

Overcome Your Exercise Plateau

People often abandon their workouts when the results – getting stronger or slimmer – begin to dwindle. In most cases, reaching a plateau simply means you’re progressing toward fitness and ready for a new level of workout.

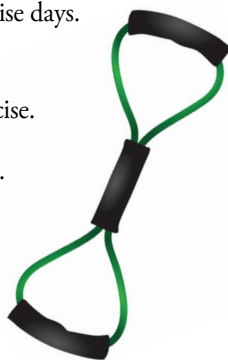
If you’re stuck on a plateau, fitness specialists recommend you use **FITT** – Frequency, Intensity, Time and Type. You can adopt this strategy for cardio exercise and resistance training.

Frequency – Increase the number of your workouts or exercise days.
Example: From 4 days to 6 days per week.

Intensity – Increase the difficulty or level at which you exercise.
Example: Increase heart rate maximum from 65% to 90% (following the proper exercise heart rate range for your age).

Time – Increase your minutes per workout. Get a minimum of 150 minutes per week.

Type – Change the activity (e.g., replace 2 cardio workouts with strength training or walking outdoors).



You can enhance the benefits of cardio exercise (swimming, hiking, etc.) through speed, incline and distance, or by combining activities. Adjust strength-training intensity by changing weight resistance, number of reps and sets, and more.

Variety is the key to your continued fitness improvement. Every few months, change 1 or more elements of FITT. Take pleasure in performing new moves in new ways. Check with your health care provider for more personalized guidance.



Is It Bronchitis?

When you have bronchitis, the airways in your lungs swell and produce mucus, which causes you to cough. Doctors often call it a chest cold because 90% of cases develop from a cold, the flu or other respiratory viruses.

Other symptoms include wheezing, shortness of breath, fever and chest discomfort. The illness may last for a few days, but the coughing can persist for up to 3 weeks. Continued on back. >>

Aspirin: Old Dog with New Tricks

Aspirin has stood the test of many centuries as an effective medicine for reducing pain, fever and inflammation. Aspirin’s active substance, salicylic acid (from willow tree extracts), has been used for at least 2,400 years.

Today, ongoing studies follow aspirin’s potential for cancer prevention. Researchers believe aspirin can reduce the overall risk of both getting cancer and dying from cancer.

- A 32-year Harvard study of 136,000 men and women has linked aspirin use to a lower risk of colorectal cancer and overall cancer risk. (*JAMA Oncology*, 2016)
- Taking aspirin for 10 years could cut colon cancer risk by 35% and deaths from colon cancer by 40%. Daily aspirin may reduce the risk of esophageal and stomach cancers by 30% and deaths from these cancers by 35% to 50%. (*Annals of Oncology*, 2014)
- A daily aspirin may significantly reduce the risk of several cancers and prevent the spread of tumors. (*The Lancet*, 2012)

Aspirin isn’t for everybody. Many people cannot tolerate its side effects, which can include gastric irritation and stomach upset. More serious side effects include stomach ulcers, stomach bleeding and worsening asthma. Bleeding risk is greater among those who are older, drink alcohol, have liver disease or use blood thinners.

Before starting preventive aspirin therapy, have your health care provider thoroughly review your health history.



Principles of Protein

By Cara Rosenbloom, RD



Protein plays a truly important role in your body. Here are some basic points to learn:

- » **What's protein?** It's part of every cell in the body and an essential nutrient in the foods we eat. Protein is required to build and repair skin, muscles and tissue, and is vital to making hormones and enzymes.
- » **Which foods contain protein?** Foods with the highest levels of protein per serving are meat, poultry, seafood, tofu and Greek yogurt. Mid-range protein-rich foods are eggs, beans, lentils, nuts, seeds, milk and cheese. There is a small amount of protein in many whole grains, vegetables and fruits, too.
- » **What are the best sources of protein?** They contain mostly healthy, unsaturated fats and are low in saturated fat. Focus on fish, seafood, low- and nonfat dairy, lean meat and poultry, beans, lentils, nuts and seeds.
- » **How much protein do you need?** There's some controversy about this question. Some people believe North Americans get too much and others believe it's too little.

The recommended healthy protein range is 10% to 35% of total calories. The minimum amount of protein you need daily is 46 grams for women and 56 grams for men – or about 10% of calories from protein.

Protein is listed in grams on the Nutrition Facts label of packaged foods, so you can see how much is in a serving of the product. There is no percent daily value (%DV) for protein because most people get enough, so there's no need to set a daily goal.



Is It Bronchitis? Continued from front. >>

Get as much rest as possible to speed your recovery. Drink at least 32 ounces of water daily to thin the phlegm and make coughing easier. Ask your health care provider about over-the-counter medication for fever.

Since most cases of bronchitis are viral, antibiotics don't help (they only treat bacterial infections). Acute (short-term) bronchitis will usually resolve on its own. But see your provider if your cough lasts more than 3 weeks or your fever exceeds 100.4°F for 3 days.

To avoid bronchitis: Reduce your risk of viruses with preventive hygiene, and get a flu shot every year.

Chronic bronchitis produces multiple episodes of coughing that last for 3 months or more. Risks include: smoking cigarettes, general vulnerability to infection, and inhaling irritating fumes and dust from hazardous materials. Repeated bouts of bronchitis may mean you're developing **chronic obstructive pulmonary disease.**



Smart Moves toolkit is at www.personalbest.com/extras/17V1tools.

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“Success usually comes to those who are too busy to be looking for it.”
– Henry David Thoreau

QuikQuiz™: 6-Pack Myths and Facts

By Charles Platkin, PhD

Six-pack abdominal muscles (or abs) are a popular image on men's fitness magazine covers. But getting that look is an unrealistic goal that does not necessarily demonstrate good health. Use this quiz to help you separate myth from fact about your abs.

1. Exercising your stomach muscles daily can give you a toned midsection. True False
2. The best diet to help tone your abs:
 - a. Low carbohydrate.
 - b. Low fat.
 - c. High protein.
 - d. None of the above.
3. You don't have to exercise your abdominal muscles – they aren't as important as other muscles. True False
4. The best way to tone your abs is to exercise them as you do any other muscle. True False



ANSWERS

1. **False** – The best way to improve the appearance of your midsection is to lose excess abdominal fat on top of it. You can achieve weight loss with a healthy diet and regular aerobic exercise, such as brisk walking.
2. **d** – Eat a balance of lean protein foods, whole grains, green vegetables and fruit. Avoid excess alcohol, sodium, unhealthy fats (saturated and trans) and added sugar.
3. **False** – Strong abdominal muscles protect your internal organs, help your lungs function better, reduce injuries and help you maintain good posture, which can reduce lower back pain.
4. **True** – Most experts agree that your ab muscles are no different from any other muscles. Work them the same way you work your biceps or shoulders. Stay fit and active; include weight-resistance workouts.