



HEALTHLINES

SUMMER 2008

CHAD'S

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R This summer has been extraordinarily busy for me. I took my oldest son, Quinn, on a European vacation. We visited Germany, Austria and the Czech Republic. All 3 countries were amazing! The best part though, Quinn was able to put his German to use! I must admit, we ate some pretty rich food, which is quite typical for Central Europe. However, each of us lost about 5 pounds in 10 days of travel. Maybe it had something to do with the 5 plus miles of walking we did each day.

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My youngest son, Riley, played 53 baseball games this spring and summer. So, needless to say, I watched a lot of baseball! It was pure joy watching Riley and his teammates compete! I wish I still had the energy levels of a 13 year-old boy!

We are still hard at work on freefitnessvideos.com. Again, this video based web site will allow us, as well as other allied health care professionals, to create and manage fitness programs for clients/patients online. Cole Shelton, a recent Duke graduate, with a degree in Biomedical Engineering, has signed on to be our CEO for this new venture. Cole is an old client/friend who began working out with me and his father, Marc, when he was about 10 years-old.

Hydration is important for everyone, regardless of the time of year. Summer months though, may require you to be a bit more vigilant with hydration, especially when active outdoors. Jesse Vezina and I wrote an article, "Hydration Options", that should help you better understand how to best hydrate.

Unfortunately, consuming large steins of German beer is not the best hydration option when walking more than 5 miles per day in extreme heat!

Yours in Health,

Chad Marschik



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EXERCISE SPOTLIGHT

THE ROLL

When you've been on your feet all day or sitting at a desk, the best thing you can do is to take an inventory of sore muscles. Start by standing with your back against a wall and feet slightly away from the wall. Your head, shoulder blades and butt should be on the wall. Take a deep breath and gently lower your head forward, keeping your shoulder blades anchored on the wall. Next round your shoulders forward and let your shoulder blades come away from the wall, pressing your middle spine into the wall. You should feel a stretch in your upper back. Continue your slow bend forward until just your butt is on the wall. Your upper body weight should be pulling so that you feel a stretch in your hamstrings (back of thigh). Go only as low as is effective. A stretch should be tense yet comforting...not painful. Take a few deep breaths here, letting your body hang like a rag doll. Then slowly and carefully reverse this sequence to return to upright.



Puzzle Pieces

Everyday habits to adopt for better health and vitality.



THOUGHTS—When is the last time you congratulated yourself on a job well done. Even if its just getting through your day...take time to give yourself a pat on the back. Don't wait for someone else to do it.

BREATHING—Need a quick pick-er-upper? Try breathing in and out of you nose quickly. This stimulates the nervous system.

HYDRATION—Warm weather is prime time for dehydration. Sometimes you don't even realize its happening. Just like food, you shouldn't overfill yourself at one time. Think time-release, with 8 ounces of water in the morning and at even intervals throughout the day. If you limit at nighttime...you'll have less trips to the bathroom in the middle of the night.

FOOD—Make a game to see how many vegetables you can pack into a meal.

MOVEMENT—Put on some music and DANCE! You can't do it wrong.

CIRCADIAN RHYTHM—Avoid high stimulus activities before going to sleep. Computers and televisions signal our brains to be alert. Try not to be exposed to these at least 1 hour before going to bed.

HYDRATION OPTIONS

By Jesse Vezina and Chad Marschik

It's that time of year again. The days are getting longer, the temperature is getting warmer, and the weather is getting nicer (well at least when it stops raining). Yes, that's right; summer is here and in full swing. So what does this mean for us? Well, it means that it is time to get outside and enjoy the weather.

With all this fun in the sun, make sure to stay properly hydrated. There are several fluid options when working, playing, or exercising outdoors during summer months.

