Health / Wellness

Got Scoped?

Many people ignore the discussion of colonoscopies, but it is an important health topic. Colorectal cancer is the third most commonly diagnosed cancer and the third leading cause of cancer death in both men and women in the U.S., often showing no symptoms. A screening colonoscopy is recommended for healthy individuals 50 years of age and older, sooner if there is a family history or symptoms. Many people dramatize their colonoscopy preparation stories, so ignore the stories you may have heard and see your primary care physician for more information. One day of minor discomfort is certainly worth the benefits of early detection and treatment.

Mind/Body

Your Kidneys, Your Friends

Your kidneys play a crucial role in how your body functions. To keep your kidneys healthy, it is important to stay hydrated. Some studies suggest an ounce for every 2 pounds of body weight, so for a 150 pound person that would be 75 ounces or a little more than a half gallon. A great way to ensure you are drinking enough is to mark your water bottle with time goals. By 9 am you should have drunk enough to get to that line, by 1 pm work to get to that line. Not sure if you are drinking enough? Check the color of your urine. Almost clear and light yellow indicate a good level of hydration. If you have any concerns about your kidneys, consult your primary care physician.
Practically Speaking

How much sleep do you get a night? Many people do not get the recommended amount of sleep and suffer negative consequences because of it. Most people that have pulled an all-nighter know that lack of sleep can make you cranky, forgetful and stressed out. But did you know that lack of sleep can cause a wide range of health issues including weight gain, elevated blood pressure and increased risk of accidents?

While it’s tempting to skip sleep in favor of doing something we deem more productive, that is a bad idea. Rest and recovery are vitally important to our health. Our physical health, our emotional health and our mental health can all be affected by sleep or the lack of it.

Doing a few simple things can help prepare your mind and body for sleep. Exercise can help you sleep more deeply, provided you exercise earlier in the day or afternoon. Set your room up as an area for sleep, not television watching or work. Make sure your room is dark enough and, if you can, turn off your mobile devices up to an hour before bedtime.

By tweaking your sleep habits just a bit, you might find yourself feeling a bit more energetic and healthy. Give it a try!

Mark
Wellness Director and
Certified Health Coach

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Active

Spring Fever

Spring is right around the corner and you may be getting the itch to take your exercise program outside. If you have been walking or running on a treadmill you may notice a difference performing those activities outside. Treadmills usually have more “give” in them and that makes it easier on your body. Being outside may place stress on different parts of your body depending on the surface you use. Shin splints, foot issues, knees issues and back issues may become more prevalent. Check in with a fitness professional or a physical therapist for tips on staying injury free.

Nutrition

One Size Fits All?

One size fits all? Not necessarily. Just like one size doesn’t fit all in clothing, the same holds true for diets and exercise. We all have different needs when it comes to fitness and diet. With all the trendy diets out there it is important to remember that one size doesn’t fit all. A balanced approach to weight loss, weight management and health in general tends to yield the best results for long-term success. Consider meeting with a registered dietitian for direction on your specific nutritional needs and how to achieve your goals. Check with your insurance provider as some insurances will cover this service.