



Master the Art of Living

Elim Park Place Newsletter

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Aquatics, Cancer and Lymphedema

An extensive body of literature has been developed related to the use of water based physical therapy techniques for the treatment of cancer, including lymphedema. One of the chief benefits of aquatic therapy is due to buoyancy which counterbalances gravity.

In addition to the nurturing and relaxation benefits of buoyancy, aquatic programs are often helpful for patients suffering from lymphedema because of the hydrostatic pressure of the water which drives the excess fluid out of the limb and back into circulation. Because the application of warmth to skin surfaces causes vasodilatation and increased skin blood flow, avoidance of hot tubs or excessively warm water has been recommended as cold water has the contrary effect. The alternation of warmer and colder water temperatures has been recommended for various kinds of hydrotherapy in patients at risk for lymphedema.

Mind Bender

Take 1000 and add 40 to it. Now add another 1000. Now add 30. Now add another 1000. Now add 20. Now add another 1000. Now add 10. What is the total?

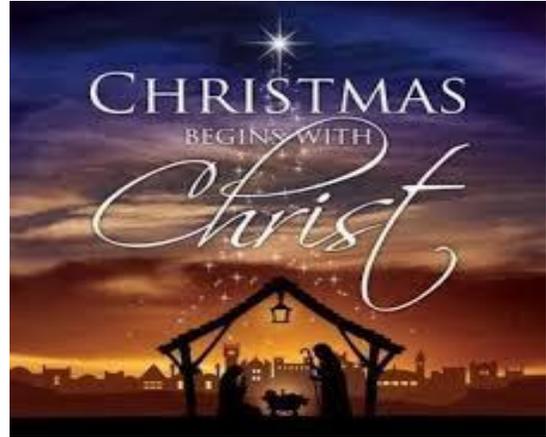
National Cookie Day

To celebrate the December 4th observance, Wellness staff will once again bake cookies for those who exercise on Monday, December 4th and Tuesday, December 5th.



Tech Team

Need technical help? The tech team is here to help you. Sign up in the notebook located at the Concierge Desk.



Dizziness Discussed

Dizziness seems to be a chronic malady among older adults, often attributed to medications that are necessary for maintaining optimal health. You should know that there are multiple causes of dizziness, many of which can be controlled.

Vertigo is one such cause. It is a chronic condition linked to inner ear imbalance. It is caused by either calcium particle clumps or fluid buildup in the inner ear that changes pressure and gives the sensation that the world is spinning around you. Physical therapy, medications and surgery are used to treat Vertigo.

Most Americans do not get enough magnesium, a mineral important to your overall health. A magnesium deficiency can cause dizziness. Your health care provider can determine if you are magnesium deficient and may prescribe a supplement. Foods naturally containing magnesium include bananas, figs, dark chocolate, avocado, artichoke, black beans, almonds, yogurt and coriander.

Anxiety or the feeling of being overwhelmed can make you feel light-headed or dizzy. Deep breathing and relaxation exercise can help.

(Continued on page 2)

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. Ephesians 2:10

Taking a Stand Against Sitting

The average adult sits for nearly eight hours a day according to the National Health and Nutrition Examination Survey. As we get older we tend to increase our sitting time. Prolonged sitting intervals can seriously harm your health. Attending a fitness class several times a week or taking a nice brisk walk does not fully counteract the adverse effects of prolonged sitting. Evidence suggest that reducing sitting time could be nearly as beneficial as increasing activity time.

The following are some hazards linked to prolonged sitting:

- Cardiovascular disease
- Diabetes
- Obesity
- Muscle and joint problems
- Some forms of cancer

One reason why prolonged sitting contributes to heart disease despite regular workouts is the lack of muscular contraction that occurs while sitting. This can lead to a slowed metabolism and low energy expenditure. Studies involving hours of television viewing support the argument that regular workouts don't offset sitting. One recent study showed that sitting more than three hours a day may shorten your life by two years, even if you exercise regularly and don't smoke.

The following are some suggestions to put a little more movement into your day:

- When watching TV, stand up and move around during the commercial break or better yet, march in place.
- Iron or fold laundry while watching TV.
- Keep a pair of light dumbbells next to your chair and lift them while watching TV.
- Set a reminder on your Smartphone to get you up and moving around your home at least once per hour.
- Stand up or stroll while talking on the phone.
- Walk your dog an extra block.
- Stand as you read the daily paper.
- Park a little further from store fronts so that your walk is prolonged.
- Wash dishes by hand rather than using the dishwasher.

Thank you Bill Gordon for this submission.

(Dizziness continued from page 1)

Many Americans are walking around in a constant state of dehydration, another cause of dizziness. Making a conscious effort to drink water is an excellent solution. Low blood sugar also causes dizziness. You can solve both by drinking orange juice which delivers sugar and hydration.

We often hear about the adverse effects of high blood pressure but low blood pressure can impact your health as well. Heart troubles or a severe infection can cause low blood pressure dizziness. If you have regular occurrences of standing up quickly and then the feeling that you are about to fall over, have this checked by a physician.

Class Changes for December

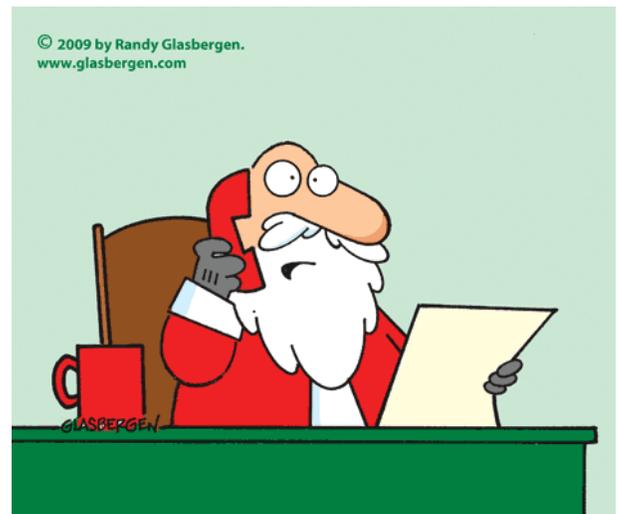
No pm classes on Thursday December 7th

No Fitness Above the Neck – December 26, & 28

No Fit Steps II December 28th

No classes Monday December 25 or Monday, January 1st

No Yellow Land class Wednesday December 27th



“Let’s keep everyone healthy over the holidays. Plenty of sunscreen for the snowmen, diabetes testing for the sugarplum fairies, a gluten-free diet for the gingerbread man, and lets put up a basketball hoop for the elves!”