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Healthy Lifestyles

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Fit Squad sets contest, Fit & Healthy menus

The Fit Squad is conducting the Mr. and Ms. Fit – Fit Squad Contest. It runs from Jan. 8 – May 30 and it even involves local eateries.



Sondra Faas

Now that it's winter, this is the time you should really want to get in shape for the summer. As

you shed the fat and tone your body, you will be ready to shed the winter clothes and spring the new you for the summertime.

Join one or more of our programs, take a "before" picture. The "before" picture should show enough so that when we take an "after" picture, we can judge the results. We judge not by weight, or by measurements, but by transformation. We want people to stay away from the scale, there's no need to be watching the numbers all the time. That will just drive you crazy.

We will set a realistic five-month goal for you to get into the best shape ever for the spring and summer. Start with your New Year's resolution to lose weight after the holidays and get a great toned body for the warmer weather. It's not all about the weight loss; it's also how we feel.

Eating right and exercise makes us feel better, draws out stress and focuses much more energy — and having a goal set will help your eye on the prize. So that when the longer, warmer, sunny days are here we can greet it with even a bigger smile knowing we look great as we shed off our winter clothes and winter coats that hide our bodies. This is the true coming out party!

Getting fit and staying fit?! Yes, it is difficult to do sometimes. We have meetings, go out with clients and coworkers for lunch, go out with family friends to dinners and order in because there's no time to cook. Everyone always asks me: When I need to eat out, what do I order and where can we go, so that I can stay on my healthy lifestyle while everyone has what they want to order or also can eat something healthier. We've come up with the solution.

It's The Fit Squad's new Fit &

EXERCISE RULES

Healthy menu. We approached some restaurants, cafés and delis to see if they would like to work with us to have a healthy menu for their customers. Most said yes!

They are very excited to have a healthy alternative to their menus, and this is very timely as schools and others discover the need to eat all-around healthier. In my travels to these restaurants, I didn't even realize that there were so many places that were ready to have healthy alternatives or already had such amazing healthy foods buried in their menus. For instance, Giacomo's, a pizzeria, has wheat pasta, wheat pizza, wheat rolls and gluten-free products in five locations in the Hudson Valley. Zorona's Middle Eastern food is very healthy, Twist of Soul's Argentinean food is sure to please, El Ameers offers lean Mediterranean Cuisine and My Market offers organic foods and healthy fruits for snacking healthy and more. These are found on Raymond Ave in Poughkeepsie. JK's Corner Café and The New Poughkeepsie Diner in the heart of Poughkeepsie, Flory's Deli/Mobile station on Rt. 82 in Hopewell, The Fly By Deli on 376 in Wappingers Falls, Café DELicious in Lagrangeville, The 44 Diner in Poughkeepsie. We have lots of choices, with more on the way to adopting our Fit & Healthy menu program.

We worked with the owners of each establishment to select their healthiest menu items, even made adjustments to some ingredients to make the meal healthier. The Fit Squad helped come up with a few ideas of our own to make a delicious, portion-sized meal so you can feel comfortable about going out to eat.

With The Fit Squad's new Fit & Healthy menu you have plenty of ways to stay on track to in your fitness program. Mr. and Ms. Fit contest competitors will receive 10% off The Fit & Healthy Menus from all of participating eateries. The winners of the contest will win a night out with all the competitors and trainers for free dinner, drinks, plus one month boot

camp, a Fit Squad embroidered bag and gift certificates.

But the biggest prize of all is the biggest thing you're going to do for yourself: win or lose you will improve your image and feel amazing for the summer, and set the pace for the rest of your life.

Sondra Faas has more than 19 years of experience in the fitness industry and is the founder of The Fit Squad. She is a certified personal trainer and nutrition coach. She has won many bodybuilding awards and competes nationally in bodybuilding competitions. She advocates staying fit throughout one's life. Write to her at sondra@thefitsquad.com.



Weights and boxing are just two of the many programs to get fit with The Fit Squad. (Photos by Curtis Schmidt)

Tips for helping individuals with hearing loss at holiday parties

Happy New Year! There may still be a few holiday parties left, not to mention a few weddings or other celebrations coming up in 2012.

Festive social situations are fun, but they can also be stressful for a variety of reasons.



Dr. Lori Biasotti

For people with hearing loss, conversations in a noisy environment can be challenging, to say the least. Take a room with many people talking at once and add some loud music and understanding speech can be near impossible, for a person with hearing loss, even with the best hearing aids.

If you have hearing loss there is no reason to miss out on the fun.

HEARING HELP

If you love people with hearing loss there are some things you can do to help. Here are some tips:

If you have directional microphones on the hearing aids, activate them or put the hearing aids in an "auto" mode (if this is an option). This will allow you to hear the person you are facing better with less chatter behind you.

Keep a positive, light attitude and try not to be too hard on yourself. If you are talking with someone with hearing loss and they misunderstand something laugh it off and move on.

Have several one-on-one conversations in a quieter section of a room, hopefully by a cozy fire.

When possible, create an environment that will minimize difficulty. Candlelight is lovely, but make sure there is enough lighting to see faces well. Use facial cues and speech-reading (lip-reading) to fill sounds that you miss. At a large table, place the person you have the most trouble hearing at your "good" side, if you have one. If you are talking with someone with hearing loss, don't hide your mouth with your hand when speaking.

Have (or be) a patient friend "fill in" information, or punch-lines. Ask the hostess to turn down music or football games during dinner since it will interfere with conversations.

Holiday music should be in the background, where it belongs.

Sometimes the best way to get what you want is to ask for it. In the spirit of the season, and hopefully all year long, people will be accommodating and patient if we expect them to be. The most important thing is that you try to relax and enjoy these special times.

