

Setting your PACE By Wendy Hladick, PA-C

Last time, I talked about the new focus the Iliuliuk Family and Health Services has on addressing physical activity for all of our patients. The reason being, there is too much compelling evidence that physical activity promotes health and well being to not share that news with our patients.

But, what can you do, if you know you should be more active, but you've had a hard time getting out of your chair?

It might be as easy as changing the way you think about activity. Instead of thinking about exercising, and your images of running, and gasping for air, ask yourself what you like to do and what you would enjoy doing.

Moderate activity, that will provide you with rewards you will soon feel and enjoy, can begin simply with 10 minutes of playing actively with your children, or walking your dog. Ask a friend you haven't talked with for awhile to join you for a walk. When the weather breaks, take a trek to the post office, and enjoy how good you feel from a walk in the fresh air. Break up the inactivity from sitting in your office by a 10-minute break, to walk up some stairs, or down the hall. You'll feel better when you sit back at your desk. Those 10 minute increments can slowly add up to a total of 30 minutes of activity and that is the recommended daily amount. Slowly, you can strive to work up to that level of activity at least 5 days a week. And give yourself credit for the housework and vacuuming you do. That's physical activity!

If weight reduction would help motivate you, it's best to be active for a whole 30-minute session, but the more active you become, the easier it will be to achieve that level.

For those of you who are currently active and have a desire to do more, try race walking, jogging, running, lap swimming, aerobic dancing, cycling, rowing, jump rope, cross country skiing, racquet ball or competitive sports such as soccer and basketball. Our community center provides us with the space to do many of these activities.

Even the marathon and triathlon trainers are at risk of inactivity, because of some of the muscle and joint injuries they can get. It's even a challenge from time to time for these individuals to keep their training interesting so they will remain active.

What do you like to do and what do you enjoy doing? Set your PACE!