

FITNESS & Nutrition

Beating Workout Boredom

What to do when a workout grows stale

The Question of Carbs

Should carbs be avoided at night?

Filling the Tank

Healthy foods that can provide a feeling of fullness



WE ARE Open
Sign Up Online
PILATES CLASSES

Holistic development and conditioning of the Body, Mind and Spirit thru movement.

Purchase 4 Intro Classes to get started | \$44.00

Also Available:
SPIRITUAL DIRECTION & DREAM WORK

Monthly Memberships
5 classes | \$110.00
10 classes | \$195.00
3 Private Lessons | \$195.00

Sign Up online TODAY!

SHINE

534 E. Commerce St. | Fairfield
www.shellyburkhart.com/shine

FITNESS & Nutrition

- 4 13 essential vitamins the body needs
- 5 Minerals and the body
- 6 How antioxidant-rich foods benefit your body
- 7 What to do when a workout grows stale
- 8 Quickly whip up a nutritious breakfast
- 8 Should carbs be avoided at night?
- 9 Dietary pitfalls to avoid
- 10 Healthy foods that can provide a feeling of fullness
- 11 How the body changes with age
- 13 Highlights of the latest exercise guidelines
- 13 Lesser known benefits of breaking a sweat
- 14 How to establish fitness goals for kids
- 17 Recover from soft-tissue injuries
- 18 Did you know? — Exercise and anxiety
- 18 Body, Mind and Spirit thru movement



Brent W. Moore, D.D.S.

764 West Commerce Street, Fairfield - 903-389-4151

- After school appointments
- Most insurance welcome
- Cosmetic Dentistry
- New patients welcome
- Implant consultations
- Implant Attached Dentures

CareCredit
Patient Payment Plans



Let us help you improve your smile!

Freestone

MEDICAL CENTER



NEIGHBORS *caring* FOR NEIGHBORS

From wellness checks to specialist visits, the care you need is closer than you think. Our physicians and specialists go the extra mile to ensure your needs are being met, from diagnostic tests and treatments to follow-up procedures and appointments.

We're proud that all 3 of our health clinics are Certified Rural Health Clinics!

Freestone
MEDICAL CENTER

125 NEWMAN STREET
FAIRFIELD, TX 75840
(903) 389-2121

Freestone
HEALTH CLINIC

734 W COMMERCE STREET
FAIRFIELD, TX 75840
(903) 389-2181



Freestone
HEALTH CLINIC AT TEAGUE

604 E MAIN STREET
TEAGUE, TX 75840
(903) 389-2181

LEON
HEALTH CLINIC
A service of Freestone Medical Center

144 HUMPHREYS ROAD
BUFFALO, TX 75831
(903) 480-0041

www.freestonemc.com

**THE TEXAS
BRAIN AND SPINE
INSTITUTE**

Jonathan A. Friedman, M.D.
Jason M. Hoover, M.D.
L. Gerard Toussaint, III M.D.
J. Bradley White, M.D., Ph.D.

**Come visit us at one of our
convenient clinic locations:**

Brenham ★ Bryan ★ Groesbeck
Huntsville ★ LaGrange ★ Temple

Phone: (800) 793-9106
Fax: (979) 774-0716

www.txbsi.com
info@txbsi.com



13 essential vitamins the body needs

The human body is a marvel. When working correctly, the body automatically performs scores of metabolic functions. Individuals can facilitate the performance of those functions in various ways.

Careful consideration of what they put into their bodies is one way individuals can make things easier on their bodies. It is vital to supply the body with the nutrients it needs. This includes the essentials: A, C, D, E, K, and the eight B vitamins.

- **Vitamin A:** This vitamin helps ensure the health of the skin, corneas, lining of the urinary tract, lungs, and intestines. Vitamin A also helps protect against infection. It also is important for vision, as it improves vision in dim light.
- **Vitamin C:** Vitamin C, also known as ascorbic acid, plays a vital role in immune system function, helping to protect cells from free radicals. Since the body cannot store vitamin C, it needs to be consumed daily.
- **Vitamin D:** Vitamin D assists in calcium and phosphorous absorption, which helps to keep bones and teeth strong. The body can produce vitamin D naturally by spending time in sunlight. That is why it's often called "the sunshine vitamin."
- **Vitamin E:** This vitamin maintains muscles and red blood cells. It also protects fatty acids.
- **Vitamin K:** Vitamin K is necessary for blood to clot and helps to keep bones and other tissues in the body healthy.
- **Thiamine (B1):** B1 is needed for metabolism and for nerve and heart function.

- **Riboflavin (B2):** Another important nutrient for metabolizing foods, B2 helps maintain healthy mucus membranes, such as those in the mouth and nose.

- **Niacin (B3):** This vitamin helps to release energy from food and keeps the nervous system healthy.

- **Pantothenic Acid (B5):** B5 is another vitamin that aids energy metabolism. It also plays a role in normalizing blood sugar levels.

- **Pyridoxine (B6):** People rely on B6 to metabolize food energy. It also has a role in proper nerve function and helps in the creation of hemoglobin, which carries oxygen around through red blood cells.

- **Biotin (B7):** This is only needed in small amounts to make fatty acids.

- **Folate (B9):** Folate is very important for healthy red blood cells. Folate also helps to prevent birth defects, which is why it is recommended as a prenatal vitamin. The manufactured form of folate is called folic acid.

- **Cobalamin (B12):** B12 is needed to make red blood cells, DNA, RNA, and myelin for nerve fibers.

It is preferable to obtain vitamins through healthy foods. If and when foods are inadequate, supplementation might be recommended.

Certain vitamins are fat-soluble, which means they are stored in the body's fat and used slowly over time, according to WebMD. Others are water-soluble, so they are not stored and need to be replenished frequently. Individuals should speak to their doctors and nutritionists about any vitamin deficiencies they may have and how to combat them safely.

Minerals and the body



Vitamins get a lot of fanfare, but are minerals worthy of more attention? The body needs both vitamins and minerals to function properly. The National Institutes of Health says that most people can get all the minerals and vitamins they need simply by eating a balanced, healthy diet. For those concerned about not meeting the daily recommended values, a multivitamin can help push vitamin and mineral numbers into the recommended ranges. While vitamins are organic substances, minerals are inorganic substances. There are two types of minerals: macrominerals and trace minerals. Individuals need more macrominerals, which include calcium, phosphorous, magnesium, sodium, potassium, chloride, and sulfur. Only small amounts of trace minerals are needed. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium, according to MedlinePlus. The body relies on minerals to help it perform various jobs, such as keeping bones, muscles, the heart, and the brain healthy. Minerals also are important for making enzymes and hormones. Calcium, for example, is a crucial mineral for bone health. Calcium also is useful in regulating blood pressure and cholesterol levels. Iron is a major component of red blood cells that helps to carry oxygen and nutrients throughout entire body.

