



Physical Therapy News

From Gaston Rehab Associates Physical Therapy

T & T Corner



Welcome to the special section called T&T's Corner. Affectionately known as The Bear and The Baby, this section will provide reflections and insights on a variety of topics! With these two around you never know what you will get. We hope you enjoy!

The Bear: With all of this heat, it is best to bring activities indoors. My favorite activity indoors is lying on my belly on the cold kitchen floor. If you have not tried it, I highly recommend it. Just don't do it around meal time or you will be asked to move.

The Baby: It is always good to have dreams. When I grow up I will drive just about anything that moves (fire truck, ambulance, helicopter, truck, garbage truck, school bus, police car, and 4 wheeler). My Dad says I will need lots of money for gas, but I will just borrow it from him.

The Top 5 Reasons To Exercise

You know that exercise is important and has several health benefits. However, there are hidden benefits of exercise that you may not be aware of. Here are the top 5 reasons to exercise:

Reason #1: To Reduce Pain

Individualized, regular exercise (the kind prescribed by your physical therapist) is a great way to reduce muscle and joint pain. For example, strengthening your core can decrease persistent low back pain and you'll protect yourself against future injury. It's amazing how many people who are resigned to a life of chronic pain start to find relief after starting an exercise program provided by one of our experienced physical therapists. If you are not sure where to begin, we will be happy to assist you in the creation of a safe, effective exercise plan.

Reason #2: To Increase Muscle Tissue

More muscle means more strength. Don't confuse this with large, unsightly muscles. The point is that more strength allows you to complete your day to day tasks with ease. Imagine if simple things like walking, going up the stairs, picking up groceries, or playing with your children became easier and more enjoyable. What would that do for you on a daily basis?

A well designed, progressive exercise plan helps tone and build muscle mass. Think of lean muscle tissue as 'gold' protecting your bones and joints and fat as 'jelly' or dead weight on your body.

Reason #3: To Drop Pounds of Fat

The best benefit of exercise is fat loss.



It is no secret that a combination of exercise and a balanced meal plan is the best known way to lose fat. Here's what fat loss can do for you:

- Your clothes fit better
- People around you begin to compliment you on your new appearance
- When you look in the mirror, you look several years younger
- Your energy levels soar
- You feel great!

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Your Primary Motivation

Your primary motivation to exercise is unique to you. Perhaps your goal is to be able to play with your kids again, decrease the risk of falls, be able to lift things without difficulty, sit through a movie with your family / friends without pain, or return to playing sports.

Whatever your motivation is, write it on a sticky note and place it on your refrigerator. Use pictures of family or any other image that helps you associate with your health goals if that helps. You may want to share your goals with your family and friends, which makes you accountable to someone other than yourself. Being reminded consistently of your primary motivation is often the driving force to achieving your goals. Pick up the phone and schedule an

appointment with us today if you are looking for expert supervision and accountability. Give us a chance to help you get start with exercising.



Why Exercise Is a Smart Choice

You've probably heard countless times how exercise is "good for you." But did you know that it can actually help you feel good, too? Getting the right amount of exercise can rev up your energy levels and even help improve your mood.

Rewards and Benefits

Experts recommend that teens get 60 minutes or more of moderate to vigorous physical activity each day. Here are some of the reasons:

- **Exercise benefits every part of the body, including the mind.** Exercising causes the body to produce endorphins, chemicals that can help a person to feel more peaceful and happy. Exercise can help some people sleep better. It can also help some people who have mild depression and low self-esteem.
- **Exercising can help you look better.** People who exercise burn more calories and look more toned than those who don't. In fact, exercise is one of the most important parts of keeping your body at a healthy weight.
- **Exercise helps people lose weight and lower the risk of some diseases.** Exercising to maintain a healthy weight decreases a person's risk of developing certain diseases, including type 2 diabetes and high blood pressure. These diseases, which used to be found mostly in adults, are becoming more common in teens.
- **Exercise can help a person age well.** This may not seem important now, but your body will thank you later. Women are especially prone to a condition called osteoporosis (a weakening of the bones) as they get older.



The Top 5 Reasons To Exercise

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Reason #4: To Control Blood Sugar

Regular exercise helps stabilize blood sugar levels. If you or someone you know has type 2 diabetes (or is at risk for type 2 diabetes) exercise will help your body to better utilize sugar since exercise positively impacts insulin sensitivity. A combination of weight loss and improved blood glucose control has several health benefits. You should consult your doctor before you begin any exercise with the intention to control your blood sugar.

Reason #5: To Lower Blood Pressure and Cholesterol

Levels

Exercise helps your heart in 2 ways:

1. Weak heart muscles pump a relatively small amount of blood with each beat. Essentially, your heart is putting in a lot of effort with every beat. By exercising, you strengthen your heart muscles so they pump more blood



with less effort; this decreases the pressure on your arteries.

2. Exercise increases HDL (the "good" cholesterol) levels in some people. This decreases your risk for heart disease. Other heart disease risk factors such as weight, diabetes, and high blood pressure also improve with regular exercise.



How Exercise Works

When you exercise or compete in sports, you notice several things about your body. You breathe heavier and faster, your heart beats faster, your muscles hurt and you sweat. These are all normal responses to exercise whether you work out regularly or only once in a while or whether you are a "weekend warrior" or a trained athlete. When you watch world-class athletes compete, you see the same responses, only magnified.

Your Body's Response to Exercise

Any type of exercise uses your muscles. Running, swimming, weightlifting -- any sport you can imagine -- uses different muscle groups to generate motion. In running and swimming, your muscles are working to accelerate your body and keep it moving. In weightlifting, your muscles

are working to move a weight. Exercise means muscle activity!

As you use your muscles, they begin to make demands on the rest of the body. In strenuous exercise, just about every system in your body either focuses its efforts on helping the muscles do their work, or it shuts down. For example, your heart beats faster during strenuous exercise so that it can pump more blood to the muscles, and your stomach shuts down during strenuous exercise so that it does not waste energy that the muscles can use.

When you exercise, your muscles act something like electric motors. Your muscles take in a source of energy and they use it to generate force. An electric motor uses electricity to supply its energy. Your muscles are biochemical motors, and they use a chemical called

adenosine triphosphate (ATP) for their energy source. During the process of "burning" ATP, your muscles need three things:

- They need oxygen, because chemical reactions require ATP and oxygen is consumed to produce ATP.
- They need to eliminate metabolic wastes (carbon dioxide, lactic acid) that the chemical reactions generate.
- They need to get rid of heat. Just like an electric motor, a working muscle generates heat that it needs to get rid of.

In order to continue exercising, your muscles must continuously make ATP. To make this happen, your body must supply oxygen to the muscles and eliminate the waste products and heat. If these needs are not met, then exercise will cease -- that is, you become exhausted and you won't be able to keep going.

Quotes

Be as smart as you can, but remember that it is always better to be wise than to be smart.

Alan Alda

Everyone is a genius at least once a year. The real geniuses simply have their bright ideas closer together.

Georg C. Lichtenberg

CONTACT INFORMATION



"These are called, 'Diet Pants.' They'll never fit, but you'll burn 250 calories trying to get into them."