long ago, a group at Coach Rozy Performance finished up our "Push-Up Challenge." The Challenge was to do 1000 push-up in 31 days. We had A LOT of folks be able to complete the task. Sounds like a pretty daunting event to take on, but if you break it down all you need to do is 33 push-ups a day. Again, if you have a hard time doing 10, it can sound tough. What we did was have our motivated pushers break it down and do 11 push-ups three times a day. That gives you your 33 and over a 31 day period it puts you at 1,023 times you tapped your chest up and down off the ground. Were all the push-ups everyone did perfect and Marine style, I don't believe so (I know some of mine at times got pretty ugly), but the key is we got it done and felt better doing it. And that was the point, to 1. Keep fitness in front of us each day, 2. Get a little stronger and better at doing push-ups, 3. Make sure we had fun and were doing the movement right.



Mark ROOZEN

If you want to start doing your own push-up challenge, or maybe just start doing some push-ups at home or at the gym, here are a few key points to make sure your shoulders feel like a million bucks and you don't find yourself in a situation with shoulder pain.

#1. KEEP YOUR ELBOWS SLIGHTLY TUCKED

When you're doing push ups make sure not to let your elbows flare out. Flaring the elbows puts WAY too much pressure on your shoulder joints. If you're doing pushups this way, you may not feel the pain today or even this week, but you will in just a few months. I'm talking about the nagging, annoying pain, too. So when you do pushups, keep your elbows slightly "tucked".

QUICK FIX: Sometimes changing up exercise technique takes practice (it's an old movement, but a new skill), so start from your knees, or elevate your body to take some weight off yourself and make the push-up easier until you get the new movement down.

#2. WARM UP THE MUSCLES & NOT JUST THE JOINT

When it comes to warming up prior to a workout most people are not doing anything to prevent a shoulder injury which we've learned is the most commonly hurt body part along with the back.

You'll see folks that are doing arm circles and arm crosses before their workout which is fine, but this does not hinder an injury. The circles and crosses help lubricate the joint but does nothing to prime up the actual muscles in the shoulder which is what you need to do.

Quick Fix: During your warm up add resistance to wake up the muscles of the shoulder, rotator cuff and shoulder blade so they are ready to protect and prevent a shoulder injury. Do some wall push-ups to start, or do some band presses and pulls. DON'T just drop to the floor and GO.

#3. IF YOU DO PUSH-UPS, AND YOU HAVE SHOULDER PAIN — DEAL WITH THE ROOT CAUSE OF THE PROBLEM, NOT THE SYMPTOMS

When you start doing push-ups, or other exercises that might bother the shoulders, understand that just stretching might not help (like we talked about above). The reality is that stretching focuses on symptoms, not necessarily the problem.

Remember: "Neither Strengthening nor Stretching Will Help You Until The Shoulder Joint Has Been Reshaped Into a Pain Free Joint." While strengthening is important, it needs to be done when the shoulder joint has been reshaped into a pain-free shoulder joint. If you have not reshaped the shoulder joint into a pain-free joint, you are just adding more strength to a painful joint and could be making the problem worse. In time this stress leads to repetitive shoulder injuries, increased shoulder joint damage and shoulder pain.

If you'd like me to share with you how to re-shape your shoulders so that when you strengthen them you will NOT be causing more damage - just email me at rozyroozen@gmail.com and we'll lend you our LIVE PAIN FREE — THE RIGHT MOVES FOR SHOULDERS. Even if you don't experience pain in your shoulders now, and don't want to get our free eBook, use these three strategies to AVOID shoulder pain in the future. It sure does beat doctor visits and being fed expensive medications.

Don't wait until you need help or are in pain. Be proactive instead of reactive.

Yankton To Host Scrubs Camp On Oct. 6

Area high school students will have an opportunity to explore a variety of health career options during Scrubs Camp on Tuesday, Oct. 6 in Yankton.

Scrubs Camps are one-day learning experiences conducted at 16 locations throughout the state. Campers will hear from healthcare professionals who will discuss what they do and how they got into their chosen career field. They will also be able to participate in exciting hands-on activities and receive personalized career guidance plans.

Scrubs Camps are designed for students in grades 9-12 with an interest in the healthcare field. There is no charge to attend, lunch is provided at the camp and students will also receive a free complimentary gift. Parents are also welcome to attend the camp with their participating student.

Scrubs Camp will be held on Tuesday, Oct. 6 at the Professional Office Pavilion on the Avera Sacred Heart Hospital campus in Yankton. Yankton Rural Area Health Education Center is coordinating the event with the assistance of several area professionals and educators. Pre-registration for the camp is necessary by Sept. 22. For details and ques-

tions, call the Yankton Rural AHEC office at 605-655-1400. Visit www.scrubscamps.sd.gov for a printable registration form under the Yankton location.