Happy Holidays!

Lori Biasotti, Au.D., is a NY State Licensed Audiologist. She has a private practice hearing aid dispensing/audiology office called Family Hearing Center in Fishkill, NY in the Hudson Valley Towne Center, near Charlie Brown's restaurant. Call with any questions, or to schedule an appointment (845) 897-3059. Also visit us on the web at www.familyhearing.org.

Resolve to stay connected during the New Year

Despite round-the-clock access to text messaging, email and social networking sites, meaningful connections sometimes seem harder to come by than ever these days.

While it is easy to let all your friends and family know about your new promotion or engagement with a status update online, don't forget the importance of personal correspondence in today's digital age.

This year, resolve to connect better with your close friends and family. Here are some tips to help you keep in touch.

- Start the year off right by wishing your loved ones health and happiness with New Year cards. Consider personalizing the cards with photos of you and your family.

- Make appointments for important phone calls that are easy to put off. If you have an actual appointment, you can't and won't forget to give Mom and Dad a call. Better yet, make it a standing weekly ritual you will all look forward to each week.

- Want to tell a friend what's new? Send a note on personalized stationery. "You will really brighten the day of your recipient with a card sent in the mail," advises Mariam Naficy, CEO of Minted.com, an online stationery store.

- Throw a party. Nothing beats good old fashioned face-to-face communication. So gather all your loved ones together for a party at your house. There will be time enough to make meaningful conversation, and complete your duties as host.

- For the really important milestones like birth announcements and engagements, you'll want to let your friends hear about it directly from you. Sites like www.minted.com have the tools you'll need to personalize your announcements.

Life is short. So whether you want to create or improve your connections with family and friends, there is no better time than the present to get started.

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Happy New Year!

Start off your New Year right with The Fit Squad



Before



After

Join and enter the Mr. and Ms. Fit Squad contest or just join us! Starts Jan. 8th and goes till May 30th. Start now and be ready for bikini weather! Best transformation wins!

You don't have to go it alone. Professional certified trainers will get you there!

- Boot Camp just \$59 a month when you pay for 3 months (1 time registration fee \$25. Bring a friend and we waive the fee).
- Fit Club - share a trainer in the private studio 3 min, 4 max people just \$35 a session
- 1 on 1 private training 20 sessions private studio save \$150. Add a friend just \$20. more for more savings!

Check out The New The Fit Squad Fit & Healthy Menu Participating Restaurants, Cafes' and Delis

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Develop a complete mindset for self-defense

(Part 1)

Awareness is first line of defense



Anthony Quatrochi

Increasing your personal awareness is both an integral part of crime prevention and perhaps the single most important element of

effective self-defense. An awareness of the reality of crime and violence, as well as an awareness of your environment, are the keys to your personal security. Being aware does not have to mean being paranoid. Train yourself to be more alert and adjust your level of awareness as needed. For instance, if you have good locks and live in a decent area, you shouldn't have to be constantly on guard. On the other hand, if you're out late at night, perhaps a little paranoia is a good thing. Just use good common sense and remember to pay attention to what's happening around you, and you will go a long way towards keeping yourself safe in an increasingly hostile world. For example, if you are parked in a

MARTIAL ARTS WISDOM

shopping mall or supermarket parking lot, look around for anyone or anything suspicious before approaching your car. If you feel you are being watched, go back to the store and ask someone to escort you or call the police.

Trust your instincts

Learn to trust your instincts and listen to what your intuition tells you. Trust those "little voices" when they tell you that something or someone "just doesn't look right." Come to full alertness and be prepared to take action to get out of the situation or away from that person as fast as possible.

Your first priority is escape

If you do end up in a dangerous situation, remember that your number one priority is not to fight, but to escape. Obviously, the best plan is not to be there in the first place, but if you do find yourself in trouble, don't hesitate to take every available escape route. When you are confronted and you cannot immediately get away, you may want to consider complying, at least until you CAN escape.

When faced with someone who demands your wallet, purse, jewelry, or other item - give it to them and get out of there. No possession, however valuable, is worth risking your life.

Developing a survival mind set

No one has the right to harm you or the ones you love, but violence does exist and it can touch your life at any time. If this happens, and you aren't mentally prepared to deal with it, you will most likely become frozen with fear. The best way to avoid this is to develop a survival mind set. Practice scenarios before they happen. Imagine yourself in a dangerous situation and visualize what actions you might take to survive and escape. The key is to address your fears before you are confronted with them. While it is unpleasant to visualize yourself as the victim of a rape, robbery or assault, it's necessary to prepare the mind to deal with the trauma. Preparation while you're still in a safe environment is the key.

Avoid presenting a victim profile

Crime victims are frequently chosen because they are perceived as easy targets. Criminals prey on the weak or unsuspecting, and usually avoid people who are aware of what's going on and might put up a fight. When out in public, look people in the eye, keep your head up, and walk with a confident stride. This tells the predator that you are more likely to see him coming and resist. Without the element of surprise, they will likely pass you up for someone who'll put up less of a fight.

Your voice is a self-defense weapon

Learn to use your voice. This is true for both men and women, though it is particularly important for women. Women's voices tend to be higher pitched than men's and this can seem less forceful. If someone accosts you in public, interact with them with a deep authoritative voice. Don't be embarrassed or ashamed to yell out loud if needed. Even if you are wrong and the person had no intention of attacking you, it is always better to be safe than sorry, and any normal person would not begrudge you an attempt to protect yourself if you truly felt uncomfortable. Yell, "NO! Go away! Leave me alone!" if the person is making you uncomfortable. If the person actually physically touches you or tries to take any of your items you can scream, "Call the police! Call 911! Emergency!" Don't be afraid to swear loudly. These are things an assailant will not expect. The shock might prevent an attack

Next month: We will examine physical actions to take.

