



### LIVE FIT

By: Dr. Adam Favro, TurningPoint Chiropractic

Our workforce over the past century has gone through a dramatic shift. In the year 1900, over 38% of our workforce was farming and agriculture. Today, that number has shrunk to less than 3%. We are finding ourselves in more and more of a stagnant lifestyle.

The problem: We were designed to move! This new lifestyle and workforce that requires you to sit all day is rapidly decreasing your fitness. But don't worry, there are simple ways to help improve your fitness without leaving your cubicle.

#### Breathe

Many workplace environments can be stressful. Stress changes the way we breathe, creating neck and shoulder tension, poor posture and increased muscle spasm. Every 30 minutes or so, sit on the edge of your chair, pull your shoulders back and take a deep breath into your belly through your nose. You don't want your chest to inflate or rise. This takes practice, so don't get frustrated. The rapid increase in oxygen will help relax the muscles and give you more brain power while the position you're in will help stretch out the tense muscles.



#### Take a Stand

One thing to keep in mind is we were designed to move. Staying in one position for too long increases your risk of Type II Diabetes, cardiovascular disease, dementia and musculoskeletal injury. Most people can stay in one position for about 20-30 minutes without much harm. Try standing up every so often at work.

One great suggestion is to stay hydrated by going to get a drink of water every 30 minutes. Walking will also help restore your breathing and reduce stress.

For those of you lucky enough to have a stand-up or variable height desk, you're not exempt. Keep a small box under the desk and change your stance by putting one leg up on the box for a few minutes then switching. You can try widening your feet and pointing your toes out a few degrees as well. Also, it is important to sit every so often to give the muscles required to stand a little break.

#### Health & Wellness Week Schedule

Tuesday, January 17, 2017 - One Hour Cardio Challenge

Wednesday, January 18, 2017 - Try a New Healthy Activity

Thursday, January 19, 2017 - Workplace Wellness Breakfast

Friday, January 20, 2017 - Healthy Lunch Day

Saturday, January 21, 2017 - Saratoga Farmers Market & Wellness Fair

Sunday, January 22, 2017 - Yoga & Hops!

For times & venues, please visit: [www.saratoga.org](http://www.saratoga.org)

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# Eat Fit

By: Beth Novik, Enliven, LLC.

Sometimes reducing the amount of sugar we eat is as simple as paying attention to it. Excess added sugar in our food is contributing to obesity, heart disease and metabolic disorders like type II diabetes. In other words...sugar can make us sick, tired and fat.

This month we encourage you to become mindful of your sugar intake and see how much you can reduce it. Cutting down on sugar can be essential to both feeling good and looking good.

It's easy to identify the things that we know have a lot of sugar like soda, and candy. But it's often surprising to see all the supposedly "healthy" things that have a lot of sugar, things like; yogurt, granola, prepared meats, marinades, and breads. It's important to read the labels of everything you buy.



The American Heart Association recommends the maximum amount of sugar per day is 37.5 grams (9 teaspoons) for men and 25 grams (6 teaspoons) for women. The Harvard School of Public Health reports that 70% of Americans eat about 22 teaspoons of added sugar a day! That's crazy!

Suggested action: when you shop this week, look at the amount of sugar in the things you buy and choose the products with less sugar. The best bet is to let go of processed foods, pre made sauces and breakfast cereals altogether. But if you don't feel that's an option for you at this time, then have the goal of making a better choice...even if it's not the best choice. Make the choice for a healthier you... choose less sugar.

# Get Fit

By: Angela Amedio, Saratoga Cycling Studio

Get Fit using S.M.A.R.T. goals.

It's a new year and that means for many it is time to get in shape and make a few of those pounds disappear. You can be successful if you set S.M.A.R.T. goals and stick to them! It doesn't mean you have to drastically change your life to achieve what you have set out to accomplish. In fact, studies have shown that "baby steps" over a period of time can be the answer.

*S - Specific/Simple.* Write out what you want to achieve and why. "I want to lose weight" is too general, so here is your chance to zero in on your goal. . IE: "I will walk 5,000 steps 5 days a week" OR "I will go outside and play with my kids for 40 minutes, 5 times a week".

*M - Measurable.* How do you track if you are meeting your goal? In this case, a pedometer would show you your steps each day.

*A - Attainable.* If you have a busy schedule like we all do, setting a goal of 20,000 steps per day may not be reachable and could leave you feeling defeated. Set a goal that pushes your boundaries, but you are able to meet.

*R - Realistic.* Be cognizant of your lifestyle and end goal. In this example, you may see that you are now walking 6,000 steps per day after a few weeks. Perhaps it is time to adjust your goal to increase your fitness and progress your abilities.

*T - Time Bound.* Set an exact start and end date to achieve this goal and keep yourself accountable to it! In this example, you may start out walking 4,000 steps per day, but you gave yourself 4 weeks to accomplish 5,000 per day. Stay on track.