Back To School Vision Exams

- ✓ Most Children don't know they are having trouble seeing clearly.
- ✓ Uncorrected vision can cause poor school performance, headaches, and behavior problems.

Dr. Hung Nguyen, OD

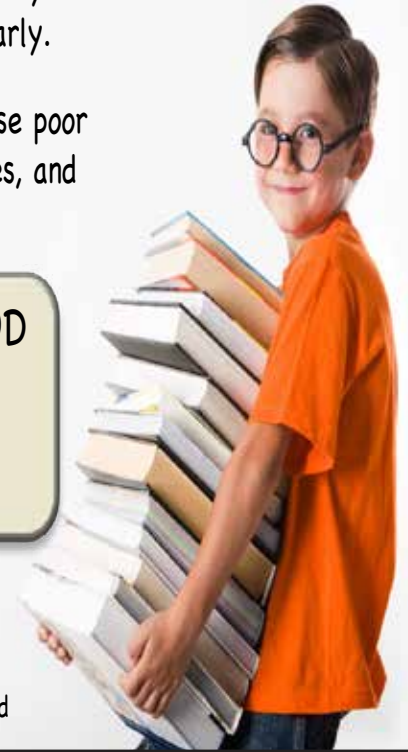
903-723-2293

2223 South Loop 256
Palestine, TX 75801
Tues. - Thur. 9 - 5

Complete Exams Just \$55.00

Walk-Ins Always Welcome

Most Insurance and Medicaid Accepted



*Never miss another word...
or another
laugh!*



Life is full of pleasant surprises
– and you shouldn't have to
miss out on a single one.

Beltone Trust gives you
the world's most complete
hearing care experience:

Great sound,
discreet and
customized design.

Trust Beltone...
the most trusted
name in Hearing Care.



254-562-7771
208B Rusk St., Mexia



How antioxidant-rich foods benefit your body

A nutritious diet is a vital component of a healthy lifestyle. Unfortunately, a popular misconception that characterizes healthy foods as lacking flavor can be hard to overcome. Thankfully, the notion that healthy foods are bland doesn't hold water, and various antioxidant-rich foods are a testament to just how flavorful nutritious foods can be.

Pecans, blueberries, strawberries, kale, and beans are just a handful of the many flavorful foods that are rich in antioxidants. Antioxidant-rich foods benefit the body in myriad ways, and recognition of those benefits might compel more people to include these flavorful, nutritious foods in their diets.

Antioxidants and cancer risk

Stanford Medicine notes that researchers are currently investigating the role antioxidants might play in decreasing a person's risk for cancer. Though it's hard to draw a straight line between antioxidants and cancer risk, the National Cancer Institute notes that the antioxidant vitamin C may protect against cancers of the rectum, pancreas, cervix, breast, and lung. In addition, the American Cancer Society reports that the antioxidant beta carotene, which is found in orange, yellow and green leafy fruits and vegetables, may prevent cancer by enhancing white blood cells that are responsible for blocking harmful free radicals.

Antioxidants and improved vision

The American Optometric Association reports that adding antioxidants to a diet can help people improve their vision. The AOA notes that various studies have shown that the antioxidants lutein and zeaxanthin reduce the risk for chronic eye diseases. Such studies found that individuals who got the most lutein and zeaxanthin had a much lower risk for developing new cataracts. In addition, the fat-soluble antioxidant vitamin E, which can be found in nuts and sweet potatoes, among other foods, can protect cells in the eyes from free radicals that can cause the breakdown of healthy tissue.

Antioxidants and heart health

There's much debate surrounding a potential link between antioxidants and a lower risk for heart disease. Much of that debate has to do with antioxidant supplements, which tend to deliver higher concentrations of antioxidants than natural sources like fruits and vegetables. Individuals who want to try antioxidant supplements in an effort to improve heart health should discuss that option with their physicians before making any changes to their routines, as this approach may not be best for everyone. That said, numerous studies have found that eating a diet that features a lot of antioxidant-rich foods, including fruits and vegetables, can lower risk for heart disease.

Antioxidants can be a powerful ally as people strive to be as healthy as possible. And the many flavorful antioxidant-rich foods can quell any misconceptions that a healthy diet must be a bland diet.

The Adrenaline Fitness Advantage...
 Open 24/7 to Members - Group Fitness Classes
 Infrared Sauna - Showers - Personal Trainers
 Tanning - Red Light Therapy
903-389-9770 1500 E. Commerce St., Fairfield



Maybe an apple a day keeps the doctor away...

But when you have to go to the doctor, a book can make the wait fly by!

MEXIA
 Gibbs Memorial Library

305 E. Rusk St. - Mexia, Texas

254-562-3231

What to do when a workout grows stale



Exercise is one of the foundations of a healthy lifestyle. Routine exercise can help individuals reduce their risk for various illnesses, including cardiovascular disease, and can even have a positive effect on mental health.

Making a commitment to routine exercise can be an adjustment for people accustomed to a sedentary lifestyle. But even the most devoted fitness enthusiasts will face certain hurdles on their exercise journeys. One such obstacle is a stale workout. Repeating the same exercises each day for months on end can grow boring, and that boredom may put individuals' commitment to fitness in jeopardy. If a workout has grown stale, the following strategies might help people stay on a healthy track.

- **Don't wait for a workout to grow stale.** The most effective way to overcome a stale workout routine is to avoid it entirely. Switching up a routine every four to six weeks can provide enough change to avoid the boredom that can develop after following the same regimen for weeks. Strength-training regimens can shift from focusing on building muscle to

toning muscle. Various fitness experts note that fewer repetitions with more weight is a great way to build muscle, while more reps with less weight can help to tone muscle. Switching back and forth between these approaches can help to avoid exercise boredom. With cardiovascular training, skip the treadmill on nice days in favor of cycling or jogging outdoors.