Anthony Quatrochi is owner and head instructor at Anthony Quatrochi's Martial Arts Institute with over 20 years as a martial art instructor in the Hudson Valley. The Martial Arts Institute has locations in Poughquag and Wappingers Falls. Visit the website at www.aqmai.com.

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A car has four wheels, an engine, brakes, windshield wipers and a whole slew of other items that help to get us from this place to that - lots of parts that need watching and repair.

But it can't do what a mouth can do. It smiles, talks, feeds you, expresses emotions. It can be used as a defensive tool, or just a tool (fishermen know this) and it is made of more parts than you can imagine. Most patients do not grasp the complexity of the mouth half as well as a car; how it all comes together. Truth be told, many dentists don't either. There is so much to know about how the entire oral mechanism functions that one dentist cannot be an expert in all its parameters. That is why we have specialists, each tops in their own section of oral design and function; and they spend years learning each area. We don't need all these specialties to maintain and repair a car, just a dedicated computer and a manual.



Dr. Edward Prus, DDS

There is one important parameter that is different between a car and your mouth: a car can be leased, or sold or replaced as we wish. Total it in a crash and you buy a new one. But what if you could never sell it for your lifetime? What would you then do if your car had just a cosmetic paint scratch, would you patch up the problem yourself with a dab of paint? Or would you have a professional do it the best possible way? Same thing with teeth. How would you repair them if there was slight damage? Much would depend on how many more years you thought you would be using them. A patch may work for a couple of years, but certainly not a lifetime.

If something serious occurred to your car early on in your ownership, how would you handle it? Would you leave a bad alignment condition un-repaired in your car? It would wear down the tires faster and the ball joints too and cost you more money. If a

DENTAL CONSUMER

proper repair costs much more than the quick fix, would you do it? If you took the less costly route, what shape would it be in years later? Would it still function and get you from place to place thirty years later?

At your dental checkups, the grinding surfaces of the teeth must be maintained in proper alignment as well. Sometimes "balancing" only requires adjusting the chewing surfaces; other times total realignment of the teeth (orthodontics or full mouth reconstructive dentistry) is required. If your teeth are worn and need newly restored surfaces, use the best materials to repair them. Molars do most of the grinding and chewing. Use strong porcelain or metal materials to sustain them. They, in turn, protect the jaw joint and supporting muscles and ligaments.

The best thing you can do for your car on a regular basis is to frequently change the oil. That cleans out any debris and sludge

that wears down the engine. In addition, tires, belts, joints etc. have to be checked regularly on your car for excessive wear and deterioration. Will you use less expensive after-market parts and materials knowing you must hold on to your car all your life?

The best thing you can do for your teeth is professionally clean out the bacteria and debris that can form on a continuing basis. It is sufficient to do that every few months if you do due diligence on a daily basis. It is not sufficient if your home care leaves 'sludge and grime' on your teeth and gums every day. The entire oral environment will break down more quickly the less well it is kept clean. Excellent home care is the single most effective and cost effective means to maintain teeth for a lifetime. You will know you have achieved that when the gums are pink, tight and show no swelling or bleeding when probed or scraped.

When teeth are not properly restored at any stage, a hidden

price is paid: the price of longevity and proper function. If you want your teeth to be in your mouth and functioning well throughout your life then you are obliged to do proper maintenance and repair each and every time. All mistakes in the repair process will compound themselves over a lifetime adding continuous problems on the original one. Shortcuts are rarely worth the savings.

Be it your car or your mouth, live by the motto, do it once, but do it right. You will never regret having spent the extra money or putting in the extra effort. Dental costs can be minimal over a lifetime if you follow the above guide. You will also enjoy the comfort and attractiveness of your smile for a lifetime if you do.

The Dental Consumer is all about making you a smarter, healthier dental patient. If you have a topic you want to know more about, let us know and we will include it in a future column. You can reach Dr. Prus at dprus@hotmail.com or by visiting www.center4dentalexcellence.com.



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Pilates can provide valuable help for scoliosis

WELLNESS & FITNESS

The spinal disorder scoliosis affects an estimated 6 million people in the United States, according to the National



Chelsea Streifeneder

Scoliosis Foundation. Although there is no cure, exercise like Pilates can help strengthen the muscles in the back and treat the symptoms

with specific toning and stretching exercises that surround the spine, to rebalance both sides.

The word "scoliosis" comes from a Greek word meaning crooked. Scoliosis is a chronic condition (not a disease) of an abnormal curvature of the spine that affects the entire skeletal system including the spine, ribs, and pelvis. It impacts the brain, central nervous system and the body's hormonal and digestive system. It can deplete the body's nutritional resources and damage the major organs including the heart and

lungs. Scoliosis typically involves a three-dimensional deformity of the spine and rib cage. As the spine curves from side to side, some bones may rotate, creating a rib hump and making the hips or shoulders appear uneven.

Scoliosis can manifest as a single primary side-to-side curve resembling the letter "C", or primary and secondary compensatory curves resembling the letter "S". Any part of the spine can be bent in scoliosis, but the most common regions are the chest area (thoracic scoliosis) or the lower part of the back (lumbar scoliosis). The physician attempts to define scoliosis by the following characteristics: The shape of the curve (C or S), its location, its direction, its magnitude or degree of angle, and its causes, if possible.

Everyone has some musculoskeletal asymmetry due


to the asymmetry of the internal organs and the laterality from right or left-handedness. People can live quite asymptotically even with significant visible deformities. However, even individuals who have "minor" scoliosis can be affected by spasms and general rib, lower back and neck pain.

