

Lakeview Community Wellness Center Orthopaedic Connection

More About Exercise Benefits

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Transforming patient information into patient understanding.

This is in follow up to an article I wrote for you in Lakeview Area News in March 2010. It is listed as 110 in the Archive of Lakeview Area News articles on the website.

As you know my work is an Orthopaedic Surgeon. When you think about it, Orthopaedic Surgery has everything to do with exercise, wellness and rehabilitation, so I feel well qualified to write about it.

Fact

If you are not fit in your 50's your projected life span is 8 years shorter than if you are fit. Gulp! A lot of us have some work to do.

Newer medications and medical advances and surgery seem so wonderful and high tech. I think they have taken over the public awareness of how to keep us healthy. Our attention has been directed to these advances by publicity and advertising.

Taking a pill (medication) or having a procedure preformed is what the majority of Americans consider trying to get healthier.

Back To Basics

Exercise physiologists and nutritionists have known that the keys to healthy longevity are these:

- Exercise and being physically fit
- Not smoking
- Having low blood pressure
- What you eat

Studies have shown that after age 30 people begin to do less physical activity every year. Fitness begins to slowly erode. It starts at 30, but by 40, that's a real killer. People begin to think of

themselves and talk about it as "getting older". In the things I treat every day in the office I can't tell you how often I hear "getting older" as a reason something hurts.

One of the Keys

Get moving! Stop sitting every chance you get. Off the couch or recliner. Getting your heart rate up, breaking a sweat on a regular basis is good for you.

National guidelines recommend that we get at least 30 minutes of moderate exercise at least 5 times per week to maintain fitness. Twice weekly weight training in addition is also important.

Benefits of Regular Exercise

- Lower blood pressure
- Lower cholesterol
- Lower blood sugar

Do you see a pattern here?

- More energy
- Control of excess weight

What Is Moderate Exercise?

- Brisk walking about 4 MPH
- Dancing, ballroom
- Carry and stack wood
- Bicycling
- Doubles tennis
- Mowing the lawn with a walk behind power mower

Up To You

Hopefully you are beginning to see that it is really up to you. There is no excuse for not walking. It is one of the most natural things we do. If you are having trouble doing it you need to find out why.

Help is available. Hint. Hint. I am at the Lakeview Community Wellness Center Clinic every other Friday.

All of the advantages of the Wellness Center are right here waiting for you. Exercise instruction, personal trainer, classes, swimming pool, tons of exercise equipment.

Your friends are already here.

Why are you missing the boat?

New Improved Website and Archive

Please log on to www.orthopodsurgeon.com and Your Orthopaedic Connection to see what you have been missing. There is a ton of great information about Orthopaedics and musculoskeletal problems.

The Archive of all 125 articles I have written for you in Lakeview Area News is there. The complete text of every article. Click on the title of the article and the whole article pops up.

Appointments

Thanks for your support of the Orthopaedic Clinic at Lakeview Community Wellness Center. I am happy to see all Orthopaedic Surgery problems at LCWC or at the office at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 to schedule an appointment at either location.

Future LCWC Clinic dates are July 2, July 16 and July 30, 2010.

Our goal is simple - To help people return to more pain free, functional lives. I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush