

HEALTH & FITNESS

A prescription for health

Can you imagine your physician writing a prescription for you that could prevent and treat dozens of diseases? It's possible. Robert Sallis, M.D., president of the American College of Sports Medicine (ACSM) calls exercise a "wonder drug."

The ACSM and the American Medical Association (AMA) launched Exercise is Medicine, a new program designed to encourage patients to incorporate physical activity and exercise into their daily routine. The program calls on physicians to prescribe exercise to their patients and refer patients for exercise instruction.

In Shape



Surveyor Columnist
Caroline Creager

The U.S. Department of Health and Human Services has found that moderate daily physical activity can substantially reduce the risk of developing or dying from cardiovascular disease, type two diabetes, and certain cancers, such as colon cancer. Daily physical activity helps to lower blood pressure and cholesterol, helps prevent or retard osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis.

Ronald Davis, M.D., president of AMA, said, "... Exercise is not an option, but a necessary, active, direct

way that people can maintain good health, avoid illness, improve the quality of their lives, reduce health care costs, and extend their life expectancy."

Although the Exercise is Medicine initiative is new, Hippocrates — considered the Father of Medicine — wrote the following more than 2000 years ago; "All parts of the body which have a function, if used in moderation and exercised in labours in which each is accustomed, become thereby healthy, well-developed and age more slowly, but if unused and left idle they become liable to disease, defective in growth, and age quickly."

Be prepared for your next doctor's visit and take a copy of the Exercise is Medicine prescription pad to your physician. Visit <http://www.maykithappen.org/ExercisePrescriptionPadrevised.pdf> to download the prescription.

In addition, discuss with your physician how you may integrate this cardio interval program designed by Stacy Hepp — a certified personal trainer from the Berthoud Athletic Club — into your exercise regimen. Stacy's short workout includes speed and incline changes to blast away the calories.

Be sure to see your doctor before beginning any exercise program. This workout is a sample only — modify according to your fitness level. If you want to go longer, feel free to do so. If

you can only go for five minutes, again, feel free to do so and work your way up.

The RPE's (Rate of Perceived Exertion) are to help you keep track of your intensity on a scale of one to 10. In this workout stay around five to six RPE. During high intensity intervals (lasting approximately one minute) you should be working hard at eight RPE.

If you don't feel completely recovered at the end of the recovery periods extend the period until you have recovered.

This workout is performed best on a treadmill or elliptical machine, as well as outside. To do this workout outside simply alternate speed walking, running, or hills for one minute with two minutes of slow walking to recover.

The Workout:

5 minutes: RPE 3-4: Warm up on your choice of equipment or walking outside

2 min: RPE of 5: Increase speed and/or incline from warm-up to slightly higher than comfortable pace

2 min: RPE from 5-6: Increase the incline 1 percent every 15 seconds

2 min: RPE from 6-5: Decrease incline 1 percent every 15 seconds

1 min: RPE: 8 Increase speed to fast walk or run

2 min: RPE: 5 Decrease speed to recover back to a medium intensity

2 min: RPE: 5-7: Increase incline 1 percent every 15 seconds

2 min: RPE 7-5: Decrease incline 1 percent every 15 seconds

1 min: RPE 8: Increase incline 5-10 percent, work as hard as you can (don't hurt yourself!)

2 min: RPE 5: Decrease incline to 0 percent to recover back to medium intensity

5 min: RPE 3: Cool down by walking at a comfortable pace



EXERCISE PRESCRIPTION

Patient name: _____ DOB: _____

Physician's Signature _____

Date: _____

AEROBIC EXERCISE	_____ Days/Week	Progressing to _____ min/session
Impact Exercises	<input type="checkbox"/> Jogging <input type="checkbox"/> Aerobics	Non/Low-Impact Bearing Exercises
<input type="checkbox"/> Walk/Jog <input type="checkbox"/>	<input type="checkbox"/> Bicycling <input type="checkbox"/> Rowing <input type="checkbox"/> Aerobics	<input type="checkbox"/> Walking <input type="checkbox"/> Swimming <input type="checkbox"/> Stationary bicycling
<input type="checkbox"/> Rope skipping <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intensity	Exercise Heart Rate _____ to _____ beats/min. or _____ to _____ beats/10 sec.	
Perceived exertion (see chart)	_____ to _____ averaging _____	
Begin _____ program with _____ minutes, add _____ minutes every week.		
Begin _____ program with _____ minutes, add _____ minutes every week.		
Additional instructions _____		

STRETCHING/FLEXIBILITY EXERCISE	_____ Days/Week
<input type="checkbox"/> Pre/post Exercise and Physical Activity	<input type="checkbox"/> Low Back Flexibility Program
<input type="checkbox"/> General Program	<input type="checkbox"/>
Additional Instructions _____	

STRENGTH EXERCISES	_____ Days/Week
<input type="checkbox"/> Dumbbell/Barbell Conditioning Program	<input type="checkbox"/> Calisthenics
<input type="checkbox"/> Weight machine strength program	<input type="checkbox"/> Low Back Strengthening Program
Additional Instructions _____	

SPORTS AND RECREATIONAL EXERCISE	_____ Days/Week
Mode _____ Frequency _____ time(s)/week	Duration _____ minutes

ADDITIONAL RECOMMENDATIONS AND COMMENTS

2 min: RPE 5: Decrease incline to 0 percent to recover back to medium intensity
5 min: RPE 3: Cool down by walking at a comfortable pace
Total Workout Time: 26 minutes

Common sense, moderation and humility are gone from health care

Some of the most fundamental concepts in healthcare are skewed and are accepted as a rock solid foundation for diagnosis and treatment. To assume that some of these concepts are true is to assume that God has made some mistakes and that the medical profession is here to

fix them. Since I am always saying that people are responsible for their own health, I am going to challenge you to rethink something you may very well hold as gospel.

