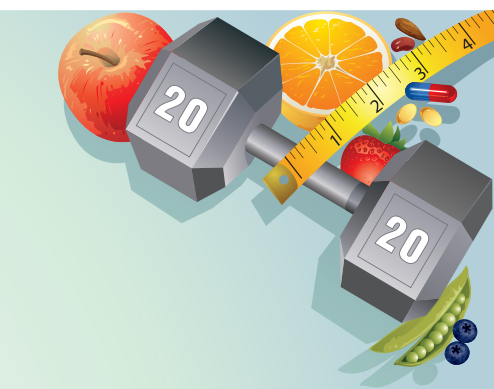


# Health and Fitness 2023



## How to enjoy a healthy summer

Colds might not be as common in summer as they are in winter, but anyone who has ever had a cold when the weather outside is warm and inviting knows just how unpleasant a runny nose, sore throat and lack of energy can be when everyone else seems to be outside soaking up the sun. Indeed, there’s no substitute for feeling fit and healthy in summer.

A healthy summer is one when individuals avoid illness and make the most of a time of year when no one wants to battle colds or other issues that affect their well-being. The following are a handful of strategies that can help people enjoy a healthy summer.

- Protect your skin from the sun. The Centers for Disease Control and Prevention recommends individuals apply a broad-spectrum sunscreen with a sun-protection factor (SPF) of 15 or higher before going outside. Sunscreen should then be reapplied as necessary and especially after swimming or excessive sweating.

The American Cancer Society notes that sunburn that blisters can increase risk for skin cancer, but sunburns affect short-term health as well. Studies have shown that sunburn adversely affects immune system response, which could make people more vulnerable to viruses like COVID-19 or the common cold.

- Limit alcohol consumption. Social schedules tend to fill up in summer, as seemingly everyone wants to host a backyard barbecue. The party vibe synonymous with summer leads to increased opportunities to drink alcohol, but excessive amounts of alcohol and summer sun are a bad combination. According to the National Institute on Alcohol Abuse and Alcoholism, hot summer days increase fluid loss through perspiration, while alcohol contributes to fluid loss through an increased need to urinate. Significant fluid loss can lead to dehydration and heat stroke.

- Eat the right foods. Summer is not typically as hectic a time of year as other seasons, particularly for parents accustomed to driving kids from one activity to another during the school year. But come summer, weekends filled with social engagements and a greater desire to be active outdoors can prove exhausting. The CDC notes that a diet filled with colorful fruits and vegetables supports muscles, strengthens bones and boosts immunity. That can make it easier to handle a physically active summer regimen and ensure that the immune system is in better position to fight off anything that may want to get in the way of summer fun.
- Get adequate sleep. What’s better than a midday summertime nap? The answer to that is better sleep overnight. Adults should aspire to get between seven and eight hours of sleep each night, which can fortify their immune system and ensure they don’t miss



out on any summertime fun. According to the Mayo Clinic, sleep deprivation can lead to decreased production of proteins known as cytokines, which are vital to fighting infection and inflammation.

A healthy summer makes for a more enjoyable summer. By embracing various immune-boosting strategies, individuals can make this summer even more fun. TF236040

## 6 health benefits of yoga How to pair food with exercise

Are you ready for warrior pose? Have you engaged in downward dog today? You no doubt understand these questions if you have an even cursory knowledge of yoga.

Yoga is an ancient, ascetic Hindu discipline comprised of controlled breathing, body positions and meditation. The goal of yoga is to attain a deep state of tranquility and spiritual insight. While people may be quick to associate yoga with popular poses, it’s the complete package of breathing and reflection that does wonderful things for the mind and body.

Johns Hopkins Medicine says yoga can benefit people of all ages. It can help the healthy, but also can be utilized to treat people recovering from illness or surgery or those living with a chronic condition. While the scientific research into yoga’s health benefits is preliminary and not extensive, certain trends have emerged.

1. Improves flexibility: According to Yoga Journal, even the lowest intensity styles of yoga have been shown to increase flexibility. Yoga is especially helpful for adults ages 65 and older, helping to slow age-related loss of flexibility.
2. Brain boost: Gray matter in the brain can diminish as people get older. However, according to a 2015 study funded by the National Center for Complementary and Integrative Health, there is no relationship between gray matter and age among yoga practitioners. In fact, yoga participants showed increased volume in certain brain regions

commensurate with the number of years of yoga experience and practice.,

3. Back pain relief: Yoga poses can help alleviate pain in various regions of the body, notably the lower back. The American College of Physicians recommends yoga as a first-line treatment for chronic lower back pain.
4. Alleviate joint pain: Johns Hopkins Medicine says gentle yoga can alleviate some of the discomfort of arthritis, particularly tender, swollen joints.
5. Improved mental health: A 2017 meta-analysis of 23 interventions looking at yoga to alleviate depressive symptoms overwhelmingly indicated yoga can be an effective alternative treatment for major depressive disorder. MDD is thought to be one of the most common mental health disorders in the world.
6. Reduced inflammation: A study published in 2018 in Biological Research for Nursing determined yoga is a viable intervention to reduce inflammation across a multitude of chronic conditions, such as rheumatoid arthritis, heart disease, Crohn’s disease, and cancer.

