

# HEALTH & FITNESS

## SIDE BRIDGE



## ABDOMINAL TWIST



## PRYAMID



# Toning for the holidays

By Caroline Creager  
The Surveyor

Can you believe there are only 51 days until the holiday season begins? This means you have plenty of time to tone your body before kicking off the eating season.

The exercise program below contains only five exercises. These five time-efficient exercises will help you tone your tush, abdomen, arms, back, and legs, in 10 minutes a day. Perform these exercises every other day beginning with one set of 10 repetitions, progress to two sets of 10 repetitions.

**Side Bridge:** Lie on your side with legs straight and elbow bent. Draw your navel toward your spine. Press up onto your elbow keeping it aligned with the shoulder and lift hips off floor. Raise your right leg up approximately six inches. Hold five seconds. Repeat: 10 times and repeat on opposite side.

**Abdominal Twist:** Kneel and lean to left side, placing your left straight arm on floor. Straighten top leg. Watch hand as you raise your top arm toward ceiling, keeping hand in alignment with shoulders and hand on floor. Lower top hand and reach hand under body, rotating torso and head. Repeat 10 times on each side of the body.

**Pyramid:** Kneel. Lean forward and place bent elbows on floor. Stack elbows on top of each other and place under head. Draw your navel toward your spine and

squeeze pelvic floor muscles — as if you're stopping the flow of urine. Extend legs and raise buttocks up, making a pyramid shape with body. Press heels toward floor. Hold five seconds. Bend and straighten knees. Repeat 10 times.

**Progression:** Raise left leg, aligning the ankle with the hips and shoulders. Hold five seconds. Repeat five to 10 times. Repeat on opposite leg.

**Bench Crunch:** Lean forward and place hands shoulder-width apart on bench or step. Draw your navel toward your spine. Hop forward, bending knees toward chest and keeping feet together. Hop back, straightening both legs. Repeat: 10 times.

**Bench Hop:** Lean forward and grip bench or step with hands. Draw your navel toward your spine. Hop from side to side of bench, keeping feet together and shoulders aligned over hands. Repeat: 10 times on each side.

## BENCH CRUNCH



## BENCH HOP



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## Staying healthy with the seasons — Autumn

Autumn has arrived and we feel it in the weather, taste it in the harvest, and see it in the changing colors. In Chinese medicine and the law of the five elements, it is the season for deep breathing exercises, introspection, letting go, and caring for your lungs and colon.

There are five elements in Chinese medicine and the element associated with autumn is metal. Metal in nature is known for its stability and in Chinese medicine it governs the mind and all activities associated with organization and order. It is time to pull in the energy of summer that can be scattered at times and to prepare for the stillness of winter.

On an emotional level, the metal element is associated with sadness and grief and it requires us to look inward

and let go of negative emotions that no longer serve us, just as the trees now shed the leaves that they no longer need. Everything in nature contracts and moves inward and downward. Leaves and fruit fall, seeds dry, and it is a time to let go of what isn't needed.

The internal organs associated with autumn and the metal elements are the lungs and colon. Healthy lungs are able to gather energy through our breath and maintain order and strength by fighting off viruses. The colon, the paired organ of the lung, has the obvious function of letting go of what isn't needed. By caring for your lungs now, you will be healthier this winter and get fewer colds. It is also a great time of the year for a colon cleanse.

Our diets, too, should change and reflect the seasonal transition. Now is the time to stop eating uncooked foods, such as salads and eat more warm foods such as soups. Baking, sautéing, and stewing foods will stimulate appetite through the sense of smell. Eating concentrated foods and root vegetables will thicken

the blood for the cold winter ahead. Nourish your lungs by eating steamed pears and lots of red and yellow veggies such as carrots, yams, and squash. Also include more sour flavored foods such as sauerkraut, pickles and vinegar.

If you are already experiencing colds and flu, having trouble transitioning into the cooler weather, or are feeling out of balance, it is a great time of year to consider acupuncture and Chinese medicine.

Susannah Neal is a licensed acupuncturist, MA, LAC, LLC

Guest Columnist



Susannah Neal

## OBITUARY

**Irene Gasler Wilson**, eighty-eight years of age, of Berthoud, Colo., passed away on Sept. 30, 2008 at Longmont United Hospital following a short illness.

She was born in Fairlawn, New Jersey in 1920 and lived much of her life in Hawthorne, New Jersey. Irene married Frederick D. Wilson in 1943 and they enjoyed a long and beautiful life together until his death in 2004. She worked as a secretary and bank teller until she and her husband retired to Berthoud in 1987.

Irene is survived by her son, Frederick D. Wilson, Jr. and his wife MaryAnn, of Longmont; grandson Dan Wilson and his wife Stephanie of Lafayette; and granddaughter Leah and her husband Rob Valentine of Firestone. She is also survived by four great-grandchildren: Paloma, Wil, Sadie and Anna.

Cremation was handled by Ahlberg Funeral Chapel, Longmont. A memorial service is not yet scheduled. Visit [www.ahlbergfuneralchapel.com](http://www.ahlbergfuneralchapel.com) to leave condolences for the family.

## OBITUARY

**Diana Jean Fritz**, of Berthoud, went to the Lord on Sept. 27, 2008.

She was born in Minneapolis, Minn. on Dec. 10, 1950 to Dwayne and Myrtle (Burandt) Fritz and was raised in New Hope, Minn.

She is survived by her husband Craig Hess of Berthoud, Colo., son Paul Daniels of Berthoud, numerous brothers, sisters-in-law, nieces and nephews, three grandchildren and one great grandchild.

She was preceded in death by her parents and one brother David Fritz. A memorial service was held on Oct. 4 at Grace Place in Berthoud.

Beat the bug - get a flu shot!

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Flu Shots - \$27.00

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9 a.m. - Noon

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