So how does Pilates help with scoliosis? Pilates can help with scoliosis because it works towards elongating your body and keeping it symmetrical. Pilates helps to better position body parts in accordance with the spine. Practicing the exercises makes you aware of how both sides of your body feel, enabling you to work on the weakened side more. Breathing into your back is the Pilates way of breathing, and this can give you better quality breathing, sending more oxygen to your core.

Even though a curve may not be changed in all cases Pilates can work on arresting or slowing the progress of a curve. After being able to identify a particular posture type, working on that

takes time and remembering that baby steps are best. The tunnel vision of only seeing the scoliosis curves and then embarking on a mission to overpower the curves could throw you into a spasm or blinding pain. While it is true that scoliosis may not have a cure, you sure can manage it if you're smart. One of the best things Pilates can do is give some control back to people by teaching them internal control. Being able to hold your spine from the inside is one huge relief!

Chelsea Streifeneder is the owner of Body Be Well in Red Hook. Chelsea holds a B.A. in dance and writing from Bard College. After graduating Bard College she moved to Los Angeles where she completed the Pilates Teacher Training Program through the Pilates Sports Center. Chelsea is a Pilates Method Alliance® Certified Pilates Teacher and Master Trainer for Pilates Sports Center Teacher Training Program. Witnessing first hand how Pilates changed her life, Chelsea is excited to help others enhance their health and achieve their fitness goals so they can live life to the fullest!



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Ballroom dancing provides many benefits



Ballroom dancing provides a variety of health and social benefits. (Courtesy photo)

Dancing isn't just about the steps and music; it's a perfect combination of physical activity, social interaction, and mental stimulation. Dancing enhances your life in so many ways.

Health

When you dance, your cardiovascular system improves, your muscle tone increases, and you burn calories. This low-impact aerobic activity also increases flexibility, strength, and balance. Olympic athletes often dance as part of their training to sharpen their control, agility, and speed. Dancing is great exercise in a pleasant, fun atmosphere.

Confidence

Dancers possess an aura of self-confidence and an ability to enjoy themselves more in social situations. When you learn how to dance, your entire mental outlook will take on a fresh sense of creativity, motivation, and energy. This new self-confidence in your dancing abilities will transfer to other aspects of your life as well.

Self-expression

Dance provides an emotional outlet so that you can reflect your feelings through your body movements with passion and flair. Dancing will bring out, improve

on, and strengthen your ability to permanently use these expressive qualities even when not dancing.

Social Life

Dancing lessons are an easy, low-pressure way to meet people. Fred Astaire Dance Studios provide weekly practice dance parties, nights out on the town, regional and national competitions, as well as fun trips to many different locations. Our lessons are the perfect way to rediscover romance by dancing your way to love!

Relaxation

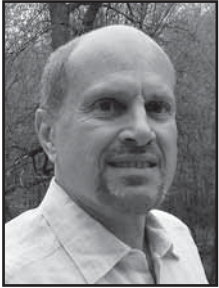
In today's fast-paced world, we sometimes forget to take a moment for ourselves. Dancing provides a temporary escape from your normal daily activities, a chance to relax, relieve stress, and concentrate on yourself.

Fun

Dancing is a great way to add excitement to your life. Although learning to dance takes concentration and dedication, you will be constantly surrounded by artistic, cheerful people who make learning a pleasurable and rewarding experience. So join us at Fred Astaire Dance Studios and have some fun!

After further thought: Thoughts on confusing parental actions

"The joys of parents are secret, and so are their griefs and fears."



Randy W. Green PHD

-Sir Francis Bacon, (1561-1626)

"...the decision stands." Remember those comments? In football,

following dissent by players or management over a ruling concerning a play, field judges would get together and discuss the matter. This would occur privately—the teams and their coaches were not invited to witness the discussion. A decision was then rendered by one of the judges.

Even when, on occasion, the decisions became, "please disregard the flag, there was no penalty" - an apparent reversal - those not in charge of making the decision were absent from the discussion. And you can imagine that the various judges in the huddle were not in total agreement about the original observation leading to the flag. The same holds true in baseball when umpires "hold court" following a controversial decision.

However, what would happen if players and coaches witnessed the umpires or field judges openly disagreeing about a judgment to be rendered? How would witnessing arguing and frustration

ON YOUR MIND

among these judges impact the confidence level and trust players and coaches had in those in charge?

When parents, out of frustration, disagree in front of their players - the children - about how best to handle a particular situation, it can undermine the confidence those children have in their parents' ability to set limits and teach. In the process, some children become anxious, holding a position within their bodies that reflects their uncertainty; and some even express guilty feelings for having "caused" parents to fight. This can lead to children distancing themselves from their parents, not trusting their judgment or desiring to be in their presence.

Other children enjoy the fireworks and learn how to use these situations to their advantage. Some even become clever enough to "set up" their parents by playing one against the other, introducing issues which will lead to turmoil and result in their obtaining what they want. And most importantly, if they succeed in getting an original, "no" decision reversed, the behavior that accomplished this feat becomes reinforced and will recur in the future.

"Upon further review, Billy was in bounds by finishing all his

homework and may go to the mall with his friends...even if his mother doesn't think so!"

Our behavior is most controlled by immediate events. When something does not require immediate attention it is frequently placed on a back burner in service of those things that may be considered crises. In contrast, when making a useful decision, such as one within the realm of child-rearing, it is useful for parents to discuss or plan how specifically they would handle a particular situation before it is an "issue." Specifically, they might create a "game-plan" that contains specific contingencies for earning privileges, at a time this is not urgent.