In addition to these health benefits, yoga can help tame stress, reduce pain, improve quality of sleep, and even boost immunity. Individuals are urged to start gradually in basic level yoga classes and slowly increase intensity as they grow more comfortable.

WT235913

### Pecans pack quite the nutritious punch

Though pecans may not land on most people’s radar unless they’re served in pies, this valuable nut packs quite a nutritional punch. According to the International Tree Nut Council Nutrition Research & Education Foundation, a 1-ounce serving of pecans provides 11 percent

of the daily recommended intake of dietary fiber. The ITNCRENF also notes that pecans are a great source of healthy fats, as 60 percent of the 20 grams of total fat found in a 1-ounce serving is from monounsaturated fat while 30 percent is from polyunsaturated fat. TF234886



Food pairing is often discussed in terms of which wines best complement particular dishes. But pairing food with exercise merits consideration, as it can create the balance needed for overall health.

Food plays an important role in workouts, giving individuals the energy necessary to perform at their peak. Timing meals appropriately and knowing what to eat before or after a workout can make a difference.

**Creatine benefits weight lifting**

Creatine is an organic acid that is an important ingredient for short duration, high-intensity exercises, such as weight lifting. According to Kelly Pritchett, Ph.D., RDN, director of the nutrition graduate program and assistant professor of nutrition and exercise science at Central Washington University, foods rich in protein from meat, poultry and fish can help optimize stores of creatine. Creatine also may be found in foods and beverages targeted to athletes, like protein shakes and snacks.

**Pre-workout mixes include protein and carbohydrates**

A snack or mini meal one to three hours before a workout is ideal so that digestive issues don’t occur during a workout when the body directs more blood to muscles than digestion. Food pairings that include a high quality carbohydrate, like whole grain bread or oatmeal, with a protein source, such as peanut butter or milk, can be key. Blood sugar will stay steady with whole grain carbs, and the protein will help you to feel full and avoid overeating after a workout.

**Glucose, glycogen and running**

Distance running or other exercises that require endurance, such as skating or biking, require ample energy stores. Although low-carbohydrate diets are popular for people looking to lose weight, they’re not

ideal for people who engage in endurance sports and need carbohydrates for energy, states Johns Hopkins Medicine. Endurance athletes need more carbs than those who aren’t training. These activities use both glucose in the blood and glycogen, which is sugar stored in the liver and muscles. Eating plenty of healthy carbs helps bolster energy stores. Whole fruits and grains are good sources of carbohydrates.

**Benefits of bananas**

For those with limited time to grab a bite before a workout, bananas might be the perfect option. According to WebMD, bananas have easily digestible carbs that will not weigh you down. The potassium in bananas also may help prevent muscle cramps during and after workouts.

**Power up with potatoes**

Potatoes are whole foods, meaning they contain a balance of all the essential amino acids, despite being low in whole protein. They’re also rich in vitamin B6, which is critical to protein metabolism, says Mark Anthony, Ph.D., adjunct professor of science and nutrition at St. Edwards University, Austin. Potatoes also contain the right mix of sodium and potassium to maintain an electrolyte balance in the body.

**Recover right**

A mix of carbohydrates and lean proteins also is ideal for exercise recovery. Mix in good fats like avocado and olive oil. Carbs will help replenish depleted levels of glycogen and high-quality protein will help build and repair muscle. Don’t forget to drink plenty of fluids to replace what was lost while working out.

Food and exercise go hand in hand. It’s important to eat well to keep the body in top form. WT235917

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Dos and don’ts of healthy weight loss

Heart-healthy foods to add to your diet

Maintaining a healthy weight promotes long-term health. Being overweight or obese are risk factors for various conditions, including type 2 diabetes and cardiovascular disease. The World Health Organization reports that the worldwide obesity rate has tripled since 1975. In 2016, more than 1.9 billion adults were overweight. Of these, more than 650 million were obese.

Health issues related to obesity are largely preventable. Losing weight in a healthy manner is essential for safe and lasting results. Individuals aspiring to lose weight can follow these guidelines on what to do and what not to do.

DO add lean protein sources to your diet. Healthline indicates the body burns calories when digesting and metabolizing protein, so a high-protein diet can help to shed up to 80 to 100 calories per day. Protein also helps you to feel full, reducing the propensity to overeat.

DON’T get hung up on numbers early on. The Centers for Disease Control and Prevention advises that even modest weight loss of 5 to 10 percent of your total body weight is bound to produce health benefits, such as improvements in blood sugar levels, cholesterol and blood pressure. Start small and gradually build up.

DO eat at least four servings of vegetables and three servings of fruits daily. Produce contains an abundance of vital nutrients and is often fiber-rich and low in calories, which helps you to feel full.

DON’T overlook the impact of beverages on weight loss. The calories in sugary beverages, including some all-natural fruit juices, can add up quickly. Stick to water, tea or other unsweetened beverages to help with weight loss.

DO get moving more. The Mayo Clinic notes that while it is possible to lose weight without exercise, getting moving can help burn off the excess calories you can’t cut through diet alone. Exercise boosts metabolism and benefits mood and strengthens muscles and the cardiovascular system as well.

