



November Recap:

- Our new website is up and running! Join our team by signing up to be a member. You will get access to all things related to living a healthy lifestyle. Don't miss out on the action!
- The Monthly DSFIT2RUN PRAYER LINE was Tuesday, November 8th with Elder Gloria Roberts. Each month we are able to request specific readings and ask Gloria to pray for someone in your life or even yourself. Please visit our site www.dsfit2run.com on the homepage and click "Balance Your Spirituality" to submit prayer requests.
- Our 2nd annual F.R.E.S.H. Conference is coming up! There is still time to become a vendor or sponsor. For more info, please contact Rebecca Peck at dsfit2runbp@gmail.com. The conference will bring a plethora of health related knowledge to all that come out! Visit our website to tickets ahead of time.



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TRUTH ABOUT COFFEE

According to the National Coffee Association, approximately 83 percent of adults in the U.S. drink coffee. If drunk in moderation, coffee is linked to some health benefits. Coffee can be a rich source of natural antioxidants, slow the aging process, limit heart disease, strokes, Alzheimer's, and even cancer. According to Harvard Health Publications and beatcancer.org, people who drink coffee are 50% less likely to suffer from cancer than those who do not indulge. Studies have even demonstrated that some ingredients help prevent Type 2 Diabetes, asthma, gall stones, cirrhosis of the liver and Parkinson's disease. The list of benefits actually goes on. To learn more, visit beatcancer.org. Although the positives may outweigh the negatives, coffee does have its downsides. As we know, anything in excess will cause issues. Too much caffeine can lead to breast cancer due to the way the coffee is produced. Another study at Harvard School of Public Health also found that drinking coffee in excess may lead to pancreatic cancer. Caffeine in coffee is also a stimulant and can be highly addictive. These factors may lead to more stress on the nerve system and on your heart. The scariest part? Many coffee crops are sprayed with pesticides and chemicals. It is important more than ever to read the labels of everything you are buying. This article is not here to scare you but to make you



more aware and alert of what you put in your body. Try shooting for organic or shade-grown coffee and limiting the amount you drink on a daily basis.

Tips: Try this!

Bullet Proof Coffee

Try a different take on your favorite morning drink. Brew up your ideal cup o' joe. Pour the piping hot coffee into a blender. Then add one tablespoon of grass-fed butter (suggest Kerry Gold, unsalted), and one tablespoon of coconut oil. Blend all together for about thirty seconds. Pour the mixture back into a mug or your to go thermos. Enjoy that frothy, smooth blend that packs in the benefits! How you ask? Bullet proof coffee supercharges your brain function and helps hold back cravings. The grass-fed butter is a healthy fat and the coconut oil helps regulate cholesterol . If you are looking to lose weight, it isn't recommended to drink a cup of this a day, however, bullet proof coffee inhibits more benefits than the sugar loaded indulgences at our favorite drive-thru.

JOINT PAIN IN THE MORNING

Do you ever wake up and have your whole body in pain? This is pretty common amongst everyone and isn't just something that comes with age. If you wake up stiff and sore it likely an indication of worn joints or even arthritis. Joints form the connections between our bones, provide support, and help you move. Any damage to the joints from disease or injury can interfere with your movement and cause a lot of pain.

Waking up after a long night of sleep sore can be caused by the cartilage in your body stiffening and dying out . Joints may also be sore when synovial fluid is not produced enough; this fluid is what keeps our joints moving and lubricated. Knee pain is the most common complaint, followed by shoulder and hip pain. Joint pain can affect any part of your body, from your ankles and feet to your shoulders and hands. Sadly, as we get older, painful joints and aches become more common.

How can we eliminate this pain and tension? Contrary to what you may believe, it will all start to go away once you get up and start moving and warming up your body. You can also reduce the frequency of this by staying active or by doing some light exercise such as yoga to keep you flexible. If pain and stiffness starts to become unbearable, see your doctor about the possibility of having rheumatoid arthritis or even inflammation.

Quick fixes:

Tylenol: in moderation and if there is no major swelling, you can take acetaminophen or Tylenol. It is not recommended to repeatedly take this or any medicine every day as it will cause long term liver damage. Always be sure to consult your doctor first.

Capsaicin: this is found in chili peppers and can be applied topically to help relieve joint pain. It helps trigger endorphins to help block pain in your joints. You can also try other forms of topical mixtures for short term relief. Again, always consult your doctor before trying anything new.

Low impact exercises: Yoga, swimming, or stationary cycling can help you lose weight and keep the pressure on your joints to a minimum. Any of these low impact exercises will be sure to not further irritate the affected joint.

