

Community HEALTH BEAT



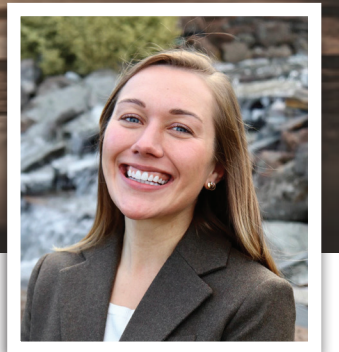
Quality Healthcare Close to Home

170 Ford Road, John Day • 541-575-1311 • www.bluemountainhospital.org



February is American Heart Month

by Dr. Caitlin MacCoun



For many of us the start of the new year means making resolutions. Maybe your resolution is to lose weight, or to be more responsible, or to be more positive about the pandemic, or you've decided to quit smoking. Or maybe you've been learning a new language, or reading, or ballroom dancing throughout your house while you watch less Netflix. Whether it is your resolution or not (or maybe you've even given up or forgotten already), it's time to prioritize your health. The first step to better health is just that – a step.

It's February, which is Heart Health month. Staying healthy is a top priority now more than ever, and this starts with your heart! One of the top ways to improve your cardiovascular health is through exercise. This might sound intimidating to some. If you are new to exercising, this doesn't mean anyone expