

Healthy Holiday Habits

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Keeping Healthy During the Upcoming Holiday Season

Healthy Living Tips:

1. Eat Breakfast Every Morning.
2. Get Enough Sleep.
3. Add Fish and Omega-3 to your diet.
4. Drink Water and Eat dairy products.
5. Take up a Hobby.

- *Mayo Clinic, 2009*

Exercise for Better Health

During this upcoming holiday season, the average American will gain 1—3 pounds. Healthy eating habits coupled with daily exercise can help to fight off the annual growing of the waistline.

We already know that physical activity has multiple benefits. According to the CDC, more than 60% of Americans do not get regular exercise.

The short-term results of exercise include helping people to think and move better, manage stress, improve mood, and get an energy boost

In case you needed an incentive, here is a review of the advantages of exercise, per the National Cancer Institute:

- Helps control weight
- Maintains healthy bones, muscles, and joints
- Reduces risk of developing high blood pressure and diabetes
- Promotes psychological well-being
- Reduces risk of death from heart disease
- Reduces risk of premature death
- Reduced risk of certain cancers

For all of your therapy needs, see the professionals at Arctic Physical Therapy.

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“We Repair the World’s Most Complex Machine.”

No Time to Exercise? Try These Time-Saving Tips.

- Walk and talk with friends instead of meeting for a meal.
- Take the stairs instead of the elevator.
- Walk to the store.
- Window shop at the mall.
- Leave your desk and visit your co-worker instead of sending him an email.
- Get up from your desk and stretch every 15—30 minutes (studies show that this increases work productivity).

Get up and Walk!

An eight-year study of 13,000 people also showed that people who walked 30 minutes daily had a significantly reduced chance of premature death compared with those who rarely exercised, reports the American Council on Exercise.

