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Health

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Summer Health

What is the Best Exercise?

Hilary Simon, St Ives Physiotherapy and Sports Therapy Centre

"Use it, or lose it". We have all heard this mantra at some point in time, but have you taken action?

As physiotherapists at St Ives Physiotherapy & Sports Therapy Centre we are often asked "what is the best exercise?"

While taking part in a structured form of exercise including team sports, going to the gym, etc has become a part of life for some, there are other ways to stay in shape.

A long term study (13 years) completed in 2008 showed that healthy seniors who are physically active and exercise for more than 60 minutes each week can lessen their chances of disability as they age. Here are a few ideas that are cost effective and easy to implement for people of all ages, including the family pet!

- Why not combine family and fitness - go on a picnic. Take with a volleyball, soccer ball, cricket set or Frisbee.
- Head off to the beach - beach volleyball, cricket or Frisbee will keep the whole family entertained and fit while simultaneously absorbing Vitamin D. People of all ages can enjoy a walk along the beachfront. Walking on the beach will give your calf muscles an extra workout. If you do not own a bicycle, hire one and go cycling with your family or friends. If you enjoy cycling, join a cycling group at your local bicycle shop.
- Take the dog for a walk. If you do not own a dog, offer to take a neighbour's dog out for a walk.
- Sydney has many bushwalks to offer for people of varying levels of fitness.
- Try something a little different - hire a kayak and have a go at paddling.
- Join a local walking or running group. Participate regularly and you will increase your level of fitness so that you can enter fun runs/walks.
- Dancing is a fun way to get a good cardiovascular workout. There are many options of dance classes available. Encourage a friend to join you.
- Make use of the swimming pool in your back garden. Invite friends over for a swim.
- If you prefer to exercise indoors, join a gym.
- Purchase a stationery cycle and set it up facing your TV set. Cycle for ½ hour a day while watching one of your favourite TV shows.

So, you may ask, what is the BEST exercise?

The best exercise is a form of exercise that you enjoy enough to do on a regular basis. The Australian Heart Foundation recommends that you "include at least 30 minutes or more of moderate intensity physical activity (such as brisk walking) on most, if not all days of the week, for health benefits". Research has shown that exercising in a group or with a friend has a higher compliance rate than exercising on

your own. You do not have to do the same form of exercise everyday - combine a number of different exercises throughout each week. It is now time to put this magazine down and out for a walk!

If you have any concerns, contact St Ives Physiotherapy & Sports Therapy Centre on 9144 1118, to arrange a consultation with your local Physiotherapist.

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Behind the Reasons for Wrinkly Skin

John Bell, O'Loughlin's Medical Pharmacy

Really wrinkly skin is one of the less than appealing side effects of excess sun exposure. This effect on our skin is confirmed, according to dermatologist Hugh Roberts, by the fact that those areas of our body most exposed to the sun (such as our face) become lined and wrinkled, whilst those areas least exposed (such as the buttocks) retain a smooth, wrinkle free texture well into old age.

Dr Roberts, who was speaking at the Pharmaceutical Society of Australia (PSA) annual conference held in Melbourne last month, also talked about the more serious consequences of overexposure to the sun. Skin cancer, he said, the most common of all cancers, is almost always caused by overexposure to ultraviolet radiation - that is, sunlight. Generally, the cancer is caused by excessive childhood sunburn or by blistering sunburn even in older age groups. Also, the adverse effects of sunlight on the skin are cumulative. The damage on and beneath the skin is building up, even without burning. Research undertaken by the Cancer Council and the Australian Department of Health and Ageing shows that it's not just the day, or even several days, at the beach that causes the most sun damage to our skin. The many days spent involved with everyday activities, without adequate protection from the sun, might be even more dangerous. And with most states in Australia now "saving daylight", there is the possibility we will have more usable leisure time in the sunshine.

Dr Roberts said that around 70% of Australians will have at least one skin cancer during their lifetime. It's important, he said, that we are all aware of the best strategies to prevent skin cancers as well as early warning signs and symptoms so we can seek prompt and effective treatment.

It's timely, therefore, that a new health education program has recently been launched to encourage all Australians to get to know their own skin. The Know Your Own Skin campaign is particularly aimed at people over 40 years of age who, due to previous sun exposure, are at significant risk of developing sun spots - known medically as solar (or actinic) keratoses. The program has been stimulated by new research which shows that whilst over 90% of Australians in the 40 plus age group have suffered from sunburn, more than a third don't think they are at risk of sun damage because they currently avoid the sun and/or use sun protection.

Former Iron Man champion Guy Leech is the "face" (and body) of the education and awareness campaign and typifies the generation of Australians who grew up in the sunshine before the Slip, Slop Slap era and were never aware of the dangers of spending too much time in the sun.

In addition to Guy Leech a number of leading health care experts have been involved with the development of the campaign including consultant dermatologist Dr Stephen Schumack, who said at the campaign launch that all "baby boomers" should have an annual skin check to detect any early signs of skin cancer.

You can get more information about maintaining healthy skin from the www.knowyourownskin.com website or for detailed advice about sun protection, speak to one of our friendly pharmacists at O'Loughlin's Medical Pharmacy, located upstairs next to the medical centre. We are open 7 days from 8.30-8pm Monday - Friday, until 9pm on

Thursday and 8.30-6pm on weekends. Advice line: 9440 0030.

O'Loughlin's Medical Pharmacy is located at Shop 126, Upper Level, Phone 9440 0030.

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Weight Loss

Michelle Lotzof, Blooms the Chemist St Ives

Over the Counter Weight loss pills - do they really work?

The temptation to use over the counter weight loss pills to lose weight fast is strong, but are these products safe and effective, do they lighten anything except your wallet. The FDA will endorse the safety and effectiveness of products for sale, and will possibly recall or investigate the safety and claims drug companies make on their products by constant monitoring. So if you're thinking about trying a weight loss pill, first talk it over with your pharmacist or doctor.

The human body is a miracle that functioned efficiently long before science came around. Through the ages we have managed to weaken our bodies with the increase of toxins in our daily life. The body has miraculous powers to cleanse itself, but too much, in what we eat and drink, becomes an overload to our bodies and can endanger our health. That's why it's important to detoxify our bodies so we don't start to suffocate in our own wastes which cause loss of our vibrancy and energy.

There are some effective rapid detox programmes on the market now that will stimulate the cleansing process, help you lose 3-6 kilos in 10 days, increase vitality and energy, strengthen hair and nails, help us to develop better eating habits and kickstart an improved lifestyle. They should be used 2-3 times a year.

In addition to that we recommend a meal supplement designed to help you lose weight and keep it off. These programmes work by reducing your calorie intake, by replacing two meals a day, but they still contain the necessary vitamins and minerals to keep you healthy. The range of flavours not only taste great but keep you feeling fuller longer. The content of your evening meal is defined by the program but made by you at home using healthy everyday foods that the whole family can enjoy. The product range includes different flavour shakes and bars.

Call into Blooms The Chemist, as we have a qualified registered Naturopath at the pharmacy every Monday, who would gladly discuss the weight loss program that is best suited for you.

Blooms the Chemist is located at Shop 3, Lower Level, Phone 9144 6914.

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