

## Some Thoughts on Exercise

We hear a lot about exercise and it's benefits. How much is enough? Well, in 2008 the Department of Health and Human Services issued exercise guidelines. They suggest:

- ◆ 150 minutes of moderate aerobic activity per week. This for example would be brisk walking or swimming
- ◆ 75 minutes per week of more vigorous activity such as running.

A recently published

book by Gretchen Reynolds titled *The First 20 Minutes* is a fascinating look into what science is finding out about exercise. The book begins by telling us that we were meant to move. "The evolutionary record is clear that humans are born to be active."

Our survival used to be based on our ability to get our food and get away from predators. Too much leisure and sedentary jobs have not been our friends. Ms Reynolds

further notes that our sedentary ways combined with smoking and over-eating are shortening life expectancy.



Scary? Yes. But the secret is to begin. Walk a little more, climb a few more stairs. Find a way to move more.

## What about Post Exercise Soreness?

Sometimes simple is better. One of the best post exercise recovery beverages is low-fat chocolate milk. Yes chocolate milk happens to have the ideal ratio of carbohydrates to proteins for recovery from muscle soreness.

## How About Muscle Cramps?

Anyone who has had a "Charlie Horse" in their calf knows that the first thing to do with a muscle cramp is stretch and move to try to reset those misfiring muscle fibers. Another tool to have on hand however is pickle juice. 2.5 oz of pickle juice at the onset of a cramp has been shown to reduce a cramp a third faster than just drinking water.

## Do you need advice on what exercises you should or should not do?

The physical therapists of **Blake and Associates, Inc.** will be glad to assist you and your doctor in maximizing your quality



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## Pilates and Yoga Offered

We are proud to announce that 2 of our physical therapists are offering additional services to the community.

**Christine Rivera-Gapuz, PT** is now certified as a Fletcher Pilates Instructor. Christine will be offering one on one Pilates in-



struction at our office. Christine is an experienced, highly skilled physical therapist and brings those skills to her Pilates students.

**Sue DiOrio PT M.Ed.** offers one on one yoga instruction. Sue, who is also ex-



perienced and highly skilled as a therapist, is a Black Belt

in Tae Kwan Do and can offer her yoga clients much more than a traditional yoga trained instructor. She offers individual instruction at our office.

One or many sessions with these understanding, medically trained therapist-instructors would be well worthwhile for wellness, learning better ways to handle those nagging aches and pains, or keeping up gains made in therapy.