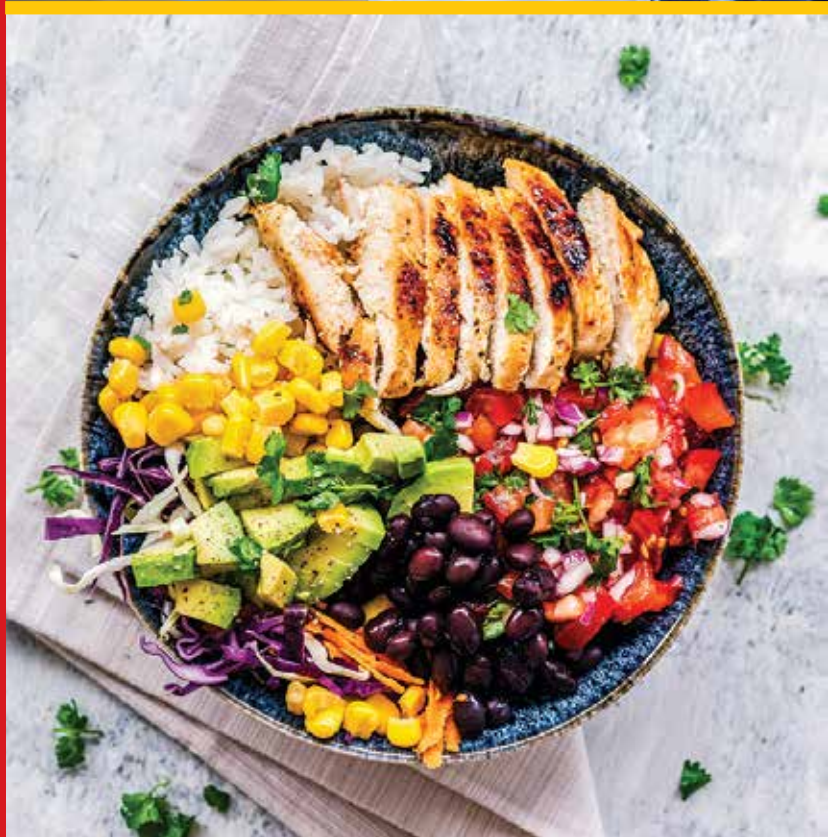




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- Healthy eating
- Cardio benefits

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Become a healthier you this new year

Those who want to make resolutions they'll keep this new year should focus on simple, sustainable changes.

Follow these steps for a healthier you, inside and out.

Stick to the workout

After the holidays, the gym is filled with people who have resolved to incorporate exercise routines into their lives.

Come February, the novelty of the new year wears off, life gets in the way and, according to "U.S. News & World Report," 80 percent of resolutions fail by the second week of the month.

Instead of jumping from no routine to a seven-days-a-week commitment, introduce workouts to your schedule in small doses.

Those who dread weights or cardio machines should find something they'll look forward to, like a cycling class, yoga or outdoor pursuits such as hiking or biking (yes, even during the colder months.)

Choosing activities that you enjoy will increase your chances of sticking to your resolution.

Eat smarter

According to the Centers for Disease Control and Prevention, most Americans are falling short of their fruit and vegetable intake goals, and most eat only half the recommended amount of fiber.

To increase your consumption of essential nutrients, create a grocery list packed with fruits, vegetables, protein and whole grains.

Plan meals for the week to ensure you stick to a whole-food menu. Keep ingredients on hand for meals you can make in a pinch, so you're not tempted by fast food on a busy day.

Try frozen salmon fillets, which you can cook without thawing, or eggs, low-fat cheese and veggies for a quick-baking frittata.

Freeze individual servings of chopped fruits and vegetables in resealable bags to create quick and delicious smoothies each morning in a high-powered blender, such as a Vitamix machine.

For a satisfying, energy-boosting snack, use the blender to pre-make dried fruit chia bars or white chocolate peanut butter energy balls.