Yankton session topics include: radiology, Yankton County EMS, dietitian, family nurse practitioner and more.

One of the most pressing issues facing the healthcare industry today is the critical need for healthcare providers. This is especially true for South Dakota. In the coming years, thousands of additional healthcare workers will be needed in South Dakota. Scrubs Camps were designed to encourage students in South Dakota to consider pursuing a career in healthcare.

The Scrubs Camps are made possible through the collaborative effort of the South Dakota Department of Education Office of Curriculum, Career and Technical Education and South Dakota Department of Health Office of Rural Health. For more information visit www.scrubscamps.sd.gov or contact the Department of Health at 605-773-3361. Inquiries about the Yankton camp, call Yankton Rural AHEC at 605-655-1400.

Oz And Roizen

Mental Boost: Happiness Is A Powerful Medicine

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

When Pharrell Williams croons the lyrics to "Happy," you gotta smile! The melody and words seem to make his positive feeling positively contagious. Investigators from Warwick University in the U.K. would agree, because their recent research shows that Williams got it just right when he wrote: "Here come bad news ... give me all you got ... I'll be just fine ... because I'm happy."

Data on 2,000 U.S. teens from the National Longitudinal Study of Adolescent to Adult Health indicates that being around happy friends slashes in half the risk of becoming depressed and doubles the probability of recovering from depression! And while happy friends can help a buddy who's down feel better just by hanging around, a person who is depressed does not necessarily pull upbeat folks downward. In other words, happiness is a lot more contagious than the blues.

This study doesn't surprise us, because we're believers in the power of happiness to remake your life! So over this coming year, we're making a promise to YOU to explore all the amazing ways you can increase your happiness quotient, which will fuel a quantum leap in your mind-body health.

Here's our happy-by-association tip: Join a group of enthusiasts who are dedicated to doing something that you always wanted to try or already feel great doing, such as playing bridge, biking, going antiquing, volunteering at a charity or church, walking or jogging, learning a language or participating in community theater. You'll be amazed at how it'll get you singing "Happy" tunes, too.

WHAT TO DO ABOUT SMOKE-FILLED SKIES

Everyone from the Jerry Garcia Band to Eartha Kitt has recorded the Jerome Kern song "Smoke Gets in Your Eyes," and the classic lyrics aptly describe how teary a fiery end to a romance can make you. But folks from the West and Southwest to the Midwest and beyond are dealing with eye irritation, breathing difficulty and asthma from rampant wildfires that've burned more than 7.5 million acres so far this year.

The skies in many locales have turned eerily gray as smoke and particulate matter (carbon monoxide, carbon dioxide and soot) sail eastward on the jet stream. Anybody who has heart disease or lung problems (COPD, asthma, chronic bronchitis, severe allergies, cystic fibrosis, etc.) should stay indoors with windows closed. And everyone should avoid strenuous outdoor activity when it's visibly smoky or if the air quality index is rated as "unhealthy."

This is also a good time to make sure you drink plenty of water and stay hydrated so that you produce enough phlegm to cough easily and expel any particulate matter you might inhale. If you have breathing problems, check in with your doc to make sure you're following your optimal treatment plan. You want to make sure you have strong filter masks (and practice how to use them) and an effective long-acting bronchodilator plus a short-acting



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Dr. Mehmet Oz and Dr. Michael Roizen

beta agonist or rescue inhaler, such as albuterol. Then, as the Southern jam band Mofro sings, "Well, the sky is ashy white and the fields are burning bright ... pray for rain."

PAT ON THE BACK IS IMPORTANT FOR ADHD KIDS

Several years ago, when Hank Aaron was asked, "What would you do differently if you played baseball today?" the always-graceful home-run king (at the time) replied: "That's easy. I'd ask for more money."

Well, the need to be rewarded for good performance isn't exclusive to big-time athletes. In fact, recognition for a job well done turns out to mean a whole lot more to children with attention deficit/hyperactivity disorder than it does to adults in any profession or to typically developing kids, say researchers at the University at Buffalo. That's because kids with ADHD — a common childhood disorder that includes symptoms such as hyperactive behavior, difficulty staying focused and inattention — demonstrate an increased sensitivity to reward. Verbal and other rewards increase their motivation to master cognitive tasks and control their erratic behaviors, plus they help them feel more comfortable socially and emotionally.

This is welcome news to the thousands of parents, family and friends who are looking for ways to help kids with ADHD feel more comfortable in their own skin and develop effective ways to manage their difficulties in and out of the classroom.

