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ENT/Facial Plastics
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Dr. Joshua Frederick
Family Medicine
**TOPIC: BLOOD
PRESSURE**
12:00pm-1:00pm



**MAR
16**

Dr. Jaime Gonzalez
Infectious Disease
**TOPIC: HANDWASHING &
INFECTION PREVENTION**
12:00pm-1:00pm



430082

Looking for winter activities?



LOOK NO FURTHER

By Jennifer Eisenbart
STAFF WRITER

Just finding a way to keep children busy throughout the holiday season can be a challenge for parents – especially those in rural areas where there aren't always numerous options.

Here are some of the businesses offering activities for children and caregivers over the holidays:

TraXside Skating

As many children of the 1980s will tell you, there's nothing like spending an afternoon at a roller rink, skating in circles to popular music.

"I just think that it is kind of good old social fun," said Tammy Boldt, events manager at TraXside roller rink. "It's where you to come to hang out with people

and meet with friends."

TraXside bears a special trait in that children do not get the WiFi password for the business's internet, which makes them focus on family and friends the entire time they are there.

"It's family fun," Boldt said. "It's something the whole family can do together. You're having fun, and you don't realize you're burning calories while you do it."

Located at 637 South Kane Street in Burlington, TraXside is the former Skate Barn. While hours are limited to during most months, TraXside is offering special winter break hours from 11 a.m. to 3 p.m. Dec. 22 and 23 and Dec. 26 through Dec. 30. All ages are welcome.

There will be a special winter break kickoff party from 3 to 8 p.m. Wednesday, Dec. 21. Admission for all sessions is \$7

with a \$3 skate rental fee.

TraXside also has its regular open skate hours during the holiday break: from 5 to 8 p.m. Tuesdays, from 5 to 9 p.m. Fridays and from 10 a.m. to 4 p.m. Saturdays. Fees for admission and skate rentals remain the same.

The rink is also available for private rental by calling 262-763-4410.

Climb at the Loop

While some adults remember roller-skating from their childhood, others remember climbing – everything from a jungle gym to a tree to the occasional rock wall.

The climbing wall at The Loop Commons, 488 Milwaukee Ave., Burlington, offers an indoor bouldering gym for people of all ages and athletic

abilities.

As the group's website says, climbing can be for anyone. There are specific routes set on the wall – called "problems" in the bouldering world – that need to be solved in order to climb the wall.

On a first visit to the facility, visitors get a tour and are taught what they need to know to get up the wall and back down again. A day pass for the wall is \$15 with a \$3 shoe rental. Thirty-day monthly memberships are \$60 for an individual, \$80 for two people and \$100 for a family.

The climbing wall is open from 8 a.m. to 8 p.m. Mondays, Wednesdays and Fridays, 6 a.m. to 6 p.m., Tuesdays and Thursdays at 9 a.m. to 5 p.m. Saturday.

Reservations are suggested to guarantee space on the wall but not mandatory. For more information or reserve a spot, call 262-716-0042.

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above: The Loop Commons offers a climbing wall for people interested in the increasingly popular activity.

SUBMITTED PHOTO *Health & Fitness*

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Want to slim down in 2023?

LOCAL WEIGHT LOSS CLINIC CAN HELP

Medical Weight Loss, LLC at 262-248-SLIM has been proving since 2007, that weight loss, whether 10 pounds or 120 pounds, can be done safely, affordably and successfully, according to a news release from the clinic.

Many different diseases, such as diabetes, high blood pressure, auto-immune and thyroid problems, joint arthritis and heart disease, are linked to being overweight.

Weight loss is not just a matter of looking good, but is a medical program of improving your health and reducing your risks. Feeling better, is also a great by-product of slimming down.

The clinic's friendly services include:

- Original doctor supervised KETO program it has been doing since 2007;
- B-12/fat-burning cocktail injection therapy;
- Medical-grade nutritional supplements by Pure Encapsulations;
- Menu ideas from the staff and patientsp;=
- Prescription appetite suppressants for controlling volume of food intake and appetite (non-prescription also available).

Medical Weight Loss opened in 2007, and is headed by Dr. Gail Jachimek. The main Wisconsin clinic is at 314 Sage St., Lake Geneva. The other weight loss clinics are in Waukesha, Tampa, Florida and Wesley Chapel, Florida.

The clinic's prices have not increased since they began the medical weight loss practice 14 years ago. Jachimek and her husband, Richard, are both chiropractic physicians. They have a house in Lake Geneva since 1998, and have been part-time residents and visitors to the area since 1969. Richard was also an Army helicopter pilot and tech inspector during the Vietnam era.