Compression brace or wrap: compress the affected area with an elastic wrap that can be found at your local drugstore or pharmacy. Be sure to elevate the joint above the level of your heart.

Again: be sure to consult your physician if pain becomes worse or if you are unsure how to permanently make the pain go away.

STRETCHING 101

Speaking of joint pain, stretching is a great way to alleviate pain. It is a common misconception that athletes are the only ones that need to stretch or that they are the only ones to receive real benefits. In actuality, doing simple stretches just two or three times each week can dramatically help increase your flexibility, improve balance, and relieve pain caused by muscle and stiff joints. Stretching is safe way to help prevent life-changing falls that can threaten your independence.

Here are some simple stretches that you can benefit from:

- **Hamstring Stretch:** Lie on your back with your left knee bent and your left foot flat on the bed. Bend your right leg and place your hands behind your right thigh. Lift your right leg into the air and straighten it as much as you can, using your hands to gently pull your leg toward your chest. Hold for about 30 seconds and then slowly release. You should feel the stretch in your lower back and the back of your leg.

- **Single knee to chest stretch:** Lie on your back and bend both knees. Your feet should be flat on the bed. Take hold of your right knee with both hands and gently pull the knee toward your chest. You should feel a stretch in the back of your leg and lower back. Hold for about 30 seconds and then slowly release.

- **Piriformis Stretch:** Lie on your back with both knees bent and your feet flat on the bed. Cross your right ankle on top of your left knee. Wrap your hands behind your left knee and gently pull your knee toward your chest. You should feel a stretch in the back of your right leg. Hold this stretch for about 30 seconds and then slowly release.

- **Serratus punch:** Lie flat on your back with your head on a pillow. Bend your knees if this feels better for your back. Raise both arms in the air, toward the ceiling with your palms facing each other. Keeping your head on the pillow and your arms straight, raise your shoulders off of the bed, as if you're trying to touch the ceiling.

- **Corner stretch:** This stretch can be done either in a corner or in an open doorway. Stand about 2 feet away from the corner or doorway. Place your hands at shoulder height on either side of the wall or doorway. Bending your elbows, lean your body weight into the corner or open doorway. You should feel this stretch across the front of your shoulders and chest.

- **Posterior shoulder and back stretch:** Stand straight with both arms at your sides. Gently bring your right arm across your chest, keeping it straight. Take hold of your right elbow with your left hand and gently stretch your right arm across your body. You should feel this stretch in the upper arm and shoulder. Hold this stretch for about 30 seconds and then slowly release.

Activity Trackers and Weight Loss

The holidays are upon us and one of the most popular gifts each year is some type of activity tracker. Whether it is a FitBit, Apple Watch, or old school pedometer, many people jump on the activity tracker train when heading into the new year. Losing weight is often at the top of the list for New Year's resolutions. What is the correlation between losing weight and having an activity tracker to hold one accountable? A recent study done by JAMA, the most widely circulated medical journal in the world, compared a regular diet and exercise program versus holding yourself accountable with an activity tracker.

The study had two groups of people on the same low-calorie diet, exercise plan, and counseling for six months. At the end of the six months, one group was to document their diet and exercise by simply writing it down. The second group wore an activity tracker that automatically uploaded information onto an app or website where they then were able to enter more information such as food intake. Each participant in both groups were studied for two full years. Who do you think lost more weight?

After the two year study ended, the group that did not wear an activity tracker ended up losing more weight. When looking at this more in depth, it is possible that the group who wore a tracker had this false sense of accountability. It could be that they figured the activity tracker was automatically calculating miles walked or calories burned. The activity trackers may not have logged food as accurately or as often, allowing them to slip into this phase of unnecessary food intake. More studies need to be done to prove any of these theories, however, there were still lessons learned. On one hand, both groups lost an average of eight to thirteen pounds in two years. We can recognize that simple lifestyle changes such as documenting your activity and nutrition can and will make a positive impact on your life. Secondly, now you don't have to rush out and get the latest gadget out there to help you do it!



2ND ANNUAL

DSFit2Run
MAKE IT HAPPEN!

F.R.E.S.H. CONFERENCE



Sandra Cooper Terry Roberts Ephraim Pugh Jr. Pavla Haluskova Gloria Roberts Dr. Abdul Sankari

"BREAKING HABITS FOR BALANCE"

WHEN	WHERE	TICKETS
January 14, 2017 9:00 AM- 5:00 PM 8:30 AM Registration	Hilton Chicago/Oak Lawn 9333 S. Cicero Ave Oak Lawn, IL 60453	DSFIT2RUN.com 1st 20 sold: only \$50 After 1st 20 sold: \$75 At the Door: \$100

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