So if you have a child with ADHD or you know one who has the disorder, pay attention to what your child does, and find positive things to say about his or her behavior. Don't lie (kids know when you are), but identify their effort and praise their hard work. With good cognitive behavioral therapy, positive reinforcement, the proper medication and support in school, kids with ADHD can thrive and even excel.

FACING ADDICTION

In the 1976 Mel Brooks film "Silent Movie," the only spoken word came from the famous mime Marcel Marceau: "Non!" An absurd moment, since mimes don't speak. To us, this classic movie scene serves as a perfect analogy for the absurd way our society views addiction. The issue is most often looked at as black and white (like a mime's face paint), and the only word spoken about it is, "No."

Giving addiction the silent treat-

ment has to end, and that starts by understanding addiction. The American Society of Addiction Medicine says it perfectly: "Addiction is not about drugs, it's about brains ... [It's] about what happens in a person's brain when they're exposed to rewarding substances or rewarding behaviors. Addiction is a chronic brain disease."

More than 40 million Americans over age 11 meet the clinical criteria for addiction to nicotine, alcohol or other drugs. That's more than the number of folks with heart conditions, diabetes or cancer. Addiction touches everyone's life one way or another. That's why, together, we must start a national conversation about how to manage addiction and how we can improve the health of individuals and society.

To help end the silence, we would like you to lend your support Oct. 4 at the National Mall in Washington, D.C., for a rally: UNITE to Face Addiction. We will remember those we've lost, give voice to suffering families, and celebrate those who have recovered. Dr. Oz and Dr. Mike plan to be there, along with Steven Tyler, Sheryl Crow and other performers. Join us.

HEED NEW WARNING FOR KIDS AND CODEINE COUGH MEDS

The British pop music band Everything Everything came out with a song called "Cough Cough" in 2012. It's gotten over 2.6 million YouTube views to date. Clearly, kids like the sound of "Cough, Cough." And while parents can generally tolerate their children's music, when it's the real cough, cough, they tend to reach for the fastest way to silence it.

With flu season upon you, we strongly advise moms and dads to follow the labeling recommendations and use caution when reaching for cough and cold medicines containing codeine. Why? Codeine is an opioid pain reliever, and there's a potential for serious adverse effects for kids, including slowed or difficult breathing.

Earlier this year the European Medicine Agency issued a warning, saying that codeine "must not be used to treat cough and cold in children under 12" and for any children between 12 and 18 with breathing problems. And that's moved the Food and Drug Administration to take a look at strengthening its 2013 "boxed" warning (its strongest); that warning said codeine should not be given to kids who have post-op pain following a tonsillectomy and/or adenoidectomy.

We suggest that all physicians and parents opt for the tighter restraints. And use alternatives such as honey. A spoonful is the tried and true remedy for a cough and sore throat. And with all of the different choices you have these days, pick out something fun. Tupelo Honey (and Van Morrison) can put an end to cough and ... ahem ... "Cough, Cough."

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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Avera Sacred Heart Long-Term Care Facilities Cited For Resident Satisfaction

Avera Sacred Heart Long-Term Care Facilities Recognized For Outstanding Resident Satisfaction

Avera Sister James Care Center and Avera Yankton Care Center recently received the Excellence in Action award from My InnerView by National Research Corporation.

This honor recognizes long-term-care and senior living organizations that achieve the highest levels of satisfaction excellence, as demonstrated by overall resident or employee satisfaction scores that fall within the top 10 percent of the My InnerView product database.

The Avera Sister James Care Center and the Avera Yankton Care Center received the customer satisfaction award. It is the

sixth consecutive year these long-term care facilities have achieved this national recognition.

"Each of the last six years we've been recognized with an Excellence in Action award, and I think it demonstrates the quality care provided to residents by the staff at our two long-term care facilities," said Tony Erickson, Executive Director of Senior Services for Avera Sacred Heart. "We are constantly striving to provide the best care in a home-like atmosphere that preserves the dignity and decision making of our residents and their families."

"The Excellence in Action award isn't just any quality performance award," added Jason Stevens, Senior Vice President of Business

Development at National Research. "Rather, it's an award that defines what it means for providers to provide the right kind of care — patient-centered care — for their residents, families and employees. It's an honor and well-deserved accomplishment for repeat winners and new organizations alike."

The Excellence in Action awards are presented exclusively to National Research clients that use My InnerView products. Client facilities must have completed a customer or workforce satisfaction survey during

calendar year 2014. Winners must have also achieved a minimum of 10 responses with a minimum 30 percent response rate and scored in the top 10 percent of qualifying facilities on the question "What is your recommendation of this facility to others?" or "What is your recommendation of this facility as a place to work?" in terms of the percentage of respondents rating the facility as "excellent."

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