



Aspirus Therapy & Fitness-Medford

Infogram

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THERAPY & FITNESS
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Upcoming Local events:

Saturday January 17th:
Perkinstown snow shoe race

Inside this issue:

Get Your Workout Routine Back 1

10 Reasons Not To Wait Until News Years To Get In Shape 2

Sitting All Day Can Make Everything Hurt, But There Is A Way To Fix It 3

Fitness Center Information 4

Recipe 4

Get Your Workout Routine Back on Track

Life got in the way and you fell away from your fitness routine; it's no big deal. Many of us have been there before (especially around the holidays), but as long as you're aware of what's happened and are ready to head in the right direction again you've got nothing to worry about. To find out exactly what steps you need to take to reset your fitness regimen, we asked two fitness experts, Matt Powell, founder of the Pramek training system and Rachael Parker, a certified Turbo Kickboxing Instructor, to share their best advice.

IDENTIFY WHY YOU FELL OFF TRACK IN THE FIRST PLACE.

"Really look at what happened," says Powell. "Was it the time commitment? Were you too sore too often? Did something happen in your life that cut into your time? Figure out the 'excuse' you gave yourself every day and make note of it." Identifying what your biggest obstacle was in the past will be the first and most important step to overcoming it this time around.

MAKE A SMALL LIFESTYLE CHANGE.

After you figure out why it was you stopped in the first place, Powell suggests making a small habit change around that particular part of your routine. "Sometimes one change, like getting up early or adjusting your workout so you won't be too sore afterwards, can help you eliminated potential excuses," he said.

FIND YOUR FOCUS

"Decide which is easier for your goals—diet or the workout," says Powell. "Both can help you achieve your goals, but sometimes one is easier than the other. If you can't get to the gym as often as you want, focus on dietary changes. If you can't get your diet to where you want, for example, a new mother or a traveling salesman, focus on your workouts to make up for the diet." Implement one part of the equation in your daily routine slowly and when you feel comfortable and consistent, then add the other.

AVOID THE ALL OR NOTHING MENTALITY.

"Instead of taking drastic measures to get back to where you once were—planning endless time at the gym and cutting out all the food you like—create a realistic workout goal of three to four days a week and a sustainable eating plan that includes your favorite treat once a week," says Parker.

DON'T COMPARE.

"Not being able to jump in where you left off can be discouraging and makes it easy to quit," Parker explains. "Set reasonable expectations based on how long you've been away. Start small and then push yourself to work up to and beyond where you were before."

MAKE A PLAN AND WRITE IT DOWN.

Parker says that having a solid plan is an important part of staying on track. "At the start of each week write out your schedule for the next seven days," she said. "Include which days you'll work out, what you'll focus on—cardio, strength training, etc.—and your healthy meal and snack options for each day."

GET A BUDDY AND KEEP IN TOUCH.

"Sharing your weekly goals and asking for follow-up will help solidify your commitment," says Parker. "Find a friend who's also trying to get back to it—or just a reliable buddy—and touch base at least once a week."

FIND MOTIVATION FROM WITHIN.

"Replace the motivation of outside factors that fade with how great you feel and look when you're in a consistent routine," says Parker. "Put a picture of yourself at your healthiest on your fridge, your closet or your phone and write down why you want to be there again to remind yourself of the best reason to get healthy."

Source: MSN.com

**“ A year
from today
you will
wish you
would have
started
today.”**

~ Karen Lamb

10 Reasons Not To Wait until New Years to Get in Shape

The first of January is just like any other day of the year, so when it comes to setting and working towards new goals, it doesn't really make any sense to wait for a turn in the calendar to get started. Why put something as important as your health and wellness on the back burner when you can start making improvements right now? We asked a few fitness professionals to explain why you absolutely shouldn't wait.

YOU'LL APPROACH THE HOLIDAYS WITH A DIFFERENT ATTITUDE

Vivian Eisenstadt is a personal trainer and physical therapist in Los Angeles. She says that if you continue to focus on health and fitness starting now and through the holiday season, you may be less likely to overeat and overindulge. She suggests setting goals that will help to keep you motivated right now so that your mindset will shift from worrying about whether you're eating too much to keeping track of the good things, like exercising and eating healthily, that you are doing

YOU'LL HAVE LESS WORK TO DO LATER.

“One of the main reasons people start their New Year's resolution to lose weight is because they overindulge during the holidays,” says Eisenstadt. “If you start now, you won't have more weight to take off after the holidays, but instead you'll be in a great

place to continue a great habit you started in November.”

YOU'LL AVOID THE GYM RUSH.

As a certified strength and conditioning coach and personal trainer, Mike Dewar points out that for many gyms, January is the most hectic and crowded time of the year. He recommends kick-starting or keeping up with your exercise habit now so that you'll have already established a comfortable routine by the time the new year comes around. He says this can be especially beneficial because you'll enter the gym at a time when you're surrounded by members who have already adopted the mindset and principles of healthy living.

YOU'LL LEARN TO OVERCOME CHALLENGES.

“By starting now you will challenge yourself immediately,” says Dewar. “You will have to learn how to deal with holiday parties, crazy schedules and cold mornings.” You might be thinking, “But that sounds really hard.” Sure, it won't be easy, but Dewar says that learning the skills to overcome these obstacles now will help to build your confidence and motivation so that you'll have already established healthy habits when most others are only just getting started.

THERE WILL NEVER BE A PERFECT TIME.