- **Establish new goals.** Fitness goals can provide all the motivation individuals need to commit to an exercise regimen. But interest can wane after such goals have been achieved. That's why it's important to continue setting new goals. When establishing new fitness goals, don't forget to consider the fun factor. Pursuit of a goal that's fun will likely be more engaging, so identify some goals that will be effective and enjoyable.

- **Bring others on board.** The Centers for Disease Control and Prevention notes that individuals tend to feel more motivated and they're more likely to try new activities when working out with a partner. Individuals who have been going it alone with their fitness regimens might find involving others can make workouts less boring, and

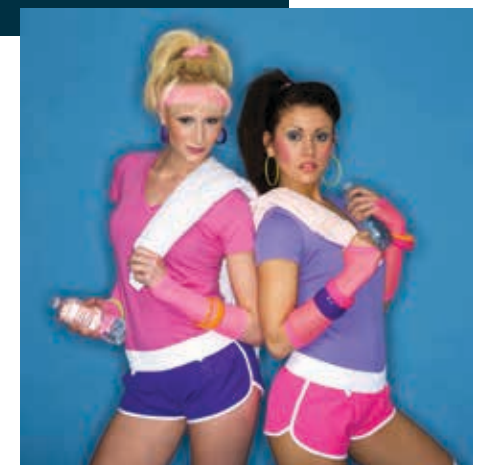


results and remains engaging. Trainers also have the knowledge to tweak routines so they play to clients' interests and strengths.

Workout boredom can be a big hurdle on the road to a healthy lifestyle. But there are many ways to ensure workouts don't grow stale.

the presence of another person can make it safer for individuals to expand their exercise horizons. For example, a person can safely lift more weight if another person is always there to serve as a spotter.

- **Work with a personal trainer.** Personal trainers and other fitness professionals recognize that workout boredom is as big a hurdle as anything in regard to committing to a healthy lifestyle. In recognition of that, personal trainers often know how to switch up a routine so it produces



Quickly whip up a nutritious breakfast



Breakfast long has been touted as the most important meal of the day. Breakfast helps to jump-start the body and get it ready for action, serving as fuel as individuals go about their daily lives.

According to the Academy of Nutrition and Dietetics, research shows that breakfast helps people maintain healthy weights and control blood sugar and keep it steady throughout the day. Breakfast also could be linked to heart health. A 2017 study in the *Journal of the American College of Cardiology* reported people who skip breakfast are more likely to have arteriosclerosis, a condition that occurs when the arteries narrow and harden due to a buildup of plaque. People who do not eat breakfast also are more likely to weigh more and have higher blood pressure and cholesterol levels.

Too often people skip breakfast. Some are following the trend of intermittent fasting that has become popular in recent years and is believed to help with weight loss. Others may feel they are too busy to eat breakfast.

In regard to time, there are plenty of nutritional breakfasts people can whip up in no time at all that are healthy and loaded with the essentials the body needs. According to WebMD, the basic formula for a healthy breakfast involves pairing carbohydrates with protein. The carbs give the body energy and the brain fuel, while protein provides a feeling of fullness and staying power to make it to the next meal.

• **Homemade energy bars:** Some people reach for prepackaged cereal bars or granola bars when they're on the go. Homemade bars allow people



to customize the ingredients so they eat what they like. Customization also allows people to include superfoods, like blueberries, protein-rich nuts, quinoa, or dried cherries.

• **Oatmeal:** Oatmeal is a breakfast staple that is full of healthy fiber. Oatmeal can help reduce cholesterol levels naturally. Turning regular oatmeal into "overnight oats" means you can pack these parfaits with Greek yogurt, fruit, nuts, and other ingredients you enjoy.

• **Avocado toast:** Avocados are full of heart-healthy essential fatty acids. By mashing avocados into a paste, spreading on top of a whole-grain slice of toast, and then topping everything with a fried or hard-boiled egg, you'll get a breakfast



that includes lots of nutritional ingredients.

• **Cheese and berry crêpes:** When you have time, whip up a batch of crêpe shells from whole wheat flour, then freeze or store them in the refrigerator. Fill as desired throughout the week. Ricotta and tart berries provides a punch of protein and a dose of healthy antioxidants.

• **Smoothies:** Smoothies are a quick and nutritious breakfast. With some prep work that involves chopping and freezing pre-measured ingredients into individual bags, all it takes is dumping the ingredients into a blender and combining with milk, yogurt or leafy greens. Put in a to-go cup or sip before leaving the house.

• **Quick bread:** Create your own tasty quick bread that can make a fast and healthy breakfast. Include fruit, nuts or whole grains. Banana nut bread is one option. Toast up the bread or even eat it cold. For an extra punch, top a slice with yogurt and honey.

Breakfast can be quick and nutritious, ensuring people start their day off on healthy footing.

Should carbs be avoided at night?



Many people are familiar with the notion that avoiding carbs at night can ensure they are not ultimately stored as fat. But is that perception the truth, a half-truth or a complete fabrication? As popular as the "no carbs at night" approach may be, it's not entirely accurate. In fact, the Institute of Nutrition and Fitness Sciences notes that consuming carbohydrates at night can help to improve sleep by corralling the hormone cortisol, which the body produces in response to stress. If that hormone is not controlled at night, individuals may experience difficulty falling asleep. That's potentially harmful, especially for individuals who are hoping to lose weight through exercise. A good night's rest ensures the body has ample time to repair itself and recover. Without that recovery time, individuals may be more vulnerable to injuries that can compromise their efforts to get healthier. The INFS also notes that carbohydrates also serve as energy sources that help the body to build muscle and burn fat, so avoiding carbs entirely also could make it hard for individuals to achieve their health and fitness goals.

Despite the many ways carbs help the body, the notion that it's best to avoid them at night is not entirely inaccurate. However, rather than avoiding carbs at night, the INFS recommends individuals avoid excessive consumption of carbs. Excessive consumption of any food can compromise efforts to eat healthier, and carbs are no exception to that rule. But loading up on carbs at night can make the scale an uninviting place in the morning. That's because carbs have a tendency to retain water, which the INFS indicates can lead to an increase in body weight.

Carbs perform a host of important functions in the body and play a vital role in helping people achieve their fitness goals. Though carbs need not be avoided at night, individuals should avoid overdoing it with carbs at the dinner table.

Dietary pitfalls to avoid

A balanced diet and routine exercise are the recipe for a healthy lifestyle. Such an approach can help a person maintain a healthy weight and even avoid many illnesses.