Certainly spouses will agree that they don't always agree on parenting issues. However, what is most useful is for parents to "huddle up"...alone...and hammer out the glitches between them so when things happen, decisions occur as planned, unilateral, congruent events handed down by the family "field judges."

Thus, the most prudent way to reduce parental disagreements in front of the children is to plan ahead, introduce potential child scenarios and organize a cooperative and fair intervention that represents a compromise between two dissenting parental opinions. However, children are clever and the best mapped interventions will likely not cover

all the territory! At times, children will still behave in ways requiring parental intervention that was not discussed. In such instances, to avoid losing credibility:

1. Blow the Whistle! Call a time-out. Discuss the situation briefly with your spouse in private, if possible. This rather than undermining your spouse in front of the children. The latter often becomes a vehicle for an angry parent to discharge anger. But it rarely accomplishes anything useful pertaining to child discipline, parental cooperation or harmony between parent and child. For example, if a child asks to have a privilege or tangible during a family meal and unlike your spouse, you believe him too young, spoiled, undeserving, rather than arguing over dinner simply say, "Mom (Dad) and I will discuss this after dinner and get right back to you, okay?"

2. Don't meddle in the middle. Sabotaging your spouse by getting caught in the middle of an ongoing dispute between him or her and your child can damage credibility. Assuming the absence of serious abuse, it is better to remain neutral thereby reinforcing the validity of a parent's judgment and teaching a child to respect... by example!

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Strengthen hips in order to prevent knee pain

BODY KNOWLEDGE

The knee is the most common site of injury in runners and endurance athletes. The most common type of knee injury in runners is patellafemoral pain syndrome (PFPS). The injury is defined by its only location of pain, which usually manifests right below the patella, or knee cap.



Brian Fulton

In the past, orthopedic specialists believed that PFPS was associated with chondromalacia, or softening and fissuring of the cartilage underneath the patella, however, research has shown that those who have chondromalacia often do not exhibit PFPS, and conversely, patients with PFPS often do not have chondromalacia.

Physical therapists and medical doctors used to believe that the

primary cause of PFPS was improper tracking of the patella during running. They thought that the problem originated where the pain was; at the knee. Again, subsequent research proved otherwise. It now appears that the most common cause of PFPS is a genu valgum, or “knock knee” effect, which is linked to weakness in the hip musculature. In the stance phase of running, when one foot is in contact with the ground, the muscles on the outside of the hip must become active to prevent the body from tipping toward the unsupported side. If those muscles are not able to do their job properly, the leg moves into genu valgum to compensate. This compensatory action causes the knee to be unnaturally pinched between the upper leg and lower leg, precipitating damage and pain.

Strengthening exercises for the hip abductors have become a standard treatment for PFPS. How well does this really work? Researchers at the University of Calgary conducted a study that involved 25 runners. Fifteen of the runners had ongoing PFPS, and the other 10 did not. Those with PFPS performed strengthening exercises for the hip abductors for three weeks, the uninjured runners did not.

Both before and after this intervention, the researchers measured peak strength of the hip abductor muscles on both sides, the degree of genu valgum, stride-to-stride variability of knee kinematics during running and pain ratings. Before the intervention, the injured runners exhibited less strength, greater differences in stride-to-stride knee

joint variability and no difference in genu valgum compared to the control group. After the intervention, strength was increased, pain was reduced, stride-to-stride knee joint variability was reduced and no change in knee valgum was observed in the injured runners.

Diminished pain is a major finding but it is impossible to say from this study that the hip strengthening exercises were responsible for the pain reduction. Still the study provides an encouraging sign that strengthening exercises for the hip abductors can alter knee joint kinematics in a way that reduces strain on the knee during running.

If you have any questions about sports injuries, or on an injury that has not responded to treatment, contact Brian Fulton at the Center for Physical Therapy. Call 845-297-4789. Visit the website at www.centerforphysicaltherapy.com.

Guidelines to help address hyperactivity in children

Almost all children have times when their attention or behavior veers out of control. From rambunctious play to being distracted during homework time, parents often have to find creative solutions to keep their children on task.

However, for some children, hyperactivity and inattentiveness are more than an occasional problem.

“Children with attention-deficit/hyperactivity disorder, or ADHD, have behavior problems that are so frequent and severe they interfere with their ability to function adequately on a daily basis,” says Mark Wolraich, MD, FAAP, of the American Academy of Pediatrics (AAP).

The AAP has released new guidelines for physicians for diagnosing and treating ADHD in children between 4 and 18 years of age. The previous guidelines covered children between 6 and 12 years.

Parents who are concerned about their child’s inattentiveness or hyperactivity should keep the following symptom guidelines in mind:

- **Early childhood (Ages 3-7):** It’s normal for children to sometimes run in circles or ask constant questions at this age. But if your child does them frequently, gets injured often, and won’t sit down to eat or be read to, he or she may be displaying problematic hyperactive behavior.

- **Middle childhood (Ages 7-12):** During this age range, children should be able to complete games, but may occasionally act impulsively when excited. Problematic behavior usually includes frequently butting in to other children’s games, interrupting others, and fidgeting quite a bit even while watching television.

- **Adolescence (Ages 13-18):** Normal teens usually engage in some risky social behavior, while hyperactive teens have trouble paying attention, are often restless and fidgety while doing quiet activities, interrupt and “bug” other people, and frequently have difficulties completing their school work.

“ADHD is a chronic condition of the brain that can impact children’s learning, ability to


regulate their behavior, social skills and self-esteem,” says Dr. Wolraich. “But once a diagnosis is

confirmed, ADHD treatments are available to help them control their behaviors.”


