

A word cloud featuring various terms related to health and wellness. The most prominent words are "health", "coach", and "wellness". Other visible words include "goal", "stretch", "journal", "cat", "brain", "eat", "experience", "breath", "exist", "achieve", "weight", "look", "change", "emotions", "engaged", "body", "broccoli", "be", "draw", "color", "run", "sunset", "meditate", "walk", "sleep", "guide", "educate", "enjoy", "spirit", "explore", "dance", "focus", "love", "raspberry", "express", "physical", "rest", "write", "kale", "create", "freedom", "expand", "exercise", "flower", "grow", "chocolate", "lettuce", "breathe", "yoga", "best", "happiness", "wonderful", "learn", "joy", and "mental".



## **JOINT PAIN RELIEF & MISCONCEPTIONS**

Joint pain can affect people of all weight and ages. It can make the common , everyday tasks dreadful and make it seem nearly impossible to get through your normal routine. However, there are certain exercises that can actually help ankle, knee, hip, or shoulder pain. It is a common misconception that any additional movement or exercise may just make the pain worse. In reality, exercise can help alleviate joint pain in more ways than one.

According to Harvard Medical School, doing the correct type of exercises can increase strength and flexibility in the connective tissues. Harvard uses the example of the thigh muscle. Think of leg day at the gym. If you continue to work out your thighs, the muscle surrounding your aching knee will eventually become stronger. After time, that additional muscle strength will lessen the pressure on that knee joint.

Our bodies are made to move and continue to be active. If you tend to remain stagnant while your joints are in pain, you are going to tense up all of your tendons, muscles, and ligaments which essentially is making the situation worse. Exercising through the joint pain will relieve this build up and stiffness.

Like many machines, our bodies and joints need lubrication to work smoothly. Exercising produces synovial fluid which acts as a lubricant for our joints. It also releases oxygen and nutrients keeping our joints healthy and up to par like a well oiled machine.

The more you move and workout the more your body will be accustomed to it and build a higher pain tolerance. Have you ever wondered why day one of your work out leaves you unable to walk the next day without wincing but you are fine with the same work out three days later? Your body is beginning to protect itself against pain.

Last but not least and most likely the most obvious, staying active will keep your weight under control. This is where weight bearing joints ( hips, knees, ankles), get a chance to relieve some pressure.



### **Remedies**

- Eat more carrots
- Drink more water
- Regular massages
- Yoga and stretching
- Apply coconut oil
- Anti-inflammatory foods



## **PUSHUPS: A CLASSIC EXERCISE**

Did you know that pushups are one of the best, classic exercises you can do? The best part about them: you can do them anywhere since they require no equipment!

The amount of pushups you can do will assess your overall strength and muscle endurance. Most people think that pushups only work your arms. This classic exercise works your body from head to toe and engages multiple muscle groups. Your arms, chest, core, hips, and legs will all benefit from just ONE move. Another perk? If the original form of the pushup is too difficult for you, as it is for many, there are alternatives and ways to make them possible.

Before you get started, it is important to know that you have the correct form. Not only will this allow you to maximize the benefits but it will also avoid injury.

- Begin in a full plank position with your arms extended, palms flat and just below shoulder level, feet together or about 12 inches of apart, resting on the balls of your feet.
- Keep your back straight and weight evenly distributed.
- Look down and lower your body until your elbows are at 90 degrees
- Try to take two seconds to go down and one second to go up.

If you need a little extra help, put your knees on the ground or do them on an incline standing up. You can stand in your kitchen and lean against your counter at a forty-five degree angle. Don't be too hard on yourself if you need to do one of the modified versions. Everyone has to start somewhere and you will eventually build up endurance and muscle to do them at full form.

Need a little boost to kick start your new love for pushups? Try a 30 day challenge with a friend or yourself. Day one start with just five and increase each day by five. You will be surprised at the results!

## **UPCOMING EVENTS**

### **Hot Chocolate 15k/5k Chicago**

October 30th

### **2nd Annual F.R.E.S.H. Conference**

January 14th, 2017

9AM-5PM

Hilton Chicago/Oak Lawn

9333 S. Cicero Avenue

Oak Lawn, IL 60453

## **Submit your requests**

Do you have any ideas for a monthly outing?

Have you read any articles recently that relate to finances, relationships, energy, spirituality, and health that you would like to see in the upcoming newsletters?

