



Summer, 2011

Message from Cathy

With the dog days of summer firmly upon us, I would like to take a moment to pause and reflect on all the blessings that we have been fortunate enough to share this year:

- A new and updated look at our White Oak office with additional parking, and space to offer health and wellness classes to begin in the fall of 2011.
- New staff that bring expanded expertise in vestibular rehabilitation to enhance our balance and fall prevention program. This compliments our current staff who have many years of wonderful knowledge, skill, and enthusiasm to share.
- Expanded opportunities to partner with physicians in our community to have a broader reach of our services in the tri-state area.
- To work with a very talented group of Cincinnati physicians in an advisory capacity to help guide us through the myriad of health care changes going on locally and nationally.

I am especially grateful to our clients whom we are very fortunate to be able to serve. We hope that you will continue to give us the opportunity to treat you, your family and friends as the need arises. We also hope that you will consider trying our expanded health and wellness programs that we will begin offering in the fall. These programs are being designed to give you alternative means to improve your fitness in a safe and monitored environment. These classes can be an excellent way to bridge the gap between your therapy and long term recovery or to just help you improve your current level of health. We will be talking more about these programs later in this newsletter.

Keep cool and enjoy the long days and sunshine that we so desperately miss in the winter!

Cathy Guenther PT, President

THE STARTLING NEWS: MOST OF US ARE ON KILLING OURSELVES WITH POOR NUTRITION AND LACK OF PHYSICAL ACTIVITY

Sound harsh? Read the facts:

- US **obesity** prevalence is at 27% and climbing (CDC AUG 2010)
- Obese individuals are at a **higher risk** for coronary heart disease, hypertension, stroke, Type II diabetes, cancer, and premature death. This generation represents the first expected to have **shorter lives** than their parents.

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- **Only 5%** of Americans are engaged in physical activity at levels that will positively impact their health.
- 40% of adults do **nothing** to exercise.
- 50% of individuals starting an exercise program **drop out** after six months.
- Physical inactivity is the leading cause of **death** in the US due to heart disease, stroke, diabetes, and cancer.

WHY EXERCISE?

Physical activity is critical in the prevention of the detrimental effects of aging, obesity, and chronic illness. Physical activity has been shown to **reduce the incidence** of diabetes in persons at high risk and has been shown to significantly reduce the risk of cardiovascular disease and mortality rates from cardiovascular disease. **People feel better** when they exercise and have an improved ability to manage their weight. So if exercise is so great, and most people know it, why is it so uncommon?

I HAVE HEARD THIS ALL BEFORE.....

Yes, we have all heard this before many times. But as a nation, we are faced with a **wakeup call to take action**. Can we really sit back and watch our predicted **lifespan decrease for the first time ever**? Despite the well-documented evidence of the benefits of physical activity, we have yet to reach CDC/ACSM activity recommendations that were published in 1995! Why?

On a personal basis, **am I one of the 5%** who do enough exercise every week **to positively impact my health**? If not, what steps can I take to make a **difference in my life** and in the life of my family? We can only tackle this one person at a time.....

WALKING YOUR WAY TO HEATH

Did you know that walking is one of the **simplest** ways that we can get ourselves healthy? As a matter of fact, a study done in 2002 on diabetes prevention showed that **walking as little as 30 minutes per day** 5 days a week, **decreases your risk** of diabetes by 58%! That is significant.

How much walking is enough to reach a moderate activity level per day? The answer is surprisingly simple-**10,000 steps per day**. How do we know how many steps we take in a day? An inexpensive **pedometer** is an easy, quick way to develop a baseline (taken over three days) of how many steps you are currently averaging per day. From there you can set a goal to **increase the number of steps** you take each day. You can work on increasing your steps by **2000 per day** and slowly build to that 10,000 mark.



WALKING YOUR WAY TO HEALTH

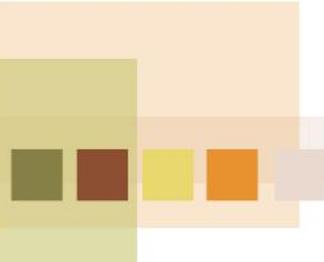
Listed below are the guidelines for the number of steps taken per day and your activity level. See where you currently fit in.

