

Infogram

Summer 2015

THERAPY & FITNESS
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Safe Fun in the Sun

Many people flock outside in warm weather to jog, play basketball or do yard work. But when the mercury rises, "easy" exercise becomes a huge physical undertaking, and intense exercise can be deadly. If your body's temperature regulation system is overtaxed, you're at risk of developing a heat-related illness. Here's what you need to do to protect yourself in extreme summer heat.

Keep an Eye on the Weather

Exercise and warm weather increase your core body temperature. When you combine the two – for example, when you run on a hot, humid day – even seasoned athletes need to exercise caution. Before you lace up your running shoes or head to the tennis courts, take a look at the weather report. If the temperature or humidity is high, scale back your workout. A workout that feels easy on a temperate day can be dangerously intense on a hot, humid afternoon. Respect your body and your own limitations.

Dress Appropriately

When exercising in heat, what you wear matters. Light-colored, sweat-wicking clothing is best for hot weather; dark, heavy clothes can make you even hotter.

Hydrate, Hydrate, Hydrate

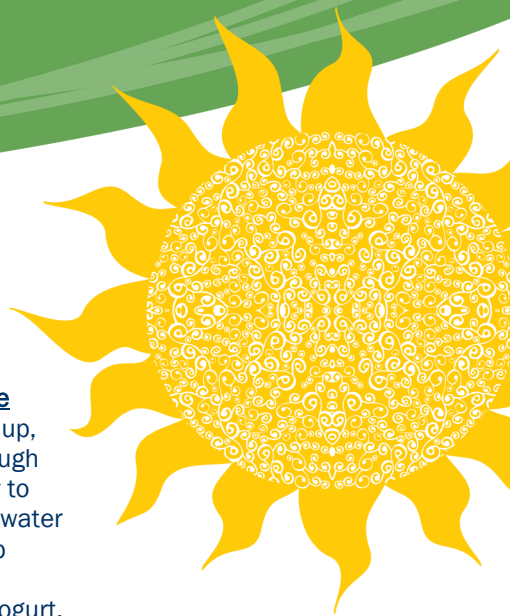
When the weather heats up, make sure you drink enough fluids throughout the day to stay hydrated, and enjoy water-rich foods including crisp lettuce, watermelon, grapefruit, broccoli and yogurt. It's surprisingly easy to lose a few pounds of water weight through sweating. Weigh yourself before and after working out, and replace each pound of weight loss with 3 cups of water. Water is a good choice because it moves quickly through your digestive track and into your tissues. If you're sweating heavily or exercising for more than 60 minutes, sports drinks can help your body refuel and rehydrate more efficiently.

Know the Warning Signs:

Heat Exhaustion and Heat Stroke Dehydration is a serious medical condition. Exercise in hot, humid weather can rapidly raise your body's core temperature, putting you at risk of heat exhaustion or heat stroke. Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures, and inadequate or unbalanced replacement of fluids.

Signs of heat exhaustion include:

- Heavy sweating



- Muscle cramps
- Fatigue
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Dark urine
- Cool, moist skin

If heat exhaustion is untreated, it may progress to heat stroke. Heat stroke is the most serious heat-related illness. With heat stroke victims, look for the following symptoms:

- Dry, hot skin (no sweating)
- Rapid, weak pulse
- Confusion
- A body temp above 105 degrees F
- Seizures
- Unconsciousness

Source: Skin Cancer Foundation



5 Easy Ways To Workout On Summer Vacation

Exercise is always a great mood booster, and it shouldn't be something that you forget about when you go out of town. There's an uncontested amount of joy surrounding summer vacations – the promise of warm weather (depending on where you're going, of course) coupled with an opportunity to take a break and escape. And while all of these experiences are integral when it comes to planning your next trip, it's also important to incorporate some wellness into your travels. Here are five simple ways to squeeze fitness into your next itinerary.

Go on a morning walk. As soon as you arrive at your hotel or summer rental, lace up your running shoes and get outside for a walk. It's a great way to see the town, and you'll probably discover all sorts of small neighborhood quirks you might have otherwise missed.

Turn pool time into a workout. If your destination has a place to swim, you can get a full-body workout and enjoy your time in the sun with a few pool exercises. Jump in the chlorine and warm up with some underwater jumping jacks, then alternate between high knees and treading water.

Sign up for a 5k or a community walk.

A creative way to feel like an instant local is to sign up for a race or community walk. You'll work up a sweat, meet a few residents, and your course may grant you access to roads you've never seen.

Take a bike tour instead of a bus tour.