Do you have any photos that you would like to share?

Please send all requests to Rebecca Peck at [dsfit2runbp@gmail.com](mailto:dsfit2runbp@gmail.com)





## **EXERCISE FREE EXERCISE**

One of the most common phrases you will hear is “there is not enough hours in the day.” This is likely to be the reason why a large portion of individuals don’t exercise daily. With work, children, and household duties, it can be extremely difficult to set aside an additional thirty to sixty minutes to work out. However, according to Harvard Medical School, you can still count your everyday activities – for the

most part – as effective exercises. For instance, do you regularly walk your dog just to get your friendly pet to shed some energy? Do you play with your children or grandchildren outside? Do you find joy in gardening? If you find something that you enjoy doing- keep doing it! Studies show that if you happen to actually like what you are doing you will be more likely to continue to do it.

Take gardening for example. This involves you to constantly get up and down, walking back and forth across the yard, and carrying soil and heavy flower pots. That sure sounds like a work out to me! If you are not into something as physical as gardening, opt for a night out bowling instead of going to see a movie. Bowling may be less intense than yard work but at least it has you up and active.

### **Simple tips to keep up the momentum:**

Use some sort of an activity tracker. If you don’t want to dish out the cash on a Fitbit or Apple Watch, there are plenty of free apps available on smartphones that can track your progress.

Write down what activities you do each day. Even if none of them are actual work outs, it will give you some perspective on how often you move around and get that blood flowing.

## **EXERCISE YOUR MIND**

We all know that working out is good for your muscles, heart, and personal physique. Exercise can also boost your thinking skills. According to Harvard Medical School, staying active reduces insulin resistance and promotes the growth of new blood cells in the brain. Just by working out three to five times a week will boost your memory, mood, and sleep . How you ask? Stress and Anxiety levels will lessen; two issues that frequently affect cognitive thinking and focus. A study done by Dr. McGinnis, an instructor of neurology, says “parts of the brain that control thinking and memory are larger in volume in people who exercise than those who don’t.” It is recommended that you turn working out and being active as a habit. Push yourself to work out three times a week for three weeks. This three week time frame will allow your brain to realize that this is a regular occurrence. After three weeks, you will have an easier time getting yourself to work out and it start to become a part of your normal routine.



## LETS TALK SODIUM

It has become common knowledge that we should do our best to avoid foods that are high in sodium. It's like being a child all over again: we want something more when we are told we can't have it. Part of the reason why we love salty foods (other than being delicious) has to do with the way we are genetically built.



Although sodium is essential for overall health, taking more than the recommended 2,300 mg per day may lead to high blood pressure and heart disease. Our cravings may get the best of us but it is important to practice self control to avoid going over board. Here's how:

- Sodium is in many foods that we don't necessarily notice: watch for canned vegetables and go the fresh route. Deli meats, marinades, and salad dressings also tend to sneak a quite a bit of salt in there. Read all labels!
- "Salt just makes food taste better!" Try opting for a splash of lemon juice or fresh herbs to add some flavor to your dishes.
- Stay on the outside perimeters of the grocery store. Stick to fresh fruits, vegetables, and raw proteins. If you have to go into the middle aisles for processed food, limit what you sneak into your cart.
- As stated above: go for FRESH protein. Try to avoid bacon, sausage, or frozen meats. These are not only packed with artificial preservatives but are likely higher in sodium.
- Look for low sodium or reduced sodium labels. Food companies have finally jumped on the health bandwagon- more options are available you just have to find them.
- Try to mimic your favorite take out meal by cooking it yourself. Try to cook one more meal a week than you already do.

## FALL FITNESS FIESTA

DSFIT2RUN is partnering with Coach Robin Renee to bring an abundance of shared knowledge from a variety of coaches and attendees. On September 24th, the purpose and agenda for the event started off a great night. We discussed healthy choices and the types of simple changes that can make large impacts on your commitment to a healthy lifestyle. Coach Robin Renee took us through a PIYO class while she facilitated the Pilates portion and Twyana Bell lead the Yoga portion. Deana Patterson, founder and creator of DSFIT2RUN finished off the workshop with stating the benefits of walking vs. running as well as the speed vs. amount of time spent. We will be sure to share the date of our next event!

## **Pictures from our Fall Fiesta!**



**Special shout out to Gary Lee—Our shuttle driver at the Hampton Inn and Suites in Minneapolis!**



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