

Injury Prevention

What is your lifestyle? Here are some ways to stay healthy...

by Allison Ishman, LMT, Certified Personal Trainer

Every fall brings new sweaters, new shoes, new tires, and, inevitably a new schedule. To maintain your own body and mind this winter, here are some ways to stay on top and a step ahead!

Drink Those 8 Glasses Of Water A Day! Drinking water flushes the body and provides a base for all of your body's functions; We are over *50 percent* water, which is indicative of how important water is for a bodies to function properly. Like you can't run a business well without a phone or a car without those tires, you can't run a body well without water. *The key: have water handy so that you drink it.*

Breathe And Stay Active! Take deep breaths at least occasionally and short breaks from repetitive activities. If you sit at a computer all day, take breaks, get up and move around. If you drive a lot, stretch your neck in the car, change arm positions, stretch your hips, and stay active when you're not in the car. If you're on your feet a great deal, sit down pamper your feet and legs with occasional massage, and stretch. Whatever you do daily, try participating in the opposite actions for balance.

Watch that Posture! If you keep your shoulders back slightly - pulling your shoulder blades together - and your chin tucked in just a touch, your spine should line up more evenly, and your back, neck, and shoulders should relax more. (Mom knew a few good things...) This is especially true for those that frequently drive, use computers, talk on telephones, or read and write regularly. Stretching is also very helpful.

Perhaps The Most Important Thing Is To Stay Proactive, And Be Supportive Of One Another's Healthy Habits. Managers that promote proactive steps in healthy living see higher productivity levels, less sick days, higher morale, greater creativity, and lower stress levels overall. Over 50% of days missed from work are stress related. The bottom line is that prevention is smart, and less painful - all the way around.

*Tip: Use post-it type notes to remind yourself to stretch, breathe, or take breaks. Habits are more easily formed when reminders are in front of you. Consider reminders on your desk, planner, dashboard, bathroom mirror, and/or computer.

Allison Ishman is a certified massage therapist and personal trainer, and owner of Ishman BodyCare Center in Naperville. They provide Massage Therapy for stress-reduction, injury treatment, sports therapy, and corporate wellness programs, Personal Training for fitness, improved performance, post-rehabilitation, and weight loss, and offer related Nutrition and Wellness services. She also provides continuing education and individual consulting services for massage therapists in sports massage and body mechanics.

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