Water Offers the Ideal Exercise

by Kathy Steege
Select Physical Therapy
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Water offers a greater resistance to movement than air, which makes the muscles, including the heart, w

Swimming is a great workout because it utilizes the entire body. A person should choose swim programs
In order to enjoy cardiovasc
ular and weight-loss benefits, a person should engage in swimming for 20 minutes, three times per weel

The Benefits of Massage

submitted by Massage Envy
Dr. Phillips
www.massageenvy.com
407-354-3689

Once thought to be an extravagance, massage is a perfect elixir for good health. It can also provide an i

The following are some of the benefits massage provides:

• Increases circulation to allow the body to pump more oxygen and nutrients into tissues and vital organs

• Stimulates the flow of lymph, the body's natural defense system against toxic invaders; and improves the condition of the body's largest organ — the skin.

• Relaxes and softens injured and overused muscles.

• Reduces spasms and cramping.

• Increases joint flexibility.

• Reduces recovery time, helps prepare for strenuous workouts, and eliminates subsequent pains of the

• Releases endorphins, the body's natural painkiller.

• Reduces postsurgical adhesions and edema, and can be used to reduce and realign scar tissue after h

• Improves range of motion and decreases discomfort for people with low back pain.

• Relieves pain for migraine sufferers.

• Provides stretching for atrophied muscles and reduces shortening of the muscles for those with restrict

• Assists with shorter labor for expectant mothers.

• Helps people sleep better and can increase their concentration.

• Reduces fatigue and gives people more energy to handle stressful situations.

Caring for a Loved One With Alzheimer's/Dementia

by Jennifer Gruber, M.A., L.M.F.T., L.M.H.C., community liaison
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Currently, more than 5.3 million Americans are diagnosed with a dementia-related illness. Some studies

Given this prediction, many individuals will be caring for a loved one who has this disease at some point

The following 10 pointers are helpful for anyone providing this specialized care:

• Be patient, calm and flexible.

• Consider that a particular behavior could be triggered by pain or depression.

• Respond to the emotion, not the behavior.

• Refrain from convincing or arguing.

• Acknowledge requests and respond to them.

• Consult with a physician to determine if medications could be causing some of the behaviors or could h

• Do not take the behavior personally.

• Stick to a routine and maintain a quiet, soothing environment.

• Get support from others.

• Become educated about community resources.

The Key to Heart Health

by Alice Rall, weight coach
Metabolic Way Natural Weight Management
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Heart disease is the No. 1 health problem in the world, accounting for more deaths than the next five dis

The risk of heart disease can be dramatically improved through simple changes in diet and exercise. We

A healthy diet is the key. Exercise will not make up for a poor diet. However, exercise is important to goo

Sunburn Prevention

by Jason D. Schultz, M.D.
The Medical Concierge
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407-648-5252

Most out-of-town visitors underestimate the Florida sun. Central Florida offers a subtropical climate. Fro

Many people use sunblock and still get burned. Generally, this occurs because of two factors — they us

Most fair-skinned people of Northern European origin need a sunblock, not a sunscreen, with a sun-prot

When choosing a sunblock, people should remember that the effectiveness in preventing sunburn and s

For maximum effectiveness, a sunblock should be applied freely to clean, dry skin, and allowed to dry a

Again, if people can take an indoor break to allow for reapplication and binding, this will enhance the effe

The Gift of Healing Hands

by Thuy Nguyen, D.C.

Nguyen Wellness Center
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407-614-5891

The average person strives to live a comfortable, stress-free and pain-free life. However, even with prec

Express Care for Summer Safety

submitted by Health Central ExpressCare
www.healthcentral.org/health-central-services/express-care
407-253-7850

The summer months are here, and there are plenty of fun activities for the entire family. However, there

Sunburns, dehydration and heat exhaustion are a few of the dangers to be aware of when playing or wo

Dehydration symptoms include weakness, disorientation, muscle cramping, headaches and fainting. The

If experiencing symptoms of heat exhaustion, one should move immediately to a cooler location and drin

Summer Camp Contributes to Wellness

by Amy Schwartz
Jewish Community Center of Southwest Orlando at the Jack & Lee Rosen Campus
www.orlandojcc.org
407-387-5330

When school ends for the year, children across Southwest Orlando will breathe a sigh of relief, while par

Parents should consider what will be best for the health of their child during the summer months from a p

Compared to the alternative of staying at home, attending camp is a physically healthier choice. On aver

People Can Have It All

by Farnaz Namin-Hedayati, Ph.D.
Center For Work Life
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According to studies by the National Institute of Occupational Health, U.S. businesses lose more than $3

People need to be human beings, not “human doers” who risk turning businesses into mindless commod

The following are seven practices that employers can introduce into their organizations to increase produ

• Identify actual requirements of each job vs. the traditions of the company or preferences of the manage

• Encourage everyone to regularly take a lunch break away from the workplace.

• Encourage real vacation time.

• Offer articles, books and seminars about stress and overwork, work-life balance and personal energy r

• Seek ways to sneak in a little fun.

• Consider providing employees with training in relaxation methods like yoga.

Human beings should exercise value judgment and practice living life through what is valuable.

People can choose to have it all.

Pool Therapy Helps Vein Issues

by Samuel P. Martin, M.D., F.A.C.S., founder/medical director
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Water is the only place that gravity does not affect veins. The effects of gravity for long periods of time is

Daily immersion in water, whether it is walking, swimming or pedaling with an Aqua Jogger or other buoy

Pool therapy relieves the symptoms of spider and varicose veins, including aching, burning, heaviness,

The Truth Behind the Pole

submitted by Diva Doll Fitness & Pole
www.divadollfitnessandpole.com
407-297-7653

When someone thinks about women's fitness, usually running on a treadmill with girlfriends or a morning

Chair dancing is an option for those not ready to take the plunge into the pole pool. Dancing on a chair is

Healthy & Beautiful Skin

submitted by Susan Meyer, L.M.T., C.A., spa manager
Meisenheimer Day Spa
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Beautiful skin starts with healthy skin. To maintain and improve skin health, an effective cosmeceutical s

Sometimes people are fooled into believing the hype from commercials and
advertising. After all, “If so-in-so uses it, it must work.” If this were actually true, everyone would have be

Finding a professional who will take the time to customize a skin-care protocol to fit a person’s individual

The strength of a product, type of ingredients and avoidance of certain preservatives are all important in

Finding honest, ethical products, as well as the people to trust with one’s skin, are essential in achieving

More Health & Fitness