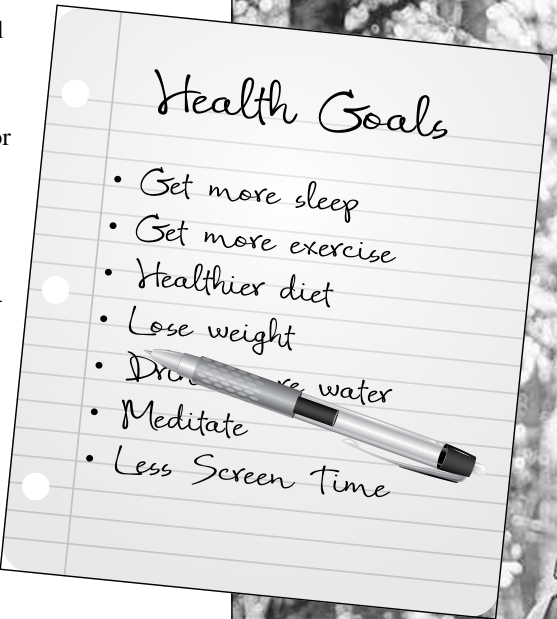
Stress less

Stress can have adverse effects on minds and bodies, as insomnia, weight gain, anxiety and depression are all potential related risks.

While it isn't always avoidable, simple changes will help you manage tension.

Sometimes, stress can be solved with some "me time." Treat yourself to a massage or manicure, soak in a hot bath, or unwind with a nature walk.

Connecting with others can help, too. Plan a brunch with a friend or a date night with your significant other.



Feeling overwhelmed with work and family life? Create a to-do list or calendar to feel more in control of your busy schedule, then cross items off the list as they're completed to feel a sense of accomplishment.

Practice positivity

A sunny outlook can affect your wellbeing, in a good way. Keep a gratitude journal by writing down something good that happens each day. On the not so good days, you'll be forced to focus on the positive aspects of your life, even if they seem few and far between.

One of the best ways to improve your happiness is by giving others a boost.

Volunteer with a charitable organization or donate to a favorite cause. Practice doing something kind daily.

(STATEPOINT)

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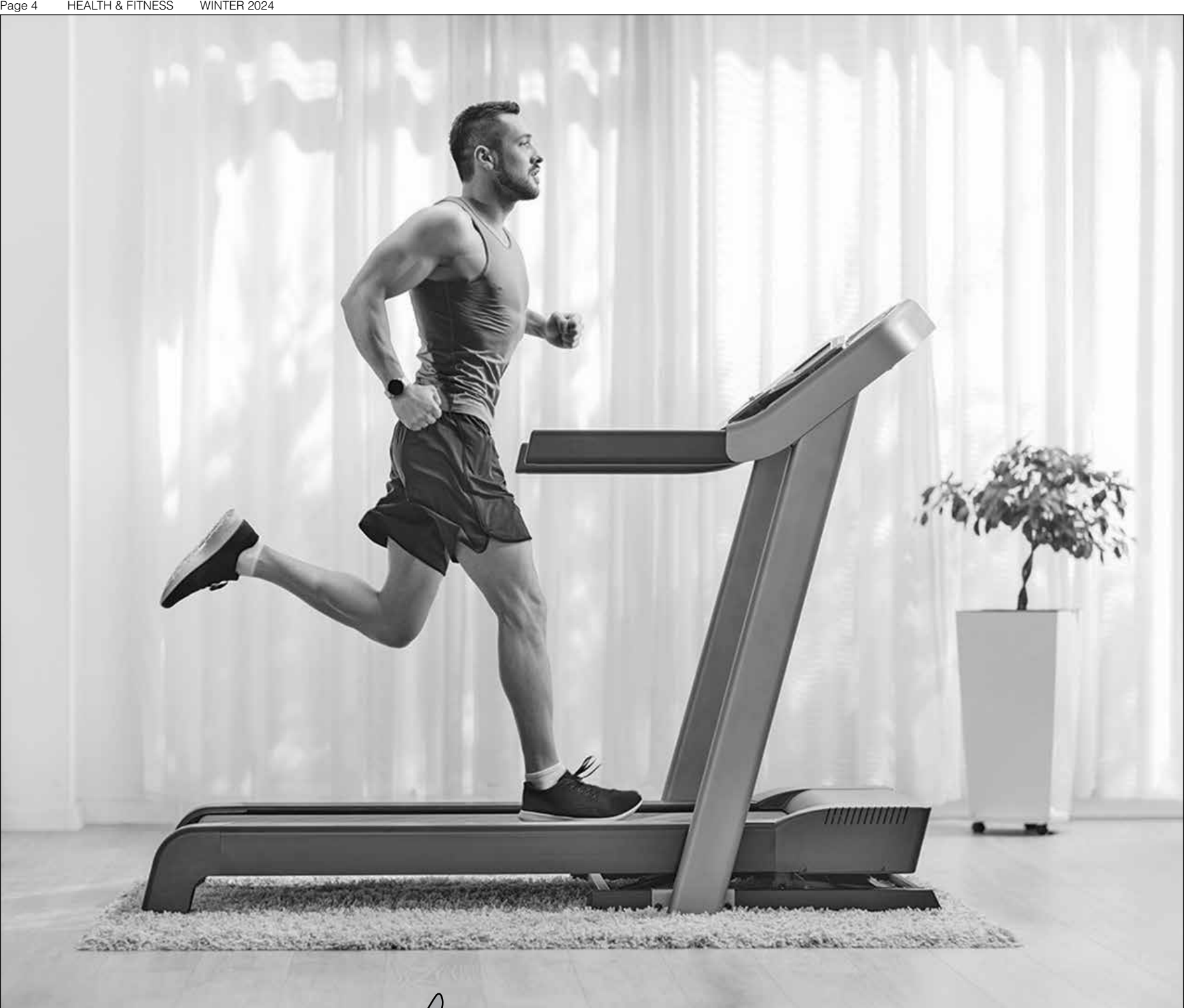
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above: In the New Year, take small steps that will be easier to stick to and try to focus on the positives each day in an effort to help you feel happier and healthier.