People tend to be creatures of habit, and that includes poor dietary habits. Familiar foods and methods of cooking may be holding people back as they pursue their health and fitness goals. According to John Foreyt, Ph.D., director of the Baylor College of Medicine, people tend to be sceptical about dietary changes because they have grown accustomed to the way they eat or drink — with a fear of the unknown. Reassessing dietary habits and recognizing room for improvement can put people back on the right path. The following are some poor habits to break or even avoid.

Mindless snacking

People reach for foods for plenty of reasons other than being hungry. Eating can be a respite from boredom or done out of habit. Some people snack while engaging in tasks and may be eating without thinking of how much they are actually consuming. Some find comfort through food, meaning they reach for snacks when they are angry, sad or even upbeat.

Eating without giving much thought to why and how much you eat can lead to overeating. People also may be consuming well above the recommended amount of certain ingredients, including sodium. The U.S. Food and Drug Administration says the average American consumes about 3,400 mg of sodium a day, which is well above the 2,300 mg per day recommended limit.

Less healthy cooking methods

Even healthy foods may not be as beneficial when people cook them in an unhealthy way. WebMD advises individuals to avoid frying or using added oil on foods when cooking, as grilling, roasting, baking, or poaching help reduce the fat content. However,

some people are brought up on foods that are deep-fried and that is all they know. The Cleveland Clinic says more than two-thirds of heart disease-related deaths worldwide can be linked to food choices. Making healthier decisions is a small step in changing direction.

Large portion sizes

Many people mix up portion and serving definitions as they plan meals. According to the Mayo Clinic, a serving is an exact measure of food, while a portion is the amount put on a plate. Individuals can adhere to serving sizes when eating so they do not consume more calories, sugar and sodium than is healthy. Manufacturers and restaurants could contribute to the problem. Even individually portioned foods frequently contain multiple servings. Restaurants often serve portions that can satisfy two or more diners.

Sugary beverages

It is not just foods that can derail dietary efforts, but beverages as well. Some people may overindulge in sugary beverages that may tip them over recommended calorie counts for the day. A typical 12-ounce can of soda can



contain about 150 calories and 40 grams of sugar, says the Harvard T.H. Chan School of Public Health. The American Heart Association recommends no more than 36 grams of added sugar per day. Replacing sugary drinks (including fruit juices) with water or unsweetened tea can be a big improvement.

Poor dietary habits can compromise efforts to live a long and healthy life. Identifying poor eating habits and making an effort to overcome them can help people get on a healthy track.

Anywhere Analysis

Professional Drug Screening
anytime | anywhere

-Drug and Alcohol Testing-
-DNA Paternity Testing-
-Hair and/or Nail Follicle-

*Instant and Pack and Ship Tests
on Location and On Call 24/7*

Tammy Lee | cell: 903-390-5211
tammylee@aapdsnow.com

831 W. Commerce - Buffalo, Tx 75831
Office: 903-322-2441 | Fax: 903-322-2443



TEXAS BRAND INSURANCE

Home • Life • Health • Commercial • Farm & Ranch
Auto • Boats • Motorcycles • Mobile Homes

Jerry Don Smithey
jmsmithey@texasbrandinsurance.com
www.TexasBrandInsuranceAgency.com



M-F 8am-5pm | Sat. 9am-12pm
107 N.E. 3rd St., Hubbard, TX 76648

Office: 254-576-1180 • Fax: 254-576-1181 • Cell: 254-479-0257

“Try our Brand of Insurance.”

Find us on 



Every Connection Counts

Make sure you're not missing a moment with today's most advanced digital hearing aid technology.

Waco Hearing Center evaluates hearing loss, fits hearing aids and customizes treatment plans

Talk to us today to learn more.



When You Need
Hearing Care,
You Have a Choice.

www.WacoHearing.com | 254.878.4040



short term rehab / rehab to home | private rooms
long term care | in-house rehab / therapy team | respite care

Accepting Medicare, Medicaid, Medicaid pending
& many managed care policies

Local Medical director

601 E. Reunion Street
Fairfield, Texas

Phone: 903-389-4110
eFax: 903-304-0114

Healthy foods that can provide a feeling of fullness



Hunger is one of the more common issues individuals encounter when transitioning to a nutritious diet. Many people aspire to eat healthier in an effort to lose weight gained due to overeating. That can make the adjustment more difficult, as individuals are accustomed to eating to a point of fullness. But there's good news for people in that situation, as a variety of healthy foods can provide a feeling of fullness and put an end to between-meal hunger pangs.

- **Water:** Water may not be food, but drinking more of it can provide a feeling of fullness that people are accustomed to. The Academy of Nutrition and Dietetics notes that symptoms of mild dehydration often present as feelings of hunger. In addition, the PKD Foundation reports that clinical studies have found that 37 percent of people mistake thirst for hunger because signals that indicate thirst are weak. Dry eyes, feeling sluggish, increased heart, and headache are some potential warning signs of thirst. So when mid-afternoon hunger pangs hit, try drinking some water before reaching for a snack.

- **Vegetables:** One of the misconceptions concerning food and fullness is that low-calorie foods are unlikely to fill up the proverbial tank. That's not true, and vegetables are a testament to how filling certain low-calorie foods can be. According to the Mayo Clinic, most vegetables are low in calories but high in volume or weight. That means they can contribute

to feelings of fullness without compromising individuals' efforts to eat healthy.

- **Baked potatoes:** Nearly 30 years ago, researchers at the University of Sydney in Australia developed a satiety index in an effort to measure how effective certain foods were at helping people feel full. No food finished with a higher satiety ranking than baked potatoes. That's good news for individuals looking to transition to a nutritious diet, as baked potatoes without any added butter or other toppings are low in sodium and do not contain any cholesterol. Baked potatoes also are a good source of vitamin C and dietary fiber. Buttering a baked potato can compromise its nutritional value, so consider sprinkling pepper in place of butter if you need some additional flavor.

- **Pulses:** One thing to look for to overcome hunger pangs while trying to eat healthy is slowly digested foods. Pulses fit that bill. Carbs that the body does not digest quickly can help individuals avoid hunger pangs, and pulses are slow to digest. Beans, lentils and peas are some examples of pulses. Adding pulses to salads or even using pulses like lentils as the foundation for a salad is a great way to eat healthy and avoid hunger.

Hunger pangs can compromise a healthy diet. Thankfully, many healthy foods pack a nutritional punch and provide a feeling of fullness that can reduce the likelihood of potentially harmful between-meal snacking.