Plain and simple, there's really no better time than right now

to make your health a priority. There's no such thing as an ideal time to start because the best time to start is right now.

YOU'LL HAVE A LITTLE MORE LEEWAY.

If you keep up with a consistent exercise routine starting now, any extra calories that you might consume over the holidays will take less of a toll on your waistline. “Setting up a new fitness routine and some healthy eating habits now will offset all of the holiday eating and partying that is bound to happen this time of year,” says Dreyer. “If you start now, you'll have less weight to lose and already be in a better place to continue your exercise plan by January.”

YOUR BODY DOESN'T KNOW THE DIFFERENCE.

“Your body doesn't know what a new year is nor does it care,” says Maurice Buchanan, owner of UGO1 Fitness. “It isn't going to magically get its act together or be ready to be healthy because the first of January popped up.” In other words, while it's more convenient to say things like, “I'll start on Monday,” in reality, there's nothing special about the start of a new week, a new month or even a new year. January first is exactly like any other day, which means there's really no reason that you shouldn't start right now.

Source: MSN.com

Sitting All Day Can Make Everything Hurt, But There's A Way To Fix It



Typically, when we think about enduring an injury, we imagine we have to do something -- and usually do it wrong -- to bring on the pain.

But sometimes discomfort is due to doing nothing whatsoever. Case in point: Sitting at your sedentary desk job.

Spending too much time sitting has been linked to a higher risk of heart attack, stroke, metabolic syndrome and earlier death, and even the most dedicated of exercise regimens won't undo all the damage.

"We were built to move," Steven Conway, Ph.D., a chiropractor and attorney in Athens, Wisconsin, and a spokesperson for the American Chiropractic Association, tells The Huffington Post. "The non-moving is the hardest thing on us."

Most of us can probably recall a time when our backs ached or our heads pounded after a tough day at the office, but sometimes the cause of the pain isn't so obvious. Below you'll find some of the most common sitting-related ailments and Conway's tips on how to protect yourself, stat.

If your low back or hips hurt...

The problem: You're probably slouching -- and your chair might not be at the right height, either.

The fix: Adjust your seat to maintain the normal curve in the lower spine. Tilt the seat of the chair to angle slightly down. You should be able to fit one or two fingers between your knees and the edge of the seat to alleviate pressure on the legs. Also consider using an alternative desk chair that incorporates movement or supportive cushions behind the lower back.

If your mid back hurts...

The problem: You're probably slouching, and you're definitely not moving enough.

The fix: Move more. A lot more. If you can, once every 20 minutes. Because your head, neck and shoulders are typically forward as you sit in your chair, focus on stretching the opposite way. Look up at the ceiling, stick the chest out and roll the shoulders back. Sitting up straight will keep your shoulders and mid-back in this neutral position naturally.

If your hands or wrists hurt...

The problem: Stretching and twisting your hands and fingers to type, and typing with furious speed and force. The pain and fatigue here may also be due to carpal tunnel syndrome, which can include tingling, numbness and shooting pains through the hands and wrist.

The fix: If your keyboard is angled up, switch the stand on the back

of it to keep it laying flat. Adjust the height of your chair to keep your elbows as close as possible to a 90-degree angle and keep your arms close to your sides.

If your neck hurts...

The problem: You're cradling the phone between your shoulder and your ear, you're slouching and you're probably looking downward at a computer screen. (You might also feel pain in your jaw or get frequent headaches.)

The fix: Use a speakerphone, headphones or a headset if you're going to be talking and typing at the same time. Adjust the height of your computer screen -- even if that just means stacking it on top of some books -- so that your chin is even with the center of the screen. Position the screen straight in front of you so you're not constantly turning to the side.

If your knees hurt...

The problem: Pressure from your seat or from crossing your legs can lead to pain, numbness or tingling, or your legs are too short to plant your feet firmly on the ground.

The fix: Adjust your chair so the seat tilts slightly forward or adjust the height of your chair altogether. Make sure you can fit one or two fingers between your knees and the edge of the seat. Try putting your feet on a stool or a stack of books if they don't reach the ground, and cross the legs at the ankles rather than at the knee.

Source: MSN.com

Meet Our Fitness Instructors

LAURA

SHERRY

JILL

PAULA

MARNEY

ANNE

KRISTA

CANDICE



ASPIRUS™

Passion for excellence. Compassion for people.

Phone: 715-748-8112

Open 7 days a week; except holidays.

Mon-Thurs.....5:00 am – 10:00 pm

Friday.....5:00 am – 9:00 pm

Saturday.....7:00 am – 5:00 pm

Sunday.....8:00 am – 5:00 pm

For more information regarding our fitness center, check us out online at aspirus.org/TherapyFitnessMedford



Like us on facebook:
facebook.com/AspirusFitness

Monthly Recipe: Butternut Squash Soup

Ingredients:

- **2 (12oz) bags butternut squash diced—or 1 Medium butternut squash**
- **1 Tablespoon Olive Oil**
- **1 onion, diced**
- **6 cups, vegetable broth, low sodium**
- **1/8 teaspoon nutmeg**
- **1/4 teaspoon salt**
- **1/8 teaspoon black pepper**

Directions:

1. Saute onion in olive oil until translucent in a large pot.
2. Add squash, broth and all seasonings to the pot and bring to a boil
3. Turn down the temperature for the soup to simmer for about 15 minutes or until squash is tender
4. Use an immersion blender to puree the soup or transfer the soup to a blender and blend until smooth.



Source: *Wellsources.com*