STOCK PHOTO Health & Fitness



How *cardio* benefits your body

Physical activity is a key component of a healthy lifestyle, and an effective fitness regimen is one that combines strength training with cardiovascular exercise.

Recommendations from the U.S. Department of Health and Human Services urge adults to get at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity each week.

Aerobic activity includes cardiovascular exercises like hiking, running, dancing, cycling, or other activities that increase the heart rate and improve cardiorespiratory fitness.

Though cardiovascular exercise is often discussed in terms of its heart healthy benefits, the Cleveland Clinic reports that aerobic activities benefit various parts of the body, including the heart but also the brain, the joints, skin, and muscles.

Cardio and your heart

Routine cardiovascular exercise leads

to a decrease in resting blood pressure and heart rate. That's beneficial for the heart because it ensures the heart does not have to work unnecessarily hard.

Cardiovascular exercise also improves good cholesterol levels and lowers blood fats, each of which also helps to improve heart health.

Cardio and your joints

Osteoporosis is a condition in which bones become brittle and fragile from a loss of tissue. That tissue loss can be a side effect of aging, but even though the National Osteoporosis Foundation estimates that half of all women over 50 will develop osteoporosis, older adults are not helpless against the condition.

Cardiovascular exercise can help fight osteoporosis and reduce risk for hip fractures, according to experts. It's also important to note that men are not immune to osteoporosis, which has long been considered a more significant concern for

women than men.

Though women's risk for osteoporosis is greater than men's, medical experts report that between 20 and 25 percent of all hip fractures occur in men.

Cardio and your brain

The Alzheimer's Society reports that studies have shown that exercise that increases heart rate in middle-aged or older adults has led to improvements in thinking and memory and lower rates of dementia.

The Cleveland Clinic notes that cardio also decreases stroke risk by increasing blood flow to the brain.

Cardio and your skin

Physical activity increases circulation, which the Cleveland Clinic reports leads to clearer, healthier skin. Cardio promotes better blood flow to the skin cells on the face, which can reduce signs of aging and

improve complexion.

Cardio and your muscles

Cardio increases oxygen supply to the entire body, and the Cleveland Clinic notes that allows muscles throughout the body to work harder and more efficiently.