Their medical weight loss program combines pharmaceutical appetite suppressant medication, fat burning



Dr. Gail Jachimek

injections and pills, and a clinically proven diet with medical doctor and nursing support and counseling to help their patients reach their "target" weight goals.

The physician-supervised program helps those who have before tried and failed to lose unwanted pounds.

"We opened the clinic because I was entering menopause and gaining weight. When I asked my primary physician, as well as my doctor friends, for help, I got extremely rude responses. I was told to "push away from the table," Dr. Gail said.

Dr. Gail does not want her patients to go through the same degrading experience.

At the time, Dr. Gail was living on chicken and salad, and practicing level-three kickboxing.

"I had been thin as a young woman, so I also assumed that anyone over weight deserved to be overweight because they were 'eating chips in front of the television,' etc.," she said.

When the unexplained weight gain happened to her, she was then convinced that other factors were involved. She wanted an

answer.

Determined to learn more, Dr. Jachimek joined the American Society of Bariatric Physicians and went to their symposiums for further education and tools.

She discovered that there are many contributing factors to weight gain – not just your diet.

Some of the major contributing factors included hormonal imbalances, thyroid issues, environmental toxins, autoimmune disease, type 2 diabetes, etc. It was then that they opened the main clinic in Tampa to help people dealing with the same frustrating weight gain frustration she had faced. They have since opened 3 more clinics in Florida and Wisconsin.

"At Medical Weight Loss, LLC, we have medical doctors, as well as nurse practitioners, that have been treating our patients successfully for years, so that the root cause of these problems can be addressed. Our nurses and supporting staff are there for you to help you every step of the way," Dr. Jachimek said.

Medical weight loss plans are not new, and many are similar, but those programs usually involve significant upcharges and hidden fees, Dr. Jachimek said, noting her program is different. Her program is focused on the long-term results, meaning, not only will the process safely take off your weight during the active phase of the program, but also prevent the pounds from returning during the "maintenance phase" ... (which is free)!

Dr. Jachimek said this is no diet trend – this is a medical program that starts by looking at your medical history, evaluating your EKG, bloodwork and lifestyle. Then, their doctors propose a plan for you, and prescribe appropriate pharmaceutical appetite suppressant medication, fat burning injections, vitamin therapy and fat burning supplements.

"The program is simple, inexpensive and easy to follow. We give you a large list of foods to buy/choose from," Dr. Jachimek said. "The program is easy, because it is food bought in the grocery store, (no special foods to order) just regular meats, fruits and vegetables on our list. This factor also makes it more affordable, because you don't have to buy special foods, or cook separate dinners if you have a family."

Under the supervision of their medical doctors and practitioners, patients can drop 20 to 30 pounds in the first month. Their program has proven that it is common to see 5-10 pounds dropped in the first week. "We have had patients that have lost 17 pounds in their first week, as well as patients that have lost over a hundred pounds on our program," Dr. Jachimek said.

Accountability is also a major part of the program. Keeping the patients safe and on track, their nurses evaluate, and treat patients weekly to provide support and give suggestions on how to reach and maintain their target weight.

Dr. Jachimek stresses that there are no price surprises at Medical Weight Loss. The initial visit is \$195 and weekly visits are just \$55. That's it! This is what you have been waiting for!, an inexpensive, easy and successful way to lose the unwanted pounds that have made you miserable for years.

As the clinic's slogans say, "With 248-SLIM (MEDICALWEIGHTLOSSLLC.COM) there are no hidden fees... just pounds gone" ... or "Weigh less for WAY less" ... or "When you're done fooling around, call us!"

Medical Weight Loss LLC is at 314 Sage St., in Lake Geneva, and also in Waukesha.

For more information or to make an appointment, call 813-248-SLIM (7546). Or visit www.medicalweightlossllc.com. The clinic's staff and nurses will be glad to answer your questions. Don't forget to ask about getting a free week.

Kids can set the pace for **LONGTERM HEALTH**

Long-term health is not something that many young people routinely consider. After all, it's easy to feel invincible during one's childhood and adolescence. But the steps that young people take early on can affect their health as they get older.

According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood and adolescence is more beneficial to long-term health than trying to change poor

behaviors in adulthood. The following are some ways young people can set the course for healthy outcomes throughout life.

Prioritize healthy foods

According to the childhood recreation group Mountain Kids, habits and actions performed subconsciously are hard to break because repeat habits trigger

dopamine in the brain, causing pleasurable feelings that reinforce the behavior.