When you're exploring a new place, tours are great, but rather than signing up for one that puts you inside a bus, sign up for one that takes place on a bike. Tons of cities offer two-wheeled tours, and they're great

because you'll burn calories while getting a different view of the terrain.

Get day passes at a near by gym.

See if you can find a gym close to your vacation destination and try to log at least 30 minutes in the mornings. Bonus points if the gym overlooks the street – there's nothing like exercising while people watching.

Source: MSN



“Make exercise a priority.”



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Are You Tying Your Shoes The Right Way?

Did you know there are different ways that you can lace your shoes to make them more comfortable or to help customize your shoes for your feet? Here are some of the more common shoe lacing patterns that help combat some common shoe issues.

Loop lacing lock: This technique can be used in a number of different lacing patterns to insure a tight and snug fit anywhere along the eye row of your shoe, depending on where your laces seem to be slipping.



Wide forefoot: From the bottom of the eye row, lace up the sides of the shoe. Once you get to the middle of the shoe (midfoot), start the cross-lacing technique and continue on to the top of the shoe. Tie shoe at the top, as usual. This will give your foot plenty of room to spread or allow your toes to splay while running.



Heel slipping: There are two good ways of keeping a shoe from slipping on the heel. The first way is to put a loop lacing lock at the top of the shoe (shown in the beginning of the post) and tie shoe as usual. Another way is to use a modified loop lacing lock, called a "runner's tie." To accomplish the runner's tie, cross-lace the shoe until the second to last top hole and then lace up each side of the eye row. Take each loose lace end and thread it back under the side lace of the opposite side. Tie the shoe at the top, as usual.

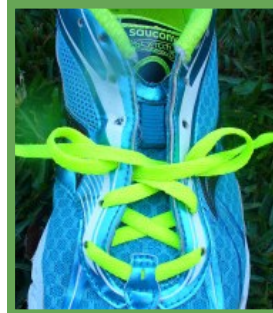
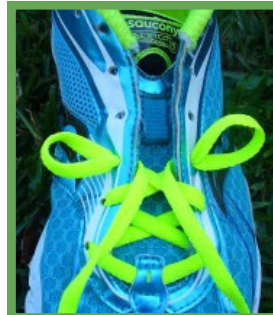


High Instep: Near the toe of the shoe, start lacing with the cross-lacing technique. Once you get to the middle of the shoe, thread the laces up the sides of the eye row, leaving room. Continue cross-lacing at the top of the shoe and tie at the top as usual. This will give your foot room in the midfoot area and help keep the shoe from feeling too tight across the arch of the foot.



Narrow foot:

To help a shoe fit more snugly on a narrow foot, you might want to try adding a loop lacing lock in the middle of the eye row. To accomplish this, cross-lace the shoe as normal up to the midfoot, add a loop lacing lock, and then continue cross-lacing the shoe to the top. Tie the shoe at the top, as usual. Doing this will double the



Shoe feels too tight: To give your shoe an overall roomier feel, try the parallel lacing technique. To start, lace the first two eyelets near the toe of the shoe. On one side, pull the lace up through the first eyelet and then straight across the shoe and into the eyelet directly across from it. On the other side, skip the first eyelet and pull the lace up through the second eyelet and then lace it into the eyelet straight across from it. Repeat this skipping an eyelet and lacing across pattern until the shoe is laced to the top.



Meet Our Fitness Instructors

Laura

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Open 7 days a week; except holidays.

Mon-Thurs.....5am-8:30pm

Friday.....5am-8:30pm

Saturday.....7am-3pm

Sunday.....8am-3pm

For more information regarding our fitness center visit aspirus.org/FitnessMedford



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Summer Recipe: Skinny Bruschetta Chicken

Ingredients

- 3 or 4 chicken breasts**
- 4 or 5 small tomatoes, chopped**
- 1 clove garlic, minced**
- 1/2 small red onion, chopped**
- 1 tsp. olive oil**
- 1 tsp. balsamic vinegar**
- 1/8. tsp sea salt**
- Handful basil, chopped**

Instructions

1. Preheat oven to 375 degrees F (if you choose to bake your chicken rather than grill). Sprinkle some salt and pepper over top, cover and bake for about 35 to 40 minutes (depending on the size of your breasts) until juices run clear.
2. Meanwhile, combine chopped tomatoes, garlic, onion, olive oil, balsamic vinegar, sea salt and basil in a bowl. Refrigerate until chicken is ready to be served and spoon over top of the chicken.

Source: *Domestic Superhero*



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