In addition, routine cardiovascular exercise allows muscles to adapt to an increased workload, which can improve daily life by making routine physical activities easier.

Cardiovascular exercise is a key component of an effective fitness regimen. By committing to cardio, adults can benefit various parts of their bodies.

(METRO CREATIVE)

The Cleveland Clinic reports that aerobic activities benefit various parts of the body, including the heart but also the brain, the joints, skin and muscles.

FILL UP ON healthy eating pointers

Diet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease.

According to the Missouri Department of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and diabetes.

In addition, these healthy living strategies can improve personal appearance and improve overall well-being — helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better.

Common sense can come into play when attempting to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

Eat colorful, varied, nutritionally dense foods

Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25 percent protein.

Select an array of colorful foods that will provide most of the nutrients needed.

Choose fiber-rich foods

Fresh fruits and vegetables, whole grains, nuts, and legumes are good sources of fiber.

Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.

Note how you feel after eating

Create a food journal where you jot down notes about how you feel after eating certain foods. If you notice that certain foods or ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative.

Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

Explore the Mediterranean diet

While you should avoid fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time.

According to the authors of a new study published in JAMA Network Open in October 2023, middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging.

Mediterranean diets prioritize legumes, seafood, vegetables, and “good” fats like olive oil.

Control portion sizes

Sometimes it’s not what you eat but how much you eat that affects health. Weighing



Individuals can consider several strategies – such as choosing fiber-rich foods, controlling portion sizes, and keeping a food journal – to make diet work for them as they seek to live healthier.

STOCK PHOTO Health & Fitness

and measuring food can help you control portions and understand how many calories you’re consuming each day.

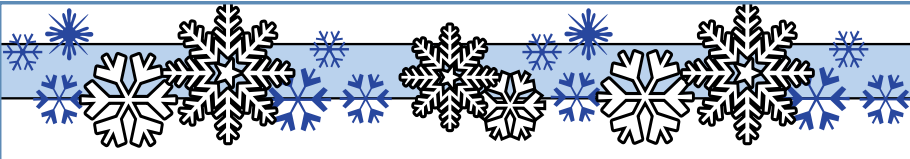
The National Institutes of Health says eating plans that favor 1,200 to 1,500

calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise.

Balanced eating is a major component

of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.

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How to help the family get, and stay, fit

Healthy eating habits and gym routines can be hard to keep up with after the excitement of the holidays fizzle.

For parents who juggle busy schedules between work and activities the kids are involved in, it can be particularly challenging to squeeze in the recommended amount of physical activity each day.

However, with a little motivation and a dose of creativity, families can resolve to get fit together and stay active.

Here are some ideas to consider:

Team up on chores

Make the most of family chores, inside and outside of the home, as there are usually plenty of projects to tackle.

Cleaning, catching up on laundry, dusting, and sweeping, mopping and vacuuming floors will get everyone moving and the house will be cleaner.

If there's time, declutter closets and other spaces – followed by immediately loading up and dropping off donations as well as carrying things you decide to throw out to the trash or curb.

Shoveling snow is a good way to get exercise and fresh air, and if you have elderly neighbors, helping clear their snow will offer the bonus of doing a good deed at the same time.

Explore the neighborhood

Take the whole family on regular strolls around a block or two, or even up and down your street.

Create your own nature walks by identifying different insects, leaves, and animals along the way. Collect pinecones, acorns or other foliage that can be used for fun crafts back at the house.

Invest in gear without breaking the bank

Athletic clothes and accessories with the latest performance fabrics enhance comfort and safety while working out. What's more, new gear can be a great way for each family member to show his or her sense of style, which can be just the motivation needed to get everyone moving.

Footwear is especially important to replace often, as worn out athletic shoes can increase risk of injury.

To go easy on the wallet, consider shopping at retailers like Rack Room Shoes, which offers everyday value on brands for the entire family. For more information, visit RackRoomShoes.com.

Schedule dance parties

Throw in some fun by enjoying music and shaking off some stress with regular dance parties after school, during commercial breaks or before bedtime. They're a great way to get the family up and moving for a few minutes and create a fun memory in the process.