How the body changes with age



Aging is an inevitable component of life. Young children often cannot wait until they get older because of the freedoms that seemingly come with being more mature. On the flip side, adults often wish they were young again. Time waits for no person, and with aging comes many changes, many of which manifest physically.

The following are some components of healthy aging that go beyond graying hair and wrinkling skin.

Bones, joints and muscles

According to the Mayo Clinic, with age bones may become thinner and more fragile. Joints will lose their flexibility, while muscles lose mass and strength, endurance and flexibility. These changes may be accompanied by a loss of stability that can result in balance issues or falls. It's common for the body frame to shrink, and a person may lose a few inches from his or her height.

A doctor may suggest a bone-density test or supplementation with calcium and vitamin D to keep bones as strong as possible. Physical activity that includes strength training can help keep muscles strong and flexible.

Body fat

As muscle mass diminishes, body fat can increase. The Merck Manual indicates that, by age 75, the percentage of body fat typically doubles compared with what it was during young adulthood. The distribution of fat also changes, which can adjust the shape of the torso.

Heart

Organs in the body also age, and cells begin to die off, making those organs work less efficiently. The heart is one such organ that changes with age. It pumps more than 2.5 million beats during one's lifetime. As a person gets older, blood vessels lose their elasticity, and the heart has to work harder to circulate blood throughout the body, reports Johnson Memorial Health. Exercise can help keep the heart as strong as possible.

Urinary tract and kidneys

The kidneys become smaller as a person ages, which means they may not be able to filter urine as effectively. Urinary incontinence may occur due to hormonal changes or because of an enlarged prostate. Furthermore, the bladder may become less elastic, leading to an urge to urinate more frequently.

Memory and thinking

Older adults experience changes to the brain as they age. Minor effects on memory or thinking skills are common and not usually cause for worry. Staying mentally active by reading, playing word games and engaging in hobbies can help. Following a routine and making lists (as multi-tasking may become challenging) are some additional ways to address memory issues.

These are just some of the changes that can come with aging. Generally speaking, exercising, using the brain and adhering to a balanced, healthy diet can help keep the body functioning well into one's golden years.

YOUR PHARMACIST

KNOW

YOUR MEDICINE



Your pharmacist should be someone you know and trust.

To help you select which one is right for you, consider the following:

- ✓ Review Your Options
- ✓ Consider Your Family's Pharmacy Needs
- ✓ Assess The Level of Personal Service

HOMETOWN PHARMACY

www.htprx.com

201 E. Commerce Street, Fairfield | 903-389-2541
2800 West Highway 22, Corsicana | 903-872-3784

Kind, Caring, & Complete
Family Dentistry *Our patients' smiles say it all!*



GONZALEZ FAMILY DENTISTRY

Nathan T. Gonzalez, D.D.S.
Robin L. Cholopisa, D.D.S.

254-562-5347 | 300 N. Sherman, Mexia



COMMITTED TO COMMUNITY

Nucor teammates are committed to being good neighbors in the communities where we work, live and raise our families. From schools and parks to charitable organizations and disaster relief efforts, **building stronger, healthier communities is just part of what we do.**

NUCOR[®]

www.nucor.com

Helping Families Connect, Honor, and Remember

We have years of experience caring for families, from all walks of life. Each family comes to us because they know we are leaders in our profession, dedicated to excellence in service, and have the highest integrity. Let us assist you with your loved ones' funeral or memorial service. We can help your family honor the memory of your loved one.



Griffin-Roughton

FUNERAL HOME

450 East Main Street, Fairfield
903.389.9217

www.Griffin-Roughton.com

1530 N. 45th Street, Corsicana
903.874.4774

Highlights of the latest exercise guidelines

Since 2008, the Physical Activity Guidelines have been a vital resource for health professionals and policy makers, serving as a foundation for physical activity and education programs. These guidelines, established and periodically adjusted by the Office of Disease Prevention and Health Promotion, include recommendations for individuals ages three and over. A full breakdown of the latest guidelines can be found at Health.gov, but the following are some highlights pertaining to various groups.



• **Preschool-aged children:** The ODPHP notes that children between the ages of three and five should be physically active throughout the day to enhance their growth and development. Caregivers are urged to encourage active play that includes activities of various types.

• **Adults:** The ODPHP urges adults to sit less and move more. The most substantial health benefits can be gained by engaging in at least 150 minutes to 300 minutes a week of moderate-intensity or between 75 minutes and 150 minutes of vigorous-intensity aerobic activity each week. Any equivalent combination of the two can suffice as well. Muscle-strengthening activities also should be part of adults' fitness regimens. These activities should help to strengthen all the major muscle groups, and adults should aspire to engage in them at least two days per week.

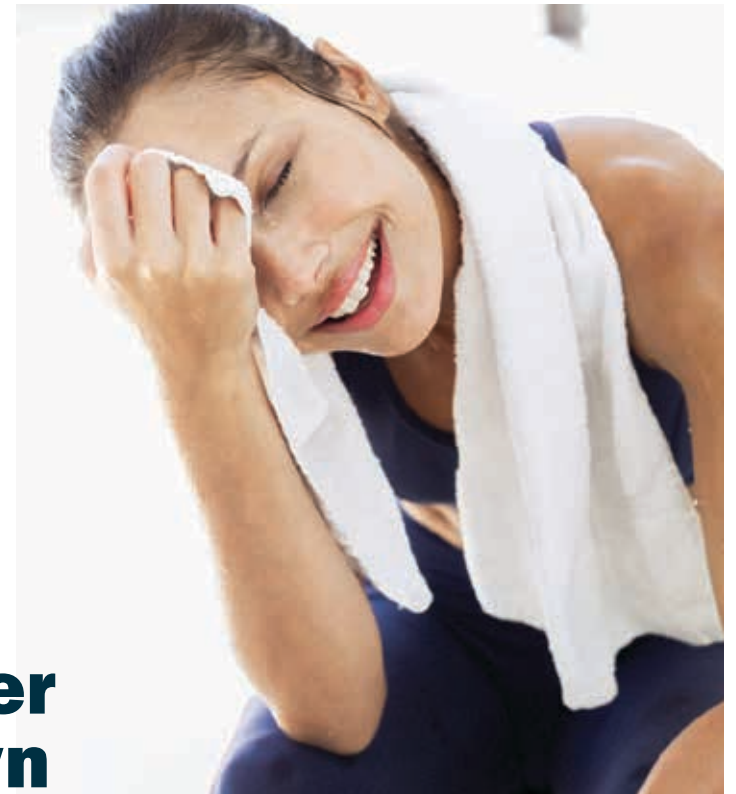


• **Children and adolescents:** Children between the ages of six and 17 should engage in 60 minutes or more per day of moderate-to-vigorous aerobic physical activity. Kids in this age group also should engage in vigorous-intensity physical activity at least three days per week. Regimens also should include muscle-strengthening activities and bone-strengthening activities at least three days per week.