To help parents understand the new guidance on ADHD, the AAP has published a detailed and updated consumer resource book entitled “ADHD: What Every Parent Needs to Know.” In it, parents can find the newest treatment options and management strategies that balance behavior therapy, medications and parenting techniques.

Source: Statepoint.net.





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Set 'mini-goals' for your New Year's health resolution

January 2012 is just around the corner. It's time to take a brief look at 2011, at what you did not accomplish, and a long hard look at what you did accomplish.



Kim Baumann

Were you successful with your resolutions and commitments? If so, why, and if not, why not? What can you change? 2012 is a new year. It's all about you and it's a great time to start with a clean slate. Why? Because you are worth it.

Losing weight and getting fit and healthy is one of the most common New Year's Resolutions. This is predictable after a season of overindulgence. Think of your New Year's resolutions as a business plan with a budget. Most companies set positive business plans, goals and budgets for their businesses to grow and succeed each year. If not, there are usually consequences. How serious do you take your resolutions? How valuable are they to you? What consequences do you expect if you don't stick to your resolutions? Where is the accountability? Often we are not hard enough on ourselves. We give in too easily, especially, if there are no consequences.

Most people perform better in a positive environment that includes rewards. How about putting yourself on a bonus plan of some sort if you reach your mini-goals? Think of fun things that you enjoy doing and give yourself mini-

HEALTH TIPS

rewards for reaching your mini-goals. Take baby steps along your new road to a healthy lifestyle, follow the guidelines below, and enjoy your journey.

The University of Maryland Medical Center has some common sense strategies for healthy lifestyle and long-term weight loss. Researchers say losing 5 to 10 percent of your excess body weight can make a significant difference in your health. This includes reducing your cholesterol, reducing risk factors for diabetes, and reducing your blood pressure just to name just a few. Simply following these guidelines can make the difference between success and failure of one of the most common New Year's Resolutions, losing weight and staying healthy.

Write down everything you eat - this makes you more aware of what you consume. This can also help you set realistic goals. Eat smaller meals throughout the day rather than three larger ones- it's best to snack every two or three hours to avoid hunger. Healthy snacks include low fat yogurt, nuts, fruit, a smoothie, low fat popcorn, vegetables and whole grain crackers. It's ok to eat some of your favorite foods in moderation (100 -200 calories daily). This will help keep you from feeling deprived, which can lead to cravings and overindulgence. Practice portion control. We tend to overeat at meals simply because our portions are too large. Try cutting

back your portions or doggy bagging them for a second meal. Drink plenty of water- eight to ten glasses per day will keep your kidneys happy, and helps your stomach feel fuller. When our stomachs feel full, we tend to eat less. Know your risk factors - check with your doctor so you know where you are at the start. Exercise regularly- your goal is to burn more calories than you take in. Regular aerobic exercise includes walking, biking, and swimming for at least 20 - 30 minutes daily, three to five times

per week. You can increase this slowly as you see fit. Being positive and keeping things in perspective will help keep you on track. Be affirmative and know that you can change your lifestyle. Your road to a healthy lifestyle and weight management begins by focusing on your health and not on pounds lost.

Remember the reason for sticking with your resolutions... because you're worth it. Good Luck and Happy New Year.

Kim Baumann is the Sales Director at All Sport Health and Fitness, and can be reached at 845-896-5678, or kimb@allsportfishkill.com

Winter health tips for seniors

Short days and cooler weather can be a stressful time of year, especially for older people who are at higher risk for common winter ailments. But there are steps you can take to stay safe and healthy.

Prevent the flu

It's not too late to get vaccinated!

Seniors are at especially high risk for developing complications from the flu. According to Flu.gov, ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people aged 65 and older.

So do your best to avoid getting it in the first place. Get vaccinated. The flu vaccine is widely available this year and free under Medicare.

Always remember to wash your hands frequently and thoroughly, and avoid contact with sick people.

Walk carefully

Avoid wet slippery patches when walking outdoors. Many pharmacies and grocery stores make deliveries these days. But if a winter wonderland is in your cards this season, remember to walk carefully and wear shoes with proper traction. You might even consider using a cane for stability.

Those with osteoporosis or weakened bones are at a higher risk for fractures from falls. But

you can keep your bones strong by getting plenty of calcium and vitamin D, avoiding alcohol and cigarettes and getting regular exercise.

Stay positive

The short days of winter leave many feeling blue. If you have seasonal affective disorder, or just a case of the blahs, you might consider talking to your doctor about light therapy - which involves regular exposure to a bright fluorescent lamp that mimics natural sunlight. Stay positive by filling up your social calendar, keeping in regular touch with family and friends, getting exercise, and listening to upbeat music.

Stay warm

Cold weather is dangerous for older people and those with heart or respiratory problems.

Bundle up when you go outside. That includes a hat, gloves, and a scarf, if necessary.

At home, keep your feet covered with thick socks. Prepare tea, soup and other hot foods and beverages. Seal up drafts in your home with weather-stripping.

And if your muscles feel stiff and your breathing is slow, call 911 immediately, as these are signs of hypothermia.

Don't fret - the sun will come out tomorrow. But for now, take care to stay healthy this season.

Source: Statepoint.net.



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Nothing routine about 'Routine Foot Care'

When I look at my appointment calendar on any given day, the majority of appointments are, what we call RFC, or "Routine Foot Care."



Dr. James DeLorenzo

What exactly is "Routine Foot Care?" Why do so many of my patients come to the office for this type of appointment?

When staff tells me "so-and-so is here for Routine Foot Care," they are saying that:

The patient needs to have their toenails cut and are unable to do so them self (due to thickness, the nail being brittle, the nail being ingrown, etc)

And/ or

FOOT ISSUES

The patient has painful callouses they can not take care of themselves.

