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Health & *Wellness* DIRECTORY



A new workout

Area experts offer advice about getting into a fitness routine

By Eileen Mozinski Schmidt
Special to Conley Media

Restarting or beginning a new exercise routine may seem daunting, but some area fitness professionals say the process can end up being rewarding. For those looking to start anew, we asked experts for a few tips.

Be patient

From an injury prevention standpoint, patience is essential, said Terri Bodden, a certified running coach based in Kewaskum and owner of Finish Line Training LLC.

"It shouldn't be all of a sudden we're just going to do everything," she said, recommending that those starting a new fitness program initially hire a professional to discuss where to begin.

A coach or fitness trainer can help customize a routine and can provide motivation to set the correct pace as well, she said.

"It's OK to admit you need accountability," Bodden said.

Alan Marinari, owner of Earth Athletics, LLC, said that

the first thing to do, regardless of age or fitness level, is to track nutrition using an online app of choice and setting goals according to basic metabolic rate.

He said a person's BMR can help guide how many proteins, carbohydrates and fats to include in one's daily diet.

Start at your own beginning

Don't worry about where others are in their fitness journey.

"I hear all the time from people looking to come back to fitness say, 'I have to get in better shape or lose weight and then I'll call you,'" Bodden said. "It's not that I don't understand, but they really shouldn't feel that way. Any place you need to start from is where you're going to start."

Marinari agreed, "I would say that the best thing that you can do is give yourself a little bit of grace. Every staircase starts with your first step. Don't overthink it and just go," he said.

Marinari added that online videos can provide help with

alignment during workouts. His business includes a studio in Waukesha and he works with individuals and groups in the greater Waukesha and Milwaukee area.

'Create a pattern'

From a fitness standpoint, Bodden said to assume three to five days a week of workouts will be needed.

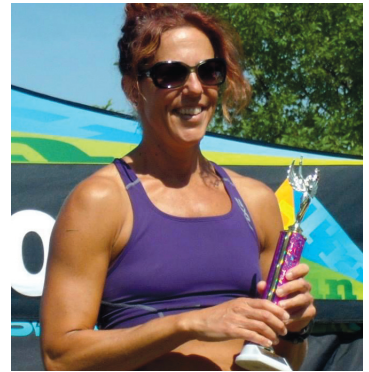
"It doesn't have to be much more than 25 to 35 minutes," she said. "You want to create a pattern."

Bodden, who works with adults of various ages and sometimes younger runners as well from around Washington County and elsewhere in the Milwaukee area, does individual personal training and small group classes.

She tells those she works with that there is no magic bullet.

"You really have to do it and you really have to sweat and sometimes it has to hurt," Bodden said.

A starting routine could include three days a week, including a day with chest



Submitted photo

A recent photo of Terri Bodden, a certified running coach based in Kewaskum and owner of Finish Line Training LLC. Bodden said when beginning a fitness routine to create a pattern with workouts, often three to five days a week.

motions paired with triceps workout, a second with back and bicep motions and a third with legs and shoulder motions, Mariani said.

"Pick two motions and pair them. Do them back-to-back and do sets for three rounds of 10 reps," he said. "Fill in other days of the weeks where you

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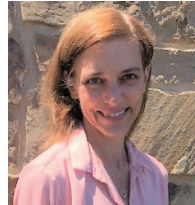
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WORKOUT

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feel good with some gentle cardio."

10 percent increases

When increasing workouts, Bodden said there should never be more than a 10 percent mileage addition for runners per week.

The 10 percent gauge could also be applied to walking or fitness classes, according to Bodden. She said adding to a weight workout would likely require a consultation with a trainer.

Mariani recommends starting with gentle resistance training. For those over age 60, he said resistance bands are a good place to start.

"The common misconception is that weights will make you bulky; that's not the case," he said.

Mariani said everyone needs to do some low plank work, meaning a balance on toes and elbows. Planking is beneficial for core muscles, which he said is "crucial for every person on the planet."

He added that his go-to fitness advice for those he works with is "core tight and shoulders back."

2021 health and fitness trends

What's a fad, what's here to stay?

By Dave Fidlin
Special to The Freeman

The ripple effects from the onset of the pandemic are still being felt, and as the shakeout continues, it has become clear COVID-19 has altered many aspects of life — including Americans' approaches to health and wellness.

The abrupt shutdown of gyms, workout facilities and similar venues a year-and-a-half ago prompted changes that could be temporary or long-term.

In its annual tally of fitness trends, the American College of Sports Medicine noted online training has remained a popular option in 2021, even as facilities have been fully reopening for in-person attendance.

"The challenges of engaging clients at a distance resulted in the use of some very strategic delivery systems," ACSM officials noted in this year's trend report. "Online training was developed for the at-home exercise experience. This trend uses digital streaming technology."

The shift to online workouts also has crossed demographic groups — a reality AARP has noted as it has been keeping tabs on fitness trends for adults ages 55 and up. Some enterprises, such as strength training company Vivo have pivoted strictly to virtual instruction, while other outfits such as SilverSneakers have gone with a more hybrid approach.

The long-term impact of COVID-19's impact on societal trends might remain open to speculation, but health experts say many of the past tried and true methods still hold true.

"Fads come and go," Edmund Fernandez, a family medicine doctor at the Aurora Health Center in Slinger, said. "But you've got to commit to a routine. The toughest part is getting to the point of doing it."

While there has been an undeniable rise in online, at-home workouts, Fernandez said a number of challenges have put a crimp in a widespread rollout of the trend. Some fitness equipment, he said, is in short supply because of increased demand and logis-

tics challenges.