• **Older adults:** Older adults who can still follow the guidelines designed for younger adults can continue to do so. But the ODPHP recommends that older adults also incorporate multicomponent physical activity in their workout regimens. This can include balance training to complement aerobic and muscle-strengthening activities. Older adults also are urged to discuss with their physicians how any chronic conditions they may have can affect their ability to safely engage in physical activity.

The Physical Activity Guidelines can serve as a useful resource for people of all ages as they look to live a healthy lifestyle.



Lesser known benefits of breaking a sweat

Most people know that routine exercise does a body good. While it may not require a degree from medical school to know that exercise can be a great way to lose weight and reduce risk for various illnesses, there's even more beneficial side effects of regular exercise that might surprise even the most ardent fitness enthusiasts.

promoted as a great way for kids to make new friends, the social aspect of exercise and sports participation is no less beneficial for adults.

• **Exercise produces positive psychological benefits.** WebMD notes that there are several psychological benefits of routine exercise. Those benefits occur because exercise triggers the release of endorphins, which are hormones that interact with receptors in the brain that reduce a person's perception of pain. Some additional psychological benefits of exercise include stress reduction and prevention of anxiety and depression.

• **Exercise can improve your social life.** WebMD also notes that routine exercise can improve self-esteem, which can make it easier for people to connect with others. A 2017 study published in the *Journal of Sports Economics* concluded that participation in sports activities can induce prosocial behaviors. Though participation in sports is often

• **Regular exercise can benefit your career.** A 2012 study published in the *Journal of Labor Research* linked regular exercise with an annual wage increase between 6 and 10 percent. Researchers found that moderate exercise yields a positive earnings effect, but individuals who exercised frequently had even higher wage increases.

• **Exercise can benefit long-term cognitive health.** Though the reasons remain unclear, there seems to be a link between regular physical activity and long-term cognitive health. A 2017 study published in the *Journal of Alzheimer's Disease* found that regular exercise can positively influence cognitive ability, reduce the rate of cognitive aging and lower the risk for certain dementias, including Alzheimer's disease.

Many people feel a significant sense of accomplishment by the end of a vigorous workout. Such feelings could grow even more profound when individuals recognize the many lesser known benefits of breaking a sweat.

How to establish fitness goals for kids



When established in childhood and adolescence, good habits like exercising regularly can set young people up for a long, healthy life.

Physical activity benefits people of all ages, including kids. Despite widespread recognition of the positive impact physical activity has on children, many kids are not getting enough exercise. In an analysis of data collected as part of the 2019 Youth Risk Behavior Survey, the Centers for Disease Control and Prevention found that less than one in four children between the ages of six and 17 participates in 60 minutes of physical activity per day.

When established in childhood and adolescence, good habits like exercising regularly can set young people up for a long, healthy life. Perhaps in recognition of that, parents often look for ways to promote physical activity to their youngsters.

Setting fitness goals is one way to help young people exercise more, and the following are a handful of strategies parents can try as they seek to promote a love of physical activity in their children.

- **Include fun activities in a fitness plan.** Adults recognize the importance of planning when aspiring to achieve certain goals, and a plan can be just as integral to getting kids to be more physically active. When devising a fitness plan, parents should be sure to include activities kids find fun. Just because Dad liked playing baseball doesn't mean his children will. Identify activities that kids enjoy, whether it's hiking or cycling or playing an organized sport, and include that in the fitness plan.



- **Involve kids' friends.** Parents often make exercising a family affair, but a 2015 study led by a researcher affiliated with Cincinnati Children's Hospital Medical Center found that children who exercised with friends were far less likely to cite barriers such as lack of enjoyment or lack of energy as reasons for not exercising. In essence, kids are more inspired to exercise with friends than they are with family members. When establishing fitness goals for kids, parents can work with other parents so kids can pursue those goals together, increasing the chances that those pursuits will be successful.

- **Set aside time to exercise each day.** Physical activity should be part of everyone's daily routine, and kids are no exception. Such activity does not need to be a grueling workout, and indeed children's bodies will need time to recover after especially strenuous exercise. But setting aside time each

day to be physically active is a good way to ensure kids' lifestyles are not predominantly sedentary.

- **Make the goals attainable.** Parents may know before kids begin exercising or notice shortly after they start being more physically active how much kids can reasonably handle. The YMCA notes that's an important factor to consider, as fitness goals should be attainable so anyone adjusting to a new regimen, even kids, stays motivated. A child's pediatrician can advise on how much exercise youngsters should get each day, and parents can help kids gradually reach that point by setting challenging but attainable goals.

Regular physical activity can benefit kids for the rest of their lives. Parents can pitch in by embracing various strategies to help kids establish attainable goals that make fitness fun.

NEWSPAPERS

BRING LEARNING TO LIFE!