Water should be your primary source for hydration. Proper hydration requires action beforehand. If you know you are going to be outside for awhile, a good rule of thumb is to start consuming 30 – 40 oz. of water 2 hours prior to outside activities. The ACSM recommends $\frac{1}{2}$ - $\frac{3}{4}$ cup of water every 15 – 20 minutes during activity.

According to the National Athletic Trainers Association, during exercise, the ingestion of a well formulated sports drink also aids performance. Aim for a drink that has a 6 - 9% carbohydrate-electrolyte concentration. To determine this, take the sugar content per serving (in grams) and divide it by the fluid volume per serving (in ml) and multiply by 100. So, if a sport drink has 14 grams of sugar in a serving (Gatorade) and a serving size is 240 ml, then it is exactly a 5.83% carbohydrate-electrolyte solution. Gatorade, PowerAde and All Sport are good choices for sports drinks since they all fall in the 6 – 9% range.

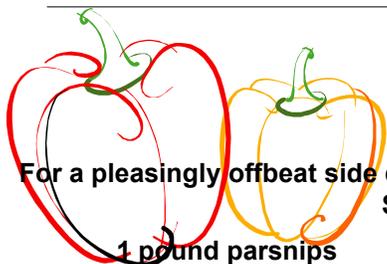
Proper hydration during and after activity should not include soda, alcohol or energy drinks. Energy drinks are not sports drinks. Popular energy drinks such as Red Bull, Monster, Rock Star and Go Girl are not designed for use during exercise. The caffeine content in these particular drinks typically ranges between 80 – 150 mg. They are fine to consume 45 minutes prior to exercise if you want to take advantage of the “energy kick” generally provided by the caffeine. The other cheap herbal ingredients manufacturers typically claim do all sorts of wonderful things for your performance are unfounded. One such over-hyped herbal ingredient found in many energy drinks is taurine. Taurine is a non-essential amino acid. The key here is “non-essential”. That means we don't need it, unlike cats, they need it. Remember, energy drink manufacturers are trying to sell you as many cans as possible, so fancy sounding herbal ingredients like taurine, guarana, ginseng (same thing as caffeine) sound pretty cool, but, they basically do nothing.

Water doesn't sound too sexy compared to all the other fancy sport and energy drinks available today. However, water has been around forever and it is still the number one ingredient found in most beverages we consume on this planet.

Drink water, it's that simple.

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**HEALTHLINES
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ROOT VEGETABLE FRIES



For a pleasingly offbeat side dish or snack, try this fresh and healthy variation of an old favorite, the French fry. Sweet potatoes, turnips and celery root work well too.

1 pound parsnips

3/4 pound rutabagas

3/4 pound carrots, mini or large

4 tablespoons extra virgin olive oil (approximately)

sea salt, to taste

ground pepper, to taste

Wash and peel all of the vegetables. Position oven rack in the center of the oven and preheat to 400°F.

Cut the parsnips into a "French fry" shape. First, cut a slice down the lengthwise side of parsnip. Place this flat side directly on cutting board. Cut the remainder of parsnip into slices and then cut each again into large julienne fries. The long end of this root usually makes one or two fries. For the rutabagas, cut in half, slice thickly and then cut into large julienne slices. For the mini carrots, slice in half or quarters lengthwise, depending in thickness. If using large carrots, follow parsnip method.

Place 2 tablespoons of olive oil in a medium bowl. Gently, toss parsnips in oil and then remove, lining up on a large baking sheet. Add more oil to bowl (1 tablespoon), and repeat process with rutabagas, then placing on baking sheet. Then, adding more oil if necessary, and toss the carrots in the bowl and line them up on baking sheet.

Bake in preheated oven turning the fries periodically with a spatula, keeping each vegetable separate, until golden brown. The carrots cook in approximately 40 minutes, the parsnips, 50 minutes, and the rutabagas 60 minutes. Remove each vegetable group when done. After the densest root vegetable is thoroughly cooked, re-toss the other vegetables to the oven to reheat.

Toss all root vegetables together and season with salt and pepper and serve.