Medicare allows for a podiatrist to treat a patient with the above concern every 63 days. When looking at my appointment calendar for any given day, the majority of the Routine Foot Care appointments are Medicare patients... Makes sense, typically it is seniors who have trouble cutting their nails: they can't reach, or they have arthritis which makes cutting their nails a challenge, or they can't see well enough to cut their nails, the list goes on and on.

If you have a parent, aunt, uncle, friend, etc who needs to have their feet cared for do not hesitate to make an appointment.

Also, DO NOT attempt to cut their nails yourself. DO NOT encourage them to cut their nails themselves. Podiatrists are medically trained and have tools and equipment you would not find in an average household (or store for that matter) to perform Routine Foot Care.

Yes, I do see patients under 65 years old for Routine Foot Care appointments too. Most of the time, their insurance company pays for Routine Foot Care. So if you are a 50-year-old who has painful callouses that are preventing you from going to the gym, don't hesitate to make an appointment. If you have a 13-year-old who has a painful ingrown nail, do not hesitate to call.

No, going to a podiatrist is not like getting a pedicure. There is no soaking, massage, nail polish, or delicate filing done to achieve the perfect stylishly- shaped nail. Insurance companies pay for Routine Foot Care to be performed based on a medical need, not cosmetic want.

Medically speaking I would like to say this: there is nothing "routine" about "routine foot care" appointments. Every individual patient presents with individual concerns that Podiatrists treat accordingly.

Dr. James J. DeLorenzo's office is located at 21 Old Main Street, Suite 107 in Fishkill, next to AllSport gym. For directions or to schedule an appointment call 897-FEET (3338) or send an email to dr.delorenzo@yahoo.com. Visit the web site at www.delorenzopodiatry.com.

Tips to protect your eyes from the Winter sun

Just because it isn't summer doesn't mean you should put away those sunglasses.

"Most people think sunglasses are just for the bright summer sun, but damaging ultraviolet (UV) rays are present year-round," says Dr. Jenna Lewis, an optometrist with VSP Vision Care, the largest not-for-profit vision benefits company in the United States. "In fact, the sun sits lower in the sky during winter, providing more exposure."

While Americans are pretty good about wearing sunglasses in summer, most tend to ignore the sun's harmful effects in the winter months. But UV rays are dangerous all year. Snow is reflective, and up to 85 percent of the sun's UV rays are reflected back up into the eyes.

Those UV rays damage eyes the same way they damage skin, and can cause cataracts, macular degeneration and cancerous growths both inside and around the eyes, all of which can cause blindness.

However, much of the damage the sun causes can be prevented simply by wearing sunglasses

that block 100 percent of UV rays.

Start young

UV damage is cumulative over time and doesn't heal, so start protecting your eyes from the sun now. That includes making sure children are outfitted with sunglasses and protecting eyes of all ages from the sun all year.

Most UV damage occurs before age 18, but less than 30 percent of children wear sunglasses.

"In the winter, parents aren't slathering their kids with sunscreen, and are instead bundling them up with coats and scarves," says Dr. Lewis. "So sunglasses aren't intuitively top of mind, but they should be."

Check the label

Make sure your sunglasses are 99-100 percent UV-rated. Tinted sunglasses won't provide UV protection unless they have a UV rating on the label. Wearing tinted glasses that are not actually protective allow the pupils to dilate, which lets more radiation in the eyes than wearing no sunglasses at all.

Also, the more coverage the

frame provides, the more protection you will receive. You may also want to get polarized lenses, which cut down on glare, if you live in a snowy area or by water.

"When the sun is shining on the snow, it's almost impossible to see, let alone drive without sunglasses," cautions Dr. Lewis. "And that's a real safety hazard."

Be functional in style

Different color lenses work better for different conditions. For example, yellow lenses are great for skiing since they filter out blue

light that can make focusing difficult. Green lenses are great for general outdoor use, and brown/amber lenses enhance depth perception, making them good for driving and sports. You can learn more at www.vsp.com. Or see your local eye doctor, who can help you find the right shades for your needs -- particularly if you prefer the convenience of prescription lenses.

Just remember as you're bundling up this winter to make sure your eyes don't go naked!

Source: Statepoint.net.



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Why we're sick: A water solution

By Matt Jordan

Let's review the main reasons most of us get sick. We breathe 5,000 gallons of air daily that contain tons of toxins that travel the air in the jet streams. Most water and beverages are acidic, which lowers our body PH.

Millions of illnesses and deaths are linked to water born microbes.

Dr. Oz states, "Bottled and tap water may cause cancer." Bottled water, is "dead water," because filtered tap water loses necessary minerals like calcium and magnesium. In addition, Bisphenol-A (BPA,) a chemical used to make plastic, leaches out of the water into the bottle. Is it worth it?

Most foods are acidic and contain contaminants. Many have heavy metals like Mercury that is linked to cancer. We also breathe indoor contaminants from cleaning products, cookware, carpets, sprays, etc. The damage to us from these contaminants is actually 1,000 times worse than from contaminants breathed outside.

All the above contribute to our bodies becoming acidic. Free radicals attack our bodies in different ways, as we all are different. Toxins become free radicals that are positively charged and attack us at the cellular level. Oxidation begins to happen within us. We see oxidation when we leave a peeled

Continued on page 15

Is modern technology hurting your eyes?

A world full of personal computers, hand-held video games, smartphones and e-readers is increasing the risk of eye-related problems in many Americans.

This isn't surprising, as children and teenagers are now spending 7.5 hours a day consuming electronic media, according to a study by the Kaiser Family Foundation.

