

Katie Johnson: Good morning and welcome to Apple a Day, Lake Region Healthcare's Health and Wellness segment, where we feature news and information you can use to live a healthier life. I'm Katie Johnson, your host, and my guest today is Karoline Gustafson. She is one of our wellness trainers at the Lake Region Healthcare Health and Wellness Hub. Good morning, Karoline.

Karoline G.: Good morning.

Katie Johnson: It is the Wheel of Wellness Community Health Challenge. We're about halfway through and as you may have noticed, we're focusing on one of the different eight components of health each week. And this week our focus is on physical health. We're going to talk about getting moving, no matter where you might be in your physical wellness journey. To do something different, I've created some personas, and hopefully our listeners can relate maybe to one or more of these people, and get some advice about what they might be able to do to improve their wellness.

I'm going to start with Bill. Bill struggles with chronic disease and joint pain, and as a result, he has limited mobility. And therefore, he also struggles with his weight. So getting out of the house is a chore for Bill, especially in the winter, and therefore, he's just really not moving much at all. What kind of advice would you give to the Bills in our audience?

Karoline G.: I'd first tell Bill to check in with his physician. His physician might suggest physical therapy to start, and if that's the case, then I would suggest physical therapy. But if he says he's okay to start some exercise programming, I would get Bill to find a trusted trainer, one that has background in working with people with chronic diseases and joint pain to make sure he's doing the correct exercises for himself.

One of the things that he's going to have to understand is that you've got to start somewhere. And it might seem like he's not doing anything, but to get moving, you got to start moving. That's one of the things that I would suggest to Bill, is to just check with his physician and then find a trainer that has a lot of background in working with chronic conditions.

Katie Johnson: And a good trainer can modify things. It's a matter of finding what you can do to get your heart rate up, right?

Karoline G.: Mm-hmm (affirmative). Yep, and to get those muscles moving. Like I said, to move, you got to move, and to keep moving, you got to start moving. That's what I would suggest to Bill.

Katie Johnson: He can do it. All right, Mary. She's been retired for several years, and while she's busy with volunteer work and visiting her friends and her family, she doesn't really have a structured physical activity routine. She does walk sometimes, but doesn't do any strength training. She's very active. Not limited by her health, but

she is concerned about being able to stay active as she continues to age. What kind of advice would you have for Mary?

Karoline G.: For Mary, especially with an aging lady, some of the concerns that we have to look at for them is osteoporosis. One of the things that she should really include into her routine is some strength training. That will help her with her musculature. It'll help her bones. It'll help her feel confident in going out and doing all this volunteer work and visiting friends, and she could be the healthy one of the group if she adds a little bit of strength training in with her walking.

Katie Johnson: And that can also reduce risk of falling as we age, as well.

Karoline G.: Yes, big time. Getting those muscles strong. They do a lot of work to keep us upright and we got to keep working them so that we can continue to stay balanced on our feet.

Katie Johnson: All right, how about Jim and Jill. They're a young couple, three small children. Jim has a full-time job. He volunteer coaches for his son's basketball team at the Y, but other than that and running after children, he doesn't have any time for anything resembling exercise. He has that spare tire that's starting to form around his midsection. Doesn't do much in terms of knowing what his blood pressure is. Hasn't had a physical. Doesn't know his cholesterol levels and those kinds of things, but really isn't concerned about his overall health, other than that he is tired all the time.

And so is his wife, Jill. Just plain tired running after those kids, and she has that baby weight that's been added to, a few pounds a year at a time, and has that extra weight she'd like to take off, but just doesn't have time to worry about that till the kids are older. What kind of advice do you have for Jim and Jill?

Karoline G.: For Jim and Jill, it's starting small. Scheduling some exercise into their calendars. It's crazy moving your kids all over the place and going to activities and going to work. That's something I really understand, but putting something into your schedule to make sure that you work in that time for yourself is going to benefit not only you, but your kids, as well. If you're feeling good and you're feeling active and you're feeling strong, it'll transpire down to your kids, and just be more active with them. That creates some lifelong lessons for everyone.

For Jim and Jill, try to make a date night out of it, if that works for you. If it works better for you to do things separately, just make sure you're supporting each other in getting into that healthy exercise.

Katie Johnson: And say they're going to try and do a little bit at home. Do you have any tips about how do they find a workout to guide them through that time at home, picking some good exercises that are going to be a good use of that time?

Karoline G.: Finding a reputable app or website is going to be very beneficial for them, especially if they're not really aware of how to do things, how long to do things,

what to expect. Just making sure that what they find for their app or their webpage that they're using is just making sure that it's something that is sanctioned. There's something behind it. It's not just something you found on the internet from whatever source.

Another option is to just contact a personal trainer. He's at the Y. Talk to a personal trainer. Get some ideas of things that you can do. There's a lot of things you can do with very little equipment or just your body weight itself.

Katie Johnson: Right. And we'll try and post some of those resources on the Physical Wellness page of our challenge this week, too, for people who are looking for some good recommendations.

Finally, we have Jane. She's an avid runner who loves the feeling of a good run or a good workout, and she does do that at least four or five days a week, either on her own or in a group class or with friends. She's been doing this for many years. She's very fit, but she's very comfortable in her routine. Just really hasn't done anything different for a long time. What advice do you have for Jane to kind of shake things up and up her physical activity routine?

Karoline G.: One of the things I like is making yourself uncomfortably comfortable, and just getting outside of that comfortable range a little bit here and there, because that's wherein she's going to see her fitness level change and improve. Sometimes if it's joining a class, if it's running at a different pace, adding some strength in between some of her running, doing some intensity type of things is going to really help her. And adding some strength and core into her daily stuff is going to really change her running, as well. She might see some big gains in her running by changing up her routine.

Katie Johnson: And our bodies kind of adjust to our activity level so that we don't get the same benefit if we don't change things up. Isn't that true?

Karoline G.: Yeah. If she goes out and runs four miles every day, her body knows that that's what's going to happen. We see some people that say I walk two miles every day, but I just keep gaining weight. And your body knows and allows for that. Just making sure you make some changes within your exercises is going to ... and it doesn't have to be big. It doesn't have to be a big change. It could be a pretty small change, but that will help you improve.

Katie Johnson: Great. Well hopefully our listeners have identified with one or more of these people. Some great advice there for just kind of starting somewhere, regardless of where you are. Any last words of wisdom or takeaways for our listeners this morning?

Karoline G.: No matter what your age or what your ability, you can start. You can start at any time. You can start when you're 20. You can start when you're 80. Any physical activity that you can add into your life is going to help you feel better. It's going to help you be stronger. It's going to help in everything in your daily life, whether

sitting in your chair or walking up stairs, adding a little bit of physical activity in is going to really help you.

Katie Johnson: It really is one of those important components and facets of our overall wellness. That's why it's got one of the pieces of the pie on the Wellness Wheel, and we invite you all to take a look at your physical wellness and your physical activity this week during our Wheel of Wellness Community Health Challenge, and as I said, we'll have more on lrhc.org/wow for resources this week, as well.

Karoline, thanks for joining me this morning.

Karoline G.: Thank you.

Katie Johnson: Karoline Gustafson, wellness trainer at Lake Region Healthcare's Health and Wellness Hub, and Katie Johnson reminding you this morning there is so much to do here. Stay healthy for it. Have a great day.