Get in a routine

A routine ensures consistency. Set aside time each week for walks, tag football, soccer games or even some impromptu scavenger hunts, all of which can all be done in the neighborhood, backyard or at a favorite park.

If the weather isn't conducive for outdoor activities, head to a local trampoline park, climbing gym or indoor athletic field as a special outing.



Take advantage of local parks

Visit a local park to discover different walking paths or bike trails in the area. And if possible, spend some time on the playground equipment while you're at it. Equipment such as monkey bars, climbing walls and balance beams are all fun ways to get moving.

Create a matrix

Planning fun activities increases the chance that family members will stay involved

For those who love to check items off a list, a color-coded spreadsheet or whiteboard can be a fun visual reminder to jot down and once completed, cross off, new activities. Hang this in a common area, such as the kitchen, to keep track.

(STATEPOINT)

above: Helping the family stay fit can be a challenge, especially during the winter months, but getting everyone involved in chores, such as laundry, as well as cleaning and sorting projects are productive ways to get them moving.

right: Shoveling snow is a great way to get exercise and some fresh air. Enlist help from the kids and once finished outside your own home, do a good deed by clearing snow from an elderly neighbor's property.

STOCK PHOTOS Health & Fitness



Steps to boost your *immunity* this winter

This winter, or as a goal heading into the New Year, one important thing many people should consider focusing on is what they can do to support a strong immune system.

“Building a strong immune system can improve and even extend your life,” says Larry Robinson, Ph.D., and vice president of Scientific Affairs, Embria Health Sciences, a manufacturer of natural, science-based ingredients that support wellness and vitality.

For a healthier season and new year, Robinson and the experts at Embria are encouraging people to follow these health and wellness tips.

Be social

It’s easy to hole-up during these cold winter days, but it’s not very good for your health or immune system. Research shows that people that have more human interactions are better at combating cold weather challenges.

Make sure to chat with your coworkers during the day and make plans with your friends after work, at least on a somewhat regular basis.

Not only will these steps boost your immunity, but social activities may also help reduce stress and depression, another area of concern for many especially during the winter.

Supplement

While a well-balanced diet of fruits,



Improve your health from the inside out this winter and New Year by focusing on boosting your immune system. In addition to taking supplements and setting aside time to relax, remaining social is recommended – as it’s been shown to also help reduce stress and depression.

• CONTINUED ON PAGE 9

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Tips to maintain your commitment to exercise

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it's no wonder so many people aspire to be more physically active. But it's easy to lose motivation when aspiring to exercise more.

Each year, one of the most popular New Year's resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year's resolutions for 2023 and found that exercising more was the most popular resolution.

However, a 2021 study published in the *International Journal of Environment Research and Public Health* found that 64 percent of people abandon their New Year's resolutions within a month of making them.

Exercising more requires commitment, and there are some ways to make it a little easier to maintain that commitment over the long haul.

• **Break it up** – The Harvard T.H. Chan School of Public Health notes that people don't need to exercise all at once to reap the rewards of physical activity.

Exercising more requires commitment but there are some ways to make it a little easier to maintain that commitment over the long haul. Things that may help include scheduling exercise time, working out with a friend and breaking up a workout over the course of day if short on time.

STOCK PHOTO Health & Fitness

If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.

• **Employ the buddy system** – The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down.

The authors behind a study published in the *International Journal of Research in Exercise Physiology* recently suggested the efficacy of the buddy system may require further study before researchers can definitively say it's an effective motivation strategy for people who want to exercise more.

But there's no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo.

• **Schedule exercise time** – Busy professionals book work meetings, family obligations and other daily tasks in their schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise.

Allotting time to exercise each day may decrease the likelihood that you'll skip a

workout, and once results start to manifest you may be more motivated to stay the course.

• **Identify what progress may look like** – It's easy to become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working.

As the human body ages, it becomes more difficult to transform it. So, a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise isn't

working and ultimately helping you get healthier.

Adults are urged to speak with their physicians and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It's no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.