Computer vision syndrome, or digital eye strain, is an increasingly common medical ailment and can affect learning

and work productivity. It is now the number one computer-related complaint in the United States — ahead of carpal-tunnel syndrome.

"The eyes function best when looking at something about 20 feet away. Looking at something close-up, like a computer game, text message or e-reader requires more focus, and over time, can lead to blurry vision, eye strain and headaches," explains Dr. Leanne Liddicoat, a VSP optometrist in California.

And VSP Vision Care, the largest not-for-profit eyecare

benefits providers in the United States, recently reported that nearly one-third of VSP patients suffer from symptoms of computer vision syndrome.

However, there are easy steps parents and children can take to prevent these symptoms:

- Get the right lighting. Keep bright lighting overhead to a minimum. Position your computer screen in a way that reduces reflections and glare from windows or overhead lights.
- Stay back. The closer the eyes are to an object they're looking at, the harder they have to work. A good rule is to apply the Harmon Distance (the distance between the elbow and first knuckle) when viewing anything on screen. If you or your children are holding digital devices closer than a Harmon Distance on a consistent basis, consult your eyecare provider.
- Apply the 20/20/20 rule. To avoid fatigue and digital eye strain symptoms, eye doctors recommend stopping every 20 minutes to look at something 20 feet away for at least 20 seconds. Also, remember to blink frequently.

• Monitor usage. Set time limits on the amount of "screen time" you and your children will have each day. For children over 2 years, limit screen time to less than two hours per day when possible. If older children need to use the computer and e-readers for homework, make sure they first give their eyes a rest after school by playing outside or engaging in other non-digital activities. Children under 2 years should have no screen time.

• Get checked. It's important you have the best vision possible when using digital devices. This starts with a comprehensive examination by an eye doctor, who may prescribe corrective lenses or glasses specially designed for digital screens. To find an eyecare specialist near you, or to learn more about combating computer vision syndrome, visit www.vsp.com.

As our reliance on digital devices increases, we must be mindful of our usage and take steps to relax and refresh our eyes to reduce eye strain.

Source: Statepoint.net.

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Time-saving tips and tools to help you multi-task

With today's busy schedules, most people wish they simply had more time. But while you can't add hours to the day, you can free up your time by streamlining your to-do list with time-saving tools.

From the kitchen to the office, people are looking for new technologies to help them become more efficient. In fact, according to a survey conducted by research firm Toluna, and cordless phone manufacturer VTech Communications, 81 percent of respondents rank devices that help you multi-task and get more things done as very important.

So if you are feeling strapped for time, stay up to date with these multitasking tips:

Automate your finances

By automating your finances, your banking can take place while you sleep.

The first step is to sign up for direct deposit at work. Likewise, you can set up direct debit for your monthly bills. If you need to

access any of your statements, you no longer need to sort through your file cabinet. It's all easily searchable through your online account.

So stop sorting mail, filing, paying bills and visiting your brick and mortar bank, and go take a bubble bath instead.

Reclaim your hands

While talking on the phone, you're probably also typing, cooking, doing laundry or some other task. And you would probably be completing the other task more efficiently if you had both hands free.

Invest in a phone system for your home or office that will give you your hands back. For example, the LS6475-3 phone system from VTech enables users to answer calls from a cordless headset and conference conversations while accomplishing other tasks such as cleaning, finalizing work presentations or preparing dinner.

If you conduct business both from the home and on-the-go,

consider VTech's Connect-to-Cell phone system, DS6421-3, which syncs your cellular calls to a regular handset phone. This capability gives you better sound quality and the security of a landline, while still using your mobile number for business calls at home. For more information, visit www.vtechphones.com.

E-read

Sorting through library stacks, putting a book on hold, and waiting three weeks for your pick to become available is a charming experience. However, it's also unbearably time consuming.

Save yourself the trouble and download exactly what books you want to your e-reader. Some public libraries even have

downloadable books online.

Order food online

Nothing saves time like ordering in. And now it's easier than ever.

New food ordering sites such as Seamless.com partner with thousands of restaurants in cities nationwide, so that you can order dinner, even while checking e-mail.

Make digging through your menu drawer and repeating your address three times a thing of the past.

Whether you're a business professional, full-time homemaker or both, you can create more time in your day by making the best use of the latest technologies to help you get more done.

Source: Statepoint.net.

Why we're sick

Continued from page 14

apple out that turns brown, or see nails outside rust from the rain. That's why many people take anti-oxidants. Most foods and liquids are oxidants because they have a low ph.

Dr. Alvin Stein states, "Acidosis is the only true disease. Everything that makes us sick is a product of a low PH acidic body." Most illnesses are born in acidic bodies.

The best solution is to drink ionized alkaline water. Tap water is cleaned and filtered. Then the water separates into two streams: the alkaline stream that we drink, and the acidic second stream that flushes down the drain. The acidic water can be used for skin and hair, and also for cleaning and killing bacteria in sponges, cutting boards, and counter tops.


Alkaline water is an antioxidant, having a low Oxidation Reduction Potential (ORP.) This ionized water is loaded with oxygen giving us

energy. It detoxifies the body, calms anxiety, alleviates headaches, improves memory, aids sleep, slows down aging, and helps the body to heal.

Andros Moritz, author, "Timeless Secrets of Health," states, "Ionized water improves the taste of food, and ionizes the minerals in food, making them more biologically available."

Ionized water also tastes better and is easier to swallow. It does not feel swishy nor make you feel bloated. It enters and hydrates the body quickly. It helps to restore health by ridding of us free radicals. Alkaline water along with proper diet and exercise can help restore a normal, healthy body PH ridding us of the dangerous free radicals we accumulate from air, food, water, and our surroundings that make us sick.


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