NUMBER OF STEPS	ACTIVITY LEVEL
< 5,000 steps per day	Sedentary
5,000-7,499 steps per day	Low Active
7,400-9,999 steps per day	Somewhat active
10,000 -12,499 steps per day	Active
>12,500 steps per day	Highly active

Remember that increasing your steps to 10,000 per day is an easy way to improve your overall fitness. Park farther from the door at the mall or walk to the drugstore. Whatever you do to increase your steps will improve your health in a dramatic way!

Visit **America on the move (AOM)** for more information on internet based pedometer programs. This site can help you set up a program for yourself and track your progress. There are also tips about diet and exercise compliance. www.americaonthe move.org





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OTHER OPTIONS

Exercise is really about finding out what you **enjoy** doing and then **being consistent** with it on a **regular basis**. There are **so many options!** Swimming, biking, running, dancing, exercise classes such as spinning, zumba, or aerobics, yoga, Pilates, and tai chi, just to name a few. Just get started!

Exercise, Exercise, Exercise

Important Notes about exercising:

- ✓ If in doubt, check it out
- ✓ Don't try exercises alone until you are comfortable
- ✓ Slowly, consistently
- ✓ Work smarter, not harder
- ✓ Never, "no pain, no gain"
- ✓ Safety first



CLOSER LOOK AT SOME ALTERNATIVE EXERCISE PROGRAMS

❖ **Pilates:**

Pilates is an exercise system developed by Joseph Pilates in the early 1900's. It has only gained recent recognition as an **excellent exercise** technique to improve an individual's **overall health and fitness**. Pilates uses exercises that involve the whole body to **strengthen the core**, improve balance and coordination, and reduce stress. This exercise program is excellent for building lean muscle mass and stretching the entire body. Because pilates is **low impact** and exercise positions are modifiable to accommodate a variety of physical conditions, it is appropriate for people of **all ages** and has **excellent carryover** to movement in everyday life.



- ❖ **YOGA:** Yoga is an ancient exercise form that dates back more than 5,000 years. The word Yoga means to "join or yoke together" referring to bringing the **body and mind together** in a harmonious experience. Yoga works in three primary areas: **exercise, breathing, and meditation**. Yoga is designed to put pressure on the glandular systems of the body, increasing its efficiency and total health, according to the American Yoga Association. There are hundreds of types of Yoga, but most common is Hatha Yoga. Yoga is not a religion, but is designed to give the participant **deep relaxation** and freedom from stress. Yoga is particularly important for **lengthening** the body, improving overall **flexibility**, and **strengthening the core**. It is a low impact approach to improving health and wellness and is beneficial to most adults of any age or physical condition. It is not recommended for pregnant women or children, although they can benefit from the daily breathing and meditation techniques.



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- ❖ **Tai chi:** Tai chi is sometimes described as “**meditation in motion**” because it promotes **serenity** through **gentle movements** connecting the mind and body. Tai chi is a **self paced** program of **gentle exercise and stretching** postures that are done in a **slow graceful** manner. Each posture moves into the next without pause keeping your body in constant motion. **Rhythmic movements** are coordinated with **breathing** to create a sense of **inner calm**. Because Tai chi is **gentle** in nature and **self paced** it is a great exercise for **almost anyone**, and can be adapted to most physical abilities. It is particularly **well suited** to seniors because of its **low impact** nature. Tai chi has a very effective program to help improve **balance and coordination**, reduce stress, and improve overall health.



Guenthner Physical Therapy will begin offering a variety of health and wellness classes in the fall of 2011 designed to help you continue to move forward after your therapy, or just improve your overall health and fitness. These classes will continue to be offered in the same manner as our therapy services that you have come to expect with an emphasis on personalized attention, modification, and focus on quality. Please watch for information about our classes and times and give us and your health a try!

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CARE™ Approach

At Guenthner Physical Therapy, we deliver complete patient healing and restored function to pre-injury levels. For 23 years, we have applied the **CARE™** approach to our work.

Complete Attention

Our patients receive a personal treatment process. We work one on one with you to heal your injury.

Results

With one on one care, you receive immediate satisfaction and healing.

Experience

At the end of your treatment, you leave with a **positive reaction, healed injury, and restored life.**