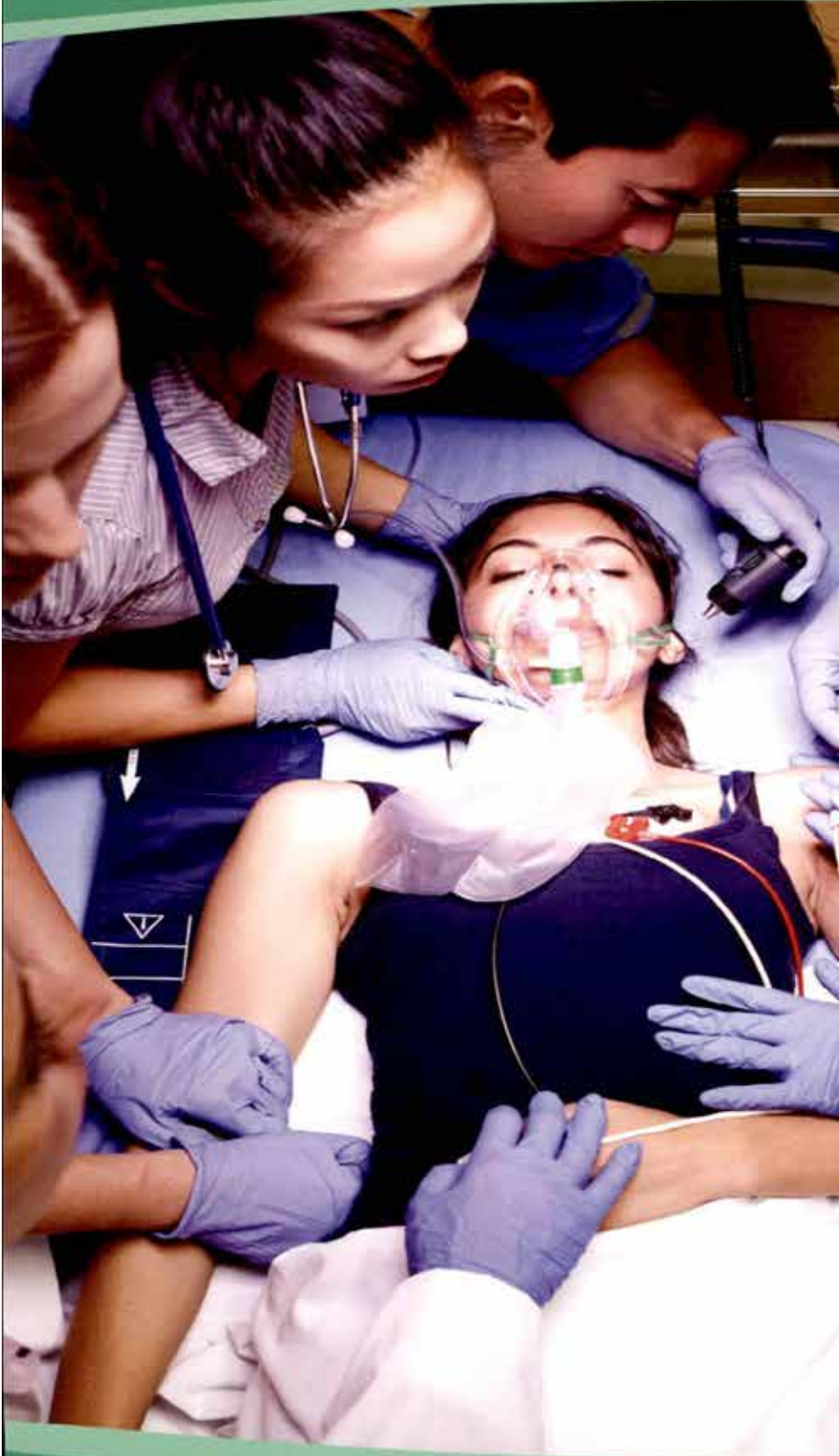


Support Newspapers in Education,
SUBSCRIBE TODAY!

Print, Online & Mobile News for
ONLY \$36 PER YEAR!

903-389-6397 | FreestoneCountyTimes.com
401 East Commerce Street, Fairfield

PARKVIEW REGIONAL HOSPITAL



Critical Care

for Your Patients That is

Critically Close

When it comes to critical care, minutes matter. Parkview Regional Hospital:

- Provides the only ICU in our primary service area
- Values the importance of being able to keep patients who have serious and urgent conditions close by
- Has an experienced medical staff ready to help your patients in critical care situations

You can rest assured knowing that your higher acuity patients are in good hands. Take them to Parkview for compassionate, quality critical care that's close to home.

Call **254-562-5332** for more information or visit **parkviewregional.com**.

PARKVIEW
REGIONAL HOSPITAL

600 South Bonham Street, Mexia, TX 76667



★ ★ ★ ★ ★
5 OUT OF 5 STARS
HIGHEST QUALITY RATING
FROM **MEDICARE**

*The only five star rated skilled
facility in Freestone County!*

TEAGUE

NURSING & REHABILITATION

884 Hwy. 84 West, Teague

254-739-2541

TeagueNursingCare.com

Lowest Private Pay Rates in the County!

**FULLY PRIVATE ROOM
\$110/DAY**

**SEMI-PRIVATE ROOM
(may have a roommate) \$95/DAY**

**Call and reserve your room today!
Space is limited.**

Recover from soft-tissue injuries



Injuries can affect someone when playing sports, exercising or engaging in less strenuous activities of daily life. Soft-tissue injuries are common and include those that affect the skin, tendons, muscles, and ligaments.

Types of soft-tissue injuries

Soft-tissue injuries may result from an acute trauma (direct force) or through repetitive use, says Verywell Health. There are various types of soft tissue injuries, and the following are some of the most common.

- **Abrasions, lacerations, contusions and avulsions:** These are different types of skin injuries. Lacerations are cuts that open to tissue below the surface of the skin. Abrasions only affect the outermost layers of skin, and like burns, can be first-, second- or third-degree injuries. Avulsions take out chunks of skin and potentially muscle. Contusions are bruises that cause pain, swelling and discoloration due to bleeding into the tissue below the skin.
- **Sprains:** A sprain is a stretch or tear of a ligament, which is a strong band of connective tissue between bones, according to OrthoInfo. Ligaments help stabilize and support the joints. Knees, ankles and wrists are most susceptible to sprains.

- **Strain:** Johns Hopkins Medicine says a strain is an injury to a muscle or tendon, and is often caused by overuse, stretching or force.

- **Tendinitis and bursitis:** Tendinitis is irritation or inflammation of a tendon, or the covering of the tendon, which is called a sheath. It results from many small stresses that repeatedly aggravate the tendon. Bursitis is a condition marked by inflammation of small, jelly-like sacs that are located throughout the body (bursae) to help reduce friction between bones and soft tissues. Many people experience bursitis and tendinitis simultaneously.

Treatment for soft-tissue injuries

In many instances, soft-tissue injuries are not serious, and recovery may not take that long. One of the first treatment methods that doctors suggest is the RICE protocol. This stands for Rest, Ice, Compression, and Elevation.

- **Rest:** A break from the activity that caused the soft-tissue injury is likely warranted. If the injury affects the leg, a doctor may suggest crutches to avoid bearing weight.
- **Ice:** Cold packs applied for around 20 minutes at a time, several times per day can help reduce swelling and inflammation. Ice should not be directly applied to the skin, warns OrthoInfo.
- **Compression:** A compression bandage can prevent additional swelling and also help to immobilize the injured area while it heals.
- **Elevation:** Raising the injured area higher than the heart while resting can reduce swelling.