So grabbing a slice of cake after school for a snack becomes rote. Instead, stocking the refrigerator and pantry with sliced fruits and vegetables, low-fat yogurt, lean protein like hummus and whole wheat dipping crackers can set the course for more responsible eating behaviors.

Eat meals, shop together

Kids can learn what healthy eating and portion control looks like if it is modeled by their parents. Children should be involved with reading nutrition labels and understanding the ingredients that comprise the foods they commonly eat.

When dining out, choose restaurants that utilize menus that indicate the caloric content of meals. Children will learn to recognize and embrace nutritious foods and that can continue into adulthood.

Eating as a family also benefits mental health. Stanford Children's Health says eating together as a family can encourage children's confidence in themselves and improve communication. Children who regularly converse and interact with their parents may be less likely to engage in

substance abuse or act out at school.

Increase physical activity

The CDC says 21% of adolescents aged 12 to 19 are obese, and two in five students have a chronic health condition. A sedentary lifestyle may be one contributor to these statistics. At home and in school, adults can encourage physical activity as an effective means to prevent obesity.

The Department of Health and Human Service recommends that children and adolescents age 6 and older get at least one hour a day of moderate or vigorous aerobic activity, such as running or biking. Muscle- and bone-strengthening activities also are recommended. Kids who learn early on to appreciate physical activity reap long-term benefits that extend well into adulthood.

Avoid tobacco

Tobacco and nicotine vaping products can contribute to many negative health conditions. Youngsters who avoid these products throughout their lives may improve longevity and reduce their risk for various illnesses.

Children who learn healthy behaviors at a young age are more likely to continue those good habits into adulthood, which ultimately benefits their long-term health.



Dr. John Friedrichs, DC



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430077



Get some fresh air

Time spent outdoors has the power to boost physical and emotional strength

Whether you're taking a stroll in a local park or ambitiously hiking a new trail, being outdoors helps you feel more grounded and connected to nature. But you may not realize the numerous physical and mental benefits that time spent outdoors has on the human body.

Mother Nature has a profound positive impact on people of all ages, but especially kids. Children's natural curiosity makes the outdoors a place with endless possibilities. It's where imaginations can take flight, they can observe biodiversity and learn more about their world around them, not to mention, move their bodies and breathe in some fresh air.

With an increasing number of popular TV shows focusing on different aspects of being outdoors – from travel spotlights to survival skills – more children than ever are inspired to get outside and explore. For 14-year-old Cameron, no one excited him more about the outdoors than adventurer and TV star Bear Grylls. However, because he has a critical illness that required a kidney transplant, Cameron was not always able to do as many things outdoors as he'd like.

Following the launch of their new batteries with

Power Boost Ingredients, and with a strong desire to inspire kids about the importance of spending time outdoors, America's most trusted battery brand, Duracell, joined forces with Bear Grylls and Make-A-Wish to grant a dozen wishes this past summer for kids across the country, including Cameron and wish kids like him.

Through this unique collaboration, Duracell and Make-A-Wish were able to power some incredible outdoor wishes as a life-changing source of hope for wish kids and their families. To learn more and see Cameron's story, visit Duracell.com/Powerboost.

Be inspired by these strong kids who have a passion for the outdoors and plan your next adventure with your family. Remember to stock up on Duracell batteries with Power Boost Ingredients, designed to help you get the most out of the moments that matter - so regardless of the outdoor adventure you choose, your devices stay powered to keep the fun going.

Here are some outdoor ideas that you can do any time of year with your family:

1. Visit a hiking trail you've never been to before, or try an evening hike and bring along a headlamp or

flashlight to guide the way.

- 2.** Explore free outdoor programs in your community at parks and nature centers.
- 3.** Learn about astronomy and head outdoors at night to observe the stars.
- 4.** Try your hand at geocaching, where you use a free app on your mobile device to find hidden spots.
- 5.** Organize a game of backyard flashlight tag with family, friends and neighbors.
- 6.** Try a new outdoor activity you haven't done yet, especially in the winter months, like skating, snowshoeing or skiing.
- 7.** Go outside and talk about how nature impacts the different senses - How does it feel, taste, sound, etc.?
- 8.** Have a picnic outdoors! Or even try eating outside in the evening with flashlights and headlamps for extra fun.

(BPT)

Outdoor activities, even in winter, are important. Children especially need opportunities to get outside and enjoy the fresh air.

STOCK PHOTO Health & Fitness

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