(METRO CREATIVE)

IMMUNITY • CONTINUED FROM PAGE 8

vegetables, and whole grains can support good health, getting the proper vitamins and nutrients in sufficient quantities every day can prove challenging.

Consider resolving to offer your immune system targeted support with a supplement designed to boost healthy immune function.

One of the best immune strengthening ingredients is EpiCor fermentate, which has been clinically shown to support the body's ability to initiate the proper immune response when needed, support rapid immune response and maintain healthy immune function.

You can find EpiCor in many popular and trusted supplement brands.

Rest and relaxation

Rest and relaxation can go a long way toward supporting good health.

Ongoing sleep deficiency is linked to a number of major health problems and can impair the way your immune system responds, according to the National Institutes of Health.

What's more, too much stress can compromise immune response.

Whether it's spending time with friends, going to a yoga class or taking a bath, make sure your schedule includes time for both sleep as well as stress-reducing activities.

(STATEPOINT)

WHOLE FOODS PREDICTS 2024 Top 10 food trends

Whole Foods is ready for 2024, as they recently announced their predictions for the top food trends to look out for next year. In 2023, they correctly anticipated trends like dates, avocado oil and retro recipes as being popular, so this list could very well be the start of the next big food fad.

From unexpected flavor combinations to plant-based foods galore, Eating Well recently dove into the 10 trends to look out for in 2024, according to Whole Foods Market's Trends Council.

Plant-Based Foods with Simple Ingredients

We're all for more options, but long ingredient lists on your favorite plant-based products can be both confusing and tiring—it's hard to tell if some are even healthy.

For 2024, Whole Foods is predicting that simply made foods highlighting plant-based ingredients will be on the rise, like two-ingredient almond milk.

Cacao

Cacao seeds are transformed into one of the most delicious food creations: chocolate. But it's time that cacao shines on its own in new products featuring different ways to highlight the cocoa bean. Think cacao water, dried cacao and, of course, chocolate-covered cacao beans.

Buckwheat

Buckwheat is not only going to be a trending ingredient, according to Whole Foods, but it also packs amazing health benefits. It's an anti-inflammatory, gluten-free seed that's rich in protein and fiber, making it a great addition to your pantry.

Plant-Based Fish

We know, we talked about simple plant-based foods already as a



above: Buckwheat is not only going to be a trending ingredient in 2024, according to Whole Foods, but also packs amazing health benefits. It can be found in many recipes, including pancakes. **below:** As groceries become more expensive, dressing up a simple pack of instant ramen noodles with fresh veggies and seasonings is a quick, easy and budget-friendly way to get dinner on the table.

STOCK PHOTOS Health & Fitness

trend. Whole Foods is also anticipating an expected rise in plant-based fish alternatives in 2024.

Instead of buying, get ahead of the

trend and make your own with recipes like Eating Well's Vegan Scallops and Vegan Sushi with Tomato "Tuna."

Water-Conserving Products

Foods, self-care and house-cleaning products that are ingredient-conscious are more common on the market, and that's only expected to grow. This includes products that promote their efforts to conserve water during the manufacturing process.

From basmati rice and extra-virgin olive oil to soaps and shampoo and hair conditioner bars, we're excited to see more brands supporting sustainable efforts to use or waste less water.

Spicy with a Twist

"Complex heat" is trending, and it's only expected to become even more of a fad. "Swicy"—sweet and spicy—foods are top of mind this upcoming year, from spicy candies and cocktails to fruit with a kick of seasonings like Tajín.

Budget-Friendly Treats

If you love grabbing a little something sweet after dinner, then you're in luck: small treats at a small price is on Whole Foods' list of possible trends. We're not surprised, as easy dessert recipes were all the rage this year, like chocolate-covered dates and lemon possets.

Whether you're looking for prepackaged goodies or super-quick desserts to make at home, 2024 is your

year for simple sweets.

Elevated Instant Noodles

Perhaps a throwback to your college days, prepare for instant noodle sales to surge very soon. As groceries become more expensive, dressing up a simple pack of instant ramen noodles with fresh veggies and seasonings is a quick, easy and budget-friendly way to get dinner on the table.