Injuries to the skin, particularly those that expose tissue beneath it, may require more extensive treatment, including sutures or bandaging. A doctor will know best.

In the event that RICE doesn't solve the problem, an orthopedic professional may need to perform surgery or recommend a different treatment. Physical therapy and instruction on stretching to prevent future injuries may be warranted.

Soft-tissue injuries are common and tend to be easily addressed.

Darrell Van Horn, D.D.S., M.S.



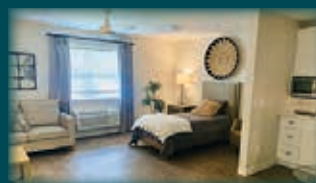
903-389-7344
111 W. MAIN STREET, FAIRFIELD

903-872-1200
1450 W. 2ND AVENUE, CORSICANA



DOGWOOD TRAILS™

ASSISTED LIVING & MEMORY CARE



Megan Bear
Marketing Director

marketing@dogwoodtrailsseniorliving.com



Tel: 903-723-0040
 Fax: 903-723-0038
 Cell: 936-222-6053

www.dogwoodtrailsseniorliving.com

Dogwood Trails sits back on the edge of the town among five acres of beautiful, towering pecan and oak trees. Our country setting creates an environment where our residents feel relaxed, comfortable, and at home. We are well known for our smiles and warm atmosphere.



1625 W. Spring Street | Palestine, TX 75803

Holistic development & conditioning of



Body, Mind & Spirit thru movement

If you have ever known anyone who was serious about Pilates, you have also likely heard about their glowing testimonials about the transformative power of Pilates on their overall health and wellbeing. In fact, many studios tout a quote attributed to its founder, the German boxer and strongman Joseph Pilates, that declares: “In 10 sessions, you feel better, 20 sessions you look better, 30 sessions you have a completely new body.”

While no workout can offer us a new body, devotees say the low-weight resistance training help our current bodies in important ways by strengthening the core muscles around the spine.

What is Pilates?

A Pilates workout is often performed on a mat or in a chair and includes many strength and flexibility exercises found in other forms of resistance training.

Pilates encourages participants to focus on breathing and cultivate a mind-body connection, paying particular attention to how all movement stems from the core. Exercises are repeated in sets that strategically work the muscles without exhausting them.

Many Pilates workouts also incorporate special equipment, including spring-based resistance machines designed to support the spine and target specific muscle groups. The most popular machine, called the “reformer,” looks like a small bed frame with a sliding platform hooked up to a system of springs, ropes and pulleys.

Scientific research does support an array of impressive health benefits for Pilates. Studies suggest it may help to improve muscle endurance and flexibility, reduce chronic pain and lessen anxiety and depression.

Who can benefit from Pilates?

The short answer is: everyone. Pilates can be tailored to a spectrum of fitness goals, ages and abilities — professional athletes, pregnant women, octogenarians, or anyone looking to improve their balance.

“Anybody can do it,” said Shelly Burkhart, the owner of Shine in Fairfield. “No matter what your level of fitness or health may be, pilates can help you improve your core stability, balance, flexibility and posture.”

If you would like to sign up for a Pilates class at Shine in Fairfield, go to www.shinefairfield.com.

For details, see their ad on page 2 of this Fitness & Nutrition special section.



Did You **KNOW?**

A recent analysis of meta-studies found that exercise is a highly effective treatment for conditions such as anxiety and depression.

Authors of the study, which was published in February 2023 in the journal *BJM Sports Medicine*, concluded that physical activity was 1.5 times more effective at reducing mild-to-moderate symptoms of various mental health conditions, including anxiety, depression and psychological stress, than medication or cognitive behavior therapy. The study was an umbrella review and its authors concluded that physical activity should be a mainstay approach in the management of depression, anxiety and psychological distress. However, individuals who suspect they are dealing with any of these mental health issues are still urged to speak with a physician for assistance in treating their conditions.



**TEXAS FARM BUREAU
INSURANCE**

AUTO / HOME / LIFE

Since 1952,
Texas Farm Bureau Insurance
has been protecting
customers' moments – the big,
the small, and the everyday.

**OFFERING PERSONAL - COMMERCIAL
FARM & RANCH INSURANCE SERVICES**

1354 W. U.S. Hwy 84 • Fairfield • 903-389-4125



We're all
heart.
24/7

Taking care of hearts is what we do.
All day. Every day.

We use the latest in technology to diagnose heart and vascular disease. Central Texans have trusted us with their heart care since 1974, and we'll continue to provide the first class care you deserve.



**WACO CARDIOLOGY
ASSOCIATES**

7125 New Sanger Avenue
Suite A, Waco
(254) 399-5400
www.wacocardiology.com

PARKVIEW

REGIONAL HOSPITAL

Emergency Services

- 24-hour physician staffing
- 24-hour emergency dept.
- Level IV trauma designation
- Chest pain accredited.

Surgical Services

- Outpatient surgery
- Surgery suites
- Recovery room
- Endoscopy/GI suite
- 24-hour anesthesia
- Orthopedics
- Spine surgery
- ENT
- General surgery

Intensive Care

- Intensive care unit
- Vent management

Diagnostic Imaging Services

- Diagnostic radiology
- General and vascular ultrasound echocardiography
- Mammography
- Fluoroscopy
- Nuclear medicine
- CT
- MRI

Other Services

- Pharmacy
- Laboratory 24-hour service
- Cytology lab
- Health education
- Case management/ utilization review
- Chaplain services/ Volunteer program
- OP Infusion Services

Medical Specialties

- Internal medicine
- Family medicine
- General surgery
- Podiatry
- Pathology
- Radiology
- Neurosurgery
- Oncology otolaryngology/ ENT asthma/allergy
- Orthopedics
- Pediatrics

Acute Care Services

- Med/surg unit
- Telemetry monitoring
- Capabilities

Rehabilitative Services

- Outpatient rehabilitation
- Physical therapy occupational therapy
- Therapeutic exercise
- Electrical stimulation
- Cold packs
- Ergonomic evaluation/ training
- Swing Bed
- Manual therapy
- Hand therapy
- Wellness

Cardiopulmonary Services

- EKG
- Pulmonary function testing