"Whatever venue you choose — the most important thing is to (stay active)," Fernandez said. "If you buy exercise equipment, you really do need to use it."

Virtual workouts might be a newer trend, but fad diets, naturally, were around long before the pandemic altered life as we knew it. Fernandez said he cautions against such fad diets as keto and paleo.

"The thing about all these fad diets is they're restrictive," Fernandez said. "Don't deprive yourself of what you want. Let yourself have that taste. If you eat it slowly, you'll appreciate it."

When it comes to deciding what to put on your plate each day, Fernandez said many of the age-old principles still hold up.

"You need to find balance, and you need to remember portion control. If you overeat anything, it's not going to be healthy. It really is all about the portions."

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Healthy comfort food?

Yes, it is possible

By Dave Fidlin

Special to The Freeman

Macaroni and cheese, chicken and waffles, spaghetti and meatballs: These dishes have more in common than serving as a pairing of two disparate foods.

These and other warm, oftentimes starchy dishes commonly fall under the umbrella of “comfort food” — that seemingly perfect antidote to a time of year when the temperatures plunge and the presence of the night sky increases.

Christina Meyer, a family medicine physician at Aurora Medical Center — Summit, said there is good reason to consider these dishes comforting. But, she said, the phrase can be a misnomer.

“In the fall and winter months, it seems we all do gravitate to the warmer foods,” Meyer said. “I think there are ways to make those foods healthier. One of the tricks is adding more vegetables to a recipe.”

With more people staying

at home in recent years, Meyer said she also encourages a back-to-basics approach of cooking from scratch in lieu of dining out or ordering takeout from a restaurant.

“You can control the ingredients that are put into it and make those healthy changes for even your favorite comfort foods,” Meyer said.

Soup is one of the simplest comfort foods to make at home — and, Meyer said, it is an opportunity to incorporate a bountiful, rotating amount of vegetables.

“It is great for the fall or winter,” she said. “One of the easiest ways to prepare it is with a slow cooker. You can just dump all the ingredients in and let it go all day. That way you don’t have to do much to it.”

Many of the old adages about healthy eating hold true, Meyer said, and for good reason.

“The most important thing is to have good balance in your diet, making sure you’re eating a well-balanced meal,” she said. “You want to make sure you’re

getting enough fruits and vegetables, as well as protein, across the board.”

By virtue of its concept, comfort food is linked to emotions. For this reason, looking deeper and adopting a more holistic approach to wellness oftentimes is recommended in the medical community.

Harvard Medical School offers a number of solutions to address stress and other negative emotions without overeat-

ing. Meditation and exercise are two such examples.

“Friends, family and other sources of social support seem to have a buffering effect on the stress that people experience,” Harvard researchers wrote in a recent article. “For example, research suggests that people working in stressful situations ... have better mental health if they have adequate social support.”



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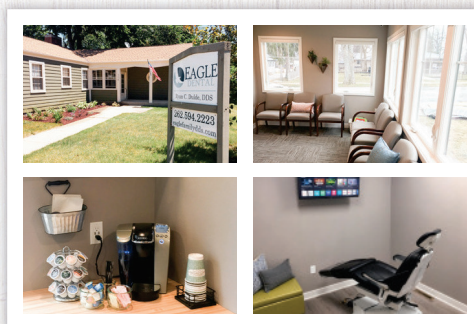
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Dressing for the cold

Area retailers and fitness experts offer recommendations for outdoor wear when exercising in cold outdoor temperatures

By Eileen Mozinski Schmidt
Special to The Freeman

When the cold temps roll in, some prefer to take their workouts indoors.

Others like to brave the elements.

For those who don't mind staying outside for fall and winter workouts, experts recommend certain types of gear.

"The biggest thing is layers, wearing multiple layers," said Jack Hackett, owner of Infinity Running Company.

Hackett is based in the Milwaukee area and works with runners from all over the country. He helps customize runners' training plans as well as lifting schedules and drills. Hackett said he works with a lot of high school runners in the off-season and runners of a variety of ages and levels, from beginners to those training for Olympic trails.

Hackett recommends outdoor runners buy a "good outer shell" that will repel the cold on top of other layers for the colder seasons.

The general understanding is that the temperature will feel about 20 degrees warmer after a person begins working out and is warmed up, according to Hackett.

"It depends a lot on the person too," he said.

Terri Bodden, a certified running coach based in Kewaskum and owner of Finish Line Training LLC, pegged that temperature increase as feeling

about 15 degrees warmer after the first mile or so of running.

"I wouldn't have a preference of a brand," said Bodden, of clothes for winter workouts. "I do recommend wicking materials that pull sweat. Especially in winter because all that sweat hangs in fabrics and it's up against your skin and it's cold," she said.

Duluth Trading Company, which is headquartered in Mount Horeb, offers several wicking-style apparel lines, according to a statement from a company spokesperson.

The "Wickever Base Layers," for example, "are light enough to be layered while still keeping you warm through a Wisconsin winter," the statement said.

The company also has a "Flexpedition" collection, which the statement said includes pieces with wind and water-resistant qualities, and has partnered with Ice Age Trail Alliance to offer a selection of apparel for outdoor wear, the statement said.

Trends are pointing toward continued outdoor workouts this year, according to the retail company, which sells clothing and other gear.

"As people continue to seek safe activities, more and more are exploring the outdoors. Whether hiking, camping or just walking around the local park, people are investing more in reliable outdoor apparel and gear," the statement said.

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