



The Body Beat

Training for Longevity

Most of us hit the gym to tone up and improve our appearance. While this is a positive and desirable goal (if you *look* better you *feel* better) it is more important to train for longevity. Over the past generations, life expectancy has increased dramatically but for many people the quality of life for these extended years is clearly not proportional. Training for longevity requires attention to diet and maintaining healthy cardiovascular, metabolic and musculoskeletal systems.

There is a growing dietary trend towards paying attention to the glycemic index of foods. This index charts the “speed” at which carbohydrates raise the blood sugar, and the benefits of this diet come from the balancing of proteins, fats, and carbohydrates in such a way that will stabilize the blood sugar. This causes less strain on the endocrine system, helping maintain the health of all of the organs, as well as preventing such prevalent diseases as Type II (“adult-onset”) diabetes, arteriosclerosis, and obesity related diseases. Of course the other benefit is weight loss and/or weight control. A glycemic index can easily be acquired online, from a number of books, or from a nutritionist.

Research suggests as little as 30 to 45 minutes of cardiovascular exercise (exercise that raises/challenges the heart rate in a safe range) such as walking, hiking, or cycling, just three times a week, can help keep your heart and circulatory system healthy. It is also theorized that varying the nature of these cardio work outs can help boost or prevent a sluggish metabolism.

An example of this can be accomplished during a daily walk outside. Start out walking on level ground for 5 to 10 minutes, then switch to a lunge walk, a high-knees (marching) walk, a jog, or walk uphill for the next 5 minutes. After

another 5 minutes of regular walking, switch it up again by challenging yourself with some repetitive stepping up and down a curb or other heightened step for 1 to 2 minutes. (The intensity of these activities will depend on your level of fitness.) Resume walking or jogging for 5 minutes, continuing to alternately vary your more intense activity for 1 to 2 minutes at a time. This type of work out challenges multiple muscle groups and helps you to avoid the boredom of many work out routines. If you need help establishing a program call us, our therapists can help set up a program for you based on your level of fitness with respect to your limitations or prior injuries.

Maintaining a balanced musculoskeletal system is one of our greatest challenges as upright human beings who are faced with the effects of gravity over the passage of time. We take for granted that we only have eyes in front of our heads. In other words, we typically only walk in one direction and we actively use our extremities mainly in front of our bodies. Many people sit (with poor posture) in front of a computer, much of the day, staring at a monitor, clicking a mouse repetitively with the same hand.

Poor posture is the result of our daily activities, our sitting and standing postures, our sports and recreational activities and even our attitudes. The muscle imbalances created by poor posture and dealing with gravity can contribute to increased or excessive wear and tear on our joints. Faulty movement patterns are easily created when there is muscle imbalance (and vice-versa). A faulty movement pattern can occur in such simple actions as walking, bending forward, raising your arm, or turning your head. These faulty pat-

terns cause incorrect use of the muscles surrounding the joints used to make the motion. This causes progressive increased stress and strain on ligaments, tendons, muscles and joints. These dysfunctions may not be perceived until there is a painful problem or pathology.

To avoid or even reverse these effects requires minimal (but consistent) effort on your part. For instance, take notice of what positions your body takes on during one of your every day activities such as sitting at a computer. Observe the prolonged position of your hands, fingers, wrists and arms. Stop for just a minute to reverse all of these positions. Take your hands off the keyboard and straighten your elbows. Extend your fingers; turn your wrists so that your palms are facing upward. Extend your shoulders, moving your arms back behind you as you lift your chest. This will gently extend your upper back and reposition your lower back and head to oppose the usually slumped, forward-head posture that occurs with prolonged computer use. Lastly, stand up and walk around (even if it's in place) to also reverse the effects of prolonged sitting. Reversing this posture will lubricate your joints, stretch the muscles in the front of your body, and even strengthen the opposing, weaker muscles. (For more help discovering and correcting your faulty movement patterns a physical therapist should be consulted.)

So next time you think about training your body, remember how long you may be in that body. Train for longevity of your body both inside and out. It's not just about how good you look, it's about how good you feel, move, and function.

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Setting Goals You Can Achieve Longterm

Put It in Writing

Write down exactly what you want to achieve and post it in a place where you will see it every day. This will remind you of what you're working toward. When you write, use positive terms. For example, instead of writing, "I will stop eating junk food" re-word your goal in more positive term: "I will make healthy food choices".

Set Realistic Goals.

When you think about setting goals, make sure that they are within reach. Be mindful of your finances, schedule, and other personal affairs. Remembering these important factors will help you set realistic goals. It's unreasonable to expect to make a lot of big changes at the same time.

Develop an Action Plan

Create a timeline with steps toward your goal. Set deadlines for each step and cross them off as you go. Sometimes just crossing things off and watching your list get smaller can give you a sense of accomplishment and help you stay motivated.