For Women's Health

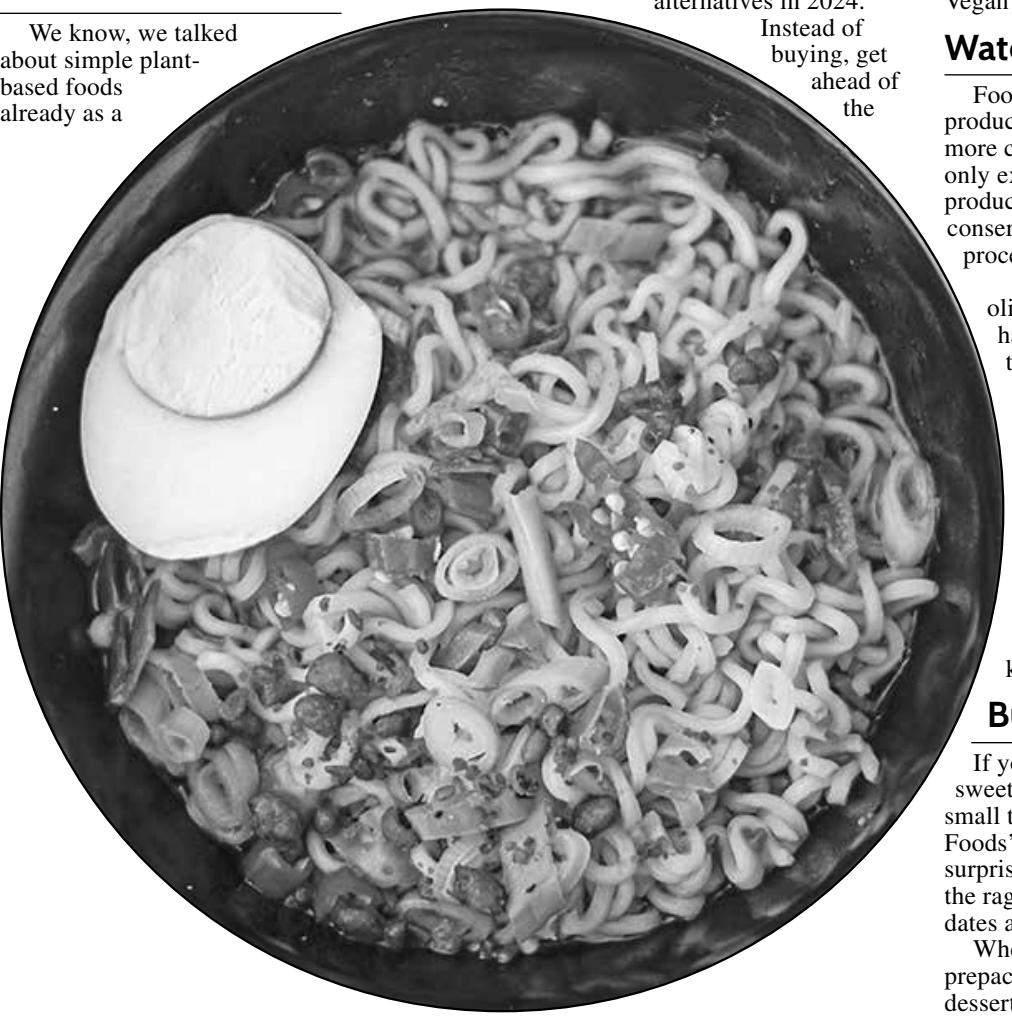
For health-focused industries, women's health is top of mind coming into the new year. Although many supplements (like multivitamins) are listed as part of this trend, it's important to talk to your health care provider before regularly taking any supplement, to make sure it's the right choice for you and your lifestyle.

The New Coffee

We're aware of the mushroom coffee trend but adding nutritious ingredients to coffee or energy drinks is only going to get more obscure, according to Whole Foods. We're talking about prebiotic green tea, l-theanine-rich sparkling water and more.

It's easy to add ingredients like spices and milk to your coffee for their healthy benefits but be sure to look out for more flavor combinations that may enhance your morning cup.

To find recipes and other tips related to Whole Foods 2024 predictions, visit eatingwell.com.





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