DON’T go shopping while hungry. If you do, you may make impulse buys that compromise healthy eating plans.

DO speak with a doctor if you are vetting diet and exercise plans. A healthcare professional can assist you by indicating if a particular diet or fitness routine is acceptable for your age, goals and current health status.

DON’T forget to track eating. Most healthy diets involve some sort of calorie-counting, whether they actually require you to document your intake or use a formula to attribute “points” or another measure related to what you eat. Writing or tracking the foods and beverages you consume will provide the most honest assessment of habits that could affect weight loss.

DO include foods you enjoy. Completely restricting access to occasional treats may cause you to resent healthy eating, which can derail weight loss goals. The principle of moderation can apply to healthy weight loss as long as you account for the more calorie-dense foods.

Losing weight in a healthy manner is achievable when you seek guidance and follow some time-tested techniques. HM231591

Exercise ideas for busy women

Physical activity is important for personal health. However, many women do not get the recommended levels of exercise. Health.gov says evidence shows physical activity has immediate health benefits, such as reducing anxiety and blood pressure. That is just one reason why adults should aspire to get between 150 and 300 minutes of moderate-intensity aerobic activity each week. Such activities should be paired with muscle-strengthening activities at least two days a week, according to the Move your Way® program.

Busy women may argue that they simply do not have enough time to exercise. Parental responsibilities, work obligations, long commutes, and school can get in the way of exercise. However, if people study their days, there’s likely plenty of ways to incorporate exercise into the busiest of schedules without making large changes.

- Take the stairs. Skipping the escalator or elevator and taking the stairs doesn’t require much time, but pays great dividends for your overall health. It guarantees a mini-workout each day, particularly if you work in a multistory office building or home. Take the stairs whenever possible.
- Walk more. Walking requires no specialized equipment and is good for the body. Instead of sending that email to a coworker, get up and walk to his desk. Rather than hopping in the car to go to the store up the street, put on your sneakers and walk there. If you drive

A healthy diet can help people lower their risk for various conditions, including heart disease. That’s a significant benefit, as the World Health Organization estimates that 32 percent of deaths across the globe can be attributed to cardiovascular disease, which is an umbrella term used to refer to a group of disorders of the heart and blood vessels.

Individuals who want to change their diets are urged to speak with their physicians for insight regarding specific changes that can address any preexisting issues they may have. But it never hurts to consider heart-healthy foods, and the Office of Disease Prevention and Health Promotion at the U.S. Department of Health and Human Services recommends adding these heart-healthy foods to your shopping list.

**Fruits and vegetables**

Variety is the spice of life, and the good news is that an assortment of fruits and vegetables promote heart health. That means individuals can eat a heart-healthy diet without eating the same foods every day. The ODPHP notes that fresh, frozen, canned, or dried fruits and vegetables can all promote a healthy heart.

- Fresh vegetables: Tomatoes, cabbage and carrots
- Fresh fruits: Apples, oranges, bananas, pears, and peaches
- Leafy greens: Spinach, Romaine lettuce and kale
- Canned vegetables: Look for low-sodium canned veggies
- Frozen vegetables: Look for products without added butter or sauces
- Canned, frozen or dried fruit: Look for varieties with no added sugars

**Dairy**

The ODPHP recommends fat-free or low-fat dairy. Such products include:

- Fat-free or low-fat (1 percent) milk
- Fat-free or low-fat plain yogurt
- Fat-free or low-fat cheese or cottage cheese
- Soy milk with added calcium, vitamin A and vitamin D

**Whole grains**

Various products may be promoted as “whole grain,” but the ODPHP notes that whole wheat or another whole grain should be listed first in the ingredient list. Products that are “100 percent whole grain” also should be chosen over the alternatives.

- Whole-grain bread, bagels, English muffins, and tortillas
- Whole-grain hot or cold breakfast cereals with no added sugar, such as oatmeal or shredded wheat
- Whole grains like brown or wild rice, quinoa, or oats
- Whole-wheat or whole-grain pasta and couscous

**Proteins**

Heart-healthy proteins can add variety to a diet, which can make it easier to enjoy different flavors and dishes.

- Seafood, such as fish and shellfish
- Poultry: Chicken or turkey breast without skin, or lean ground chicken or turkey (at least 93 percent lean)
- Lean meats: Pork shoulder, beef sirloin or lean ground beef (at least 93 percent lean)
- Beans, peas and lentils: Black beans and chickpeas (garbanzo beans)
- Eggs
- Unsalted nuts, seeds and nut butters, such as almond or peanut butter
- Tofu

**Healthy fats and oils**

When cooking with fat and oil, cooks are urged to replace saturated fat with healthier unsaturated fats.

- Avoid cooking with butter and instead cook with oil, including canola, corn, olive, peanut, safflower, soybean, or sunflower oils
- Choose oil-based salad dressings, such as balsamic vinaigrette or Italian, instead of creamy dressings like ranch

A heart-healthy diet is full of flavor and can help people reduce their risk for cardiovascular disease. TF232807