Cholesterol is often viewed as a poison that has been put in your body and it is bad, will kill you, and since you can't get it all out, the lower it is the better off you are. Lowering cholesterol is generally viewed as a good thing to do. We have many drugs supplied by a multi-billion dollar pharmaceutical industry that has us completely convinced that lowering our cholesterol will save us from heart disease. As a matter of fact, the next time you watch an ad on television for one of these drugs, note that they don't even talk about heart disease. They only mention lowering cholesterol and how successful the drug is at it. In our core beliefs, we believe that lower cholesterol will result in less chance of heart disease; yet, this has

never been proven. These Statin drugs will lower your cholesterol, yet the Web sites for Crestor, Vitorin and Lipitor all carry similar disclaimers. Check their Web sites for disclaimers that are phrased like this:

"Crestor is a prescription medication that is used in combination with diet to lower cholesterol. Crestor is not for everyone. Crestor has not been shown to prevent heart disease nor heart attacks." When I show this to my patients, they look at me in bewilderment and ask, "Isn't that why I'm taking it?"

Look up the Framingham study, which is the largest and longest ongoing study, researching the relationship between cholesterol and heart disease. Of the people in the study that had heart attacks, 75% of them had "normal" levels of good (HDL) and bad (LDL) cholesterol. If this is all you're focused on, you may have a false sense of security that

your cardiovascular system is in good shape.

The general public has also been duped into thinking that acid in your stomach is a bad thing and needs to be taken out. Another mistake. The fact of the matter is you need acid in your stomach to help break down your food—especially protein. Acid reflux is caused by the incomplete breakdown of proteins and the proteins in your gut rotting and undergoing a process called putrefaction. The truth is that most people don't have enough digestive hydrochloric acid in their stomachs.

Why do we assume that an 85-year-old person should have the same blood pressure as a 25-year-old? If high blood pressure is bad, is low blood

pressure good? Should blood pressure be lowered to a level where the patient gets fatigued or dizzy and then back off? I'm not saying that we should lower the standards for seniors, but we should re think our approach.

God did not make mistakes. People don't have heart attacks because he forgot to put aspirin in their bodies. Are people taking too many medications? Did you ever question whether or not there could be a more common sense approach to your health care? There probably is. Its your responsibility to find out.

Note: Dr. Kleeber is a chiropractor at Gateway Natural Medicine in Berthoud. He can be reached at 532-2755.

Backcountry safety tips for children

Brought to you by the Colorado Search and Rescue Board and Larimer County Search and Rescue.

Whether going camping for a weekend or hiking/biking for a day, it is important to always be prepared in the woods.

Stay within sight and sound of the adult in charge at all times. Never go off trail or walk a trail alone.

If you do become lost, you should stop, and stay in one place. Find a momma tree and give her a hug. Always carry a whistle around your neck. It can be heard for a long distance and takes less energy than yelling. Carry a trash bag with you. It's lightweight, fits in your pocket and will keep you warm and dry. Have mom or dad pre-cut a hole in it for your head so you do not suffocate.

Remember there will be hundreds of friends looking for you, so do not be afraid or hide.

Being prepared (for everyone):
The one common denominator of all backcountry enthusiasts is an emphasis on safety. The Colorado Search and Rescue Board and Larimer County Search and Rescue offer the following tips:

- Never go alone:**
- Tell your friends your destination and expected time of return. Leave a note in your car at the trailhead with this information, especially if you change your plans.
 - Take a map and compass and know how to use them.
 - Know your physical condition.
 - Listen to local weather reports and prepare for extreme conditions.
 - Dress in layers and take adequate clothing. Also bring a space blanket.
 - Bring more water than you think you will need and plenty of food.
 - Be aware of your surroundings and the weather. Regularly look backward and around you. Note landmarks and compass bearings. Keep in mind your return route.
 - If you get confused, Stop. Stay put and stay warm.

For additional information:
Contact: Mike Fink
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E-mail: mjf10@netzero.net

Naturally



Surveyor Columnist
Dr. Bill Kleber

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Students of the Week

- Jenna Hepp -
6th Grade - Turner Middle School
Jenna is an excellent student. She comes to class every day with a willingness to learn. Her participation and work quality are superior. Jenna sets high personal goals that she meets.

- Darien Wyse -
7th Grade - Turner Middle School
Darien puts a lot of thought into his school work, and it is always very high quality. He's a conscientious and diligent student who is an asset to Turner Middle School.

- Emma Roper -
8th Grade - Turner Middle School
Emma works really hard in all her classes. She works well in groups, helps other students, and always goes above and beyond on assignments.

- Anna Zigray -
Electives - Turner Middle School
Anna is always pleasant. She works hard on all her projects. She experiments and tries new projects. Anna likes to explore new possibilities.

STUDENTS OF THE WEEK SPONSORED BY:

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Financial Consultant
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