

WALK Your Way to Fitness

Walking is the ideal exercise for just about everyone. Put 1 foot in front of the other — it's that simple. Here's how:



STEP 1: Warm up and stretch:

- As you begin walking, do a 5-minute warm-up walk using your largest muscles repeatedly (such as arm swings and back rotations) prior to brisk walking.
- Stretch right after your walk while your muscles are still warm. Never stretch a cold muscle.
- Keep shoulders back, head up and chest lifted. Never slouch forward.
- Allow your arms to swing naturally. Don't clench your fists.

STEP 2: Dress right:

- Wear well-fitting walking shoes with a flexible, cushioned sole and plenty of toe room. Socks made of breathable fabric keep feet dry and free of blisters.
- Wear nonbinding, weather-appropriate clothing, indoors or out. Carry a water bottle.
- Apps and wearable devices can help you monitor your physical activity.

STEP 3: Start slowly:

- If you're not used to exercising, don't expect too much right away. Start by walking at a moderate pace for just 10 minutes. **Goal:** Walk most days of the week, even if it's just for a few minutes.
- As you get used to walking, increase speed, distance and time, or carry hand weights. Try walking uphill or take a challenging nature hike.

STEP 4: Stay safe:

- Carry your smartphone for emergencies only (phone use while walking can distract you from potential hazards, such as traffic).
- Know where you're going and stay aware of your surroundings. Walk with others. If walking at night, stay in well-lit, well-populated areas. Let family members know your route.

QuikQuiz™: Be Kind to Your Kidneys.....

March is
Kidney Month.



How much do you know about chronic kidney disease?
Test your knowledge:

1. The primary function of your kidneys is controlling urination.
 True False
2. Type 1 and type 2 diabetes are major risk factors for developing kidney disease.
 True False
3. Kidney disease often goes undetected until it's very advanced.
 True False
4. Following a Mediterranean-style diet can fight chronic kidney disease.
 True False

>> Answers on the other side.

My Nose, My Allergies

Nasal allergy, or allergic rhinitis, causes inflammation of the nasal membranes. The allergic reaction produces antibodies that in turn release histamines that trigger stubborn symptoms — sneezing, itching, nasal congestion, watery eyes and runny nose.



Seasonal allergic rhinitis (hay fever) is most often caused by pollen from trees, grasses and weeds carried in the air during different times of the year in different parts of the globe.

Perennial allergic rhinitis

occurs year-round, typically triggered by indoor allergens. Most common offenders: animal dander, mold spores, dust mites and cockroach particles.



If you have symptoms of nasal allergy — seasonal or year-round — talk to your health care provider, who can recommend a variety of prescription medications and over-the-counter symptom relievers, including:

Antihistamines — they help relieve sneezing, itching and runny nose. They work best taken routinely during allergy season and before symptoms take control.



Decongestants — they narrow the blood vessels and reduce blood flow in the affected area to relieve congestion and improve breathing. They come in oral tablets, eye or nose drops and sprays.



*“The ability to be in the present moment is a major component of mental wellness.”
— Abraham Maslow*

Master Your Plate

By Cara Rosenbloom, RD

When you want advice about healthy eating, food guides and charts can be confusing and difficult to use. Instead, focus on your plate at each meal. Here’s what it should look like:



➤➤➤ **Fill half the plate with vegetables and fruit.** This may be raw vegetables, salad, or steamed, broiled, roasted or stir-fried options. Anything goes!

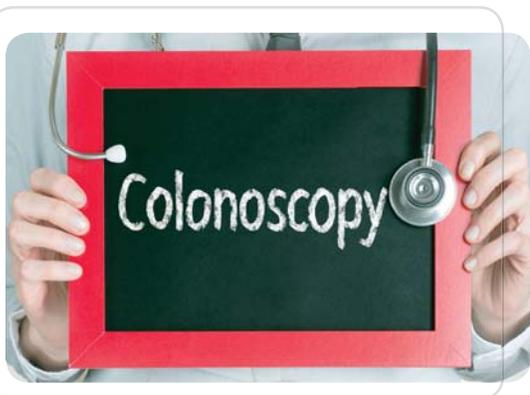
➤➤➤ **Fill one-quarter of the plate with protein-rich foods:** Lean meat, poultry and fish are all good options, but you can also mix things up with tofu, lentils, beans, Greek yogurt, cheese, eggs, nuts or seeds.

➤➤➤ **Fill the remaining one-quarter with grains:** Try brown rice, 100% whole-grain pasta, quinoa, buckwheat or oats.

Sticking with this plate method can ensure you get plenty of vegetables and fruit, and limit starchy, refined white carbohydrates or fatty meats.

But what if you’re eating a mixed meal that doesn’t have clearly divided plate portions? Think about the ingredients in your dish and decide what’s missing. For example, if your salad is mostly vegetables, add some chicken breast and a scoop of cooked quinoa.

The plate model works for breakfast, too. Great combos include cereal, milk and fruit or eggs with toast and tomato.



Colonoscopy: A Lifesaver

Colorectal cancer usually starts with a slow-growing polyp on the lining of the colon or rectum. Screening with a colonoscopy can detect these polyps and remove them before they turn cancerous.

The colonoscopy involves viewing the entire colon with a long, flexible, lighted tube. It’s recommended every 10 years after age 50, or earlier or more frequently, depending on your personal health history.

Many people dread and avoid this lifesaving procedure, particularly because of the pre-exam preparation. You’ll switch to an eating plan a few days before the exam that helps cleanse the bowel. Follow your health care provider’s instructions to the letter.

Then, the day before the exam, you begin drinking a powerful bowel-clearing substance. Coping with the resulting diarrhea is the most difficult part. The process takes about 16 hours. However, clearing the bowel as much as possible helps ensure the polyps aren’t missed in the exam.

Set aside enough time to complete the prep without interruptions. Arrange for the privacy you need for cleansing with as little stress as possible.

All things considered, a colonoscopy is well worth the effort.



March is Colorectal Cancer Awareness Month.

QuikQuiz™: ANSWERS

>> Continued from the other side.

- 1. False** — Your bladder controls urination. Kidneys remove waste and toxic byproducts; control body fluids and red blood cell production; and help regulate blood pressure.
- 2. True** — Other risk factors include being 60-plus, having high blood pressure and a family history of kidney failure, and overusing pain relievers.
- 3. True** — Only as kidney disease worsens are you likely to feel sick and weak from symptoms such as anemia, weak bones and nerve damage. Chronic kidney disease (CKD) can lead to kidney failure; early detection and treatment can often keep it from getting worse.
- 4. True** — Study results: Dietary patterns following the Mediterranean plan were linked with a 50% lower risk of CKD and a 42% lower risk of rapid kidney function decline. This diet includes a high intake of fruits, vegetables, fish, legumes and heart-healthy fats.



Smart Moves toolkit is at www.personalbest.com/extras/16V3tools.