Believe in Yourself

Stay positive about your progress. Share your goals with a friend and ask him/her to help keep your spirits up. To quote Henry Ford, "If you think you can or you can't, you're right."

Be Flexible

Keep in mind that setbacks can happen. Don't get discouraged and give up. Try again! Your hard work will pay off!

Ask for Help

If you get stuck or need a little encouragement, don't be afraid to talk about it. You might be surprised what kind of support people offer.

Reward Yourself

Acknowledge your achievement, even the small ones. Reaching a goal takes hard work and you should be proud of your efforts. Celebrating could mean sharing an apple with your child or taking some time for yourself.

Graduate of the Month



Mark Gauthier is a software engineer who has a wonderful and humorous personality and a passion for playing soccer. This is the second time Mark has come to us to receive treatment for physical therapy for his knee. He originally tore his ACL ligament in December of 2004 while playing soccer. We were able to rehabilitate his knee without surgical intervention and Mark was able continue playing soccer competitively for another 2 1/2 years before re-injuring his knee this past January. He has successfully completed his physical therapy after undergoing an ACL reconstruction this year. With his great determination and hard work, Mark has Achieved his goal of returning to soccer once again. Congratulations Mark, the staff at Body Awareness wishes you the best of luck!!

Any Questions about what you've read? Give us a call directly at (714) 546-7575 in Costa Mesa, (949) 366-3362 in San Clemente or visit our website at www.BodyAwarenessPT.com

Community Corner

A Healthy and Fun Recipe!

Springtime Chicken

Chicken:

8 thin-cut boneless, skinless chicken breast halves
1 8-ounce container low-fat plain yogurt
3 tablespoons balsamic vinegar

Tomato-Mozzarella Topping:

1 tablespoon extra-virgin olive oil
1 medium-size onion, cut into 16 wedges
1/4 cup balsamic vinegar
2 tablespoons water
1 pound plum tomatoes, cored, seeded and chopped
1 teaspoon salt
1/2 teaspoon black pepper
8 ounces fresh low-fat mozzarella cheese, cut into
1/2-inch cubes
1 cup loosely packed fresh basil leaves, chopped

In a small bowl whisk together yogurt and balsamic vinegar until well blended. In a plastic food-storage bag combine chicken and yogurt mixture; seal and turn to coat. Marinate in refrigerator for 20 minutes. Meanwhile, heat gas grill (or grill pan) to medium-high or prepare charcoal grill with medium-hot coals.

In a large skillet heat oil over medium heat. Add onion; sauté 5 minutes or until slightly softened (the wedges will fall apart into pieces). Add balsamic vinegar and water. Bring to a simmer. Reduce heat to medium-low; cook about 7 minutes until liquid is reduced and onion is tender. Increase heat to medium-high. Add tomato, salt and pepper; cook for 2 minutes. Remove skillet from heat; let cool for 2 to 3 minutes. Remove skillet from mozzarella and basil.

Remove chicken from bag; discard marinade. Gently rinse chicken; pat dry with paper towels. Grill, turning once, from 6 to 8 minutes or until registers temperature registers 170 degrees on an instant-read meat thermometer inserted in the centers. Serve immediately with topping, or let cool to room temperature

Nutritional Facts per Serving:

224 calories, 24 g protein, 6 g carbohydrate, 11 g fat (6 g saturated), 1 g fiber

Pilates in San Clemente

Dana Hershman joins our team!

Dana has an Associate of Arts degree in Dance from Orange Coast College and is a certified Pilates Instructor through the Physical Mind Institute in New York. Her teachers include Rael Isacowitz, Cathleen Murakami, and Kay Maron. Dana has over 15 years experience as a Pilates Instructor.

"I approach each client individually, not just as a body, but holistically as mind, body, and spirit. Each person has different needs and wants from their exercise routine, and I create each workout accordingly. I want my clients to leave each session feeling exhilarated, strong, flexible, and balanced with a deeper sense of body awareness. I blend my training in Pilates, dance, yoga, athletics, and

meditation into each session and encourage everyone to practice some form of daily exercise in order to achieve the greatest health benefit."

Dana's Schedule:

Currently Dana has studio hours for Private and Duet sessions available on Tuesdays, Thursdays, Fridays and Saturdays.



Body Awareness
Physical Therapy

Win!Win!Win!

WIN A \$100 GIFT CERTIFICATE!

We are looking for creative minds to think of a tagline (catchy phrase) to market Body Awareness! How would you describe your experience at Body Awareness in one sentence? Can you come up with a questions that will cause people to stop and think about their own Body Awareness? Email your ideas to cathy@bodyawarenesspt.com for a chance to win a \$100.00 gift certificate for physical therapy or Pilates services.

Good Luck Everyone!

www.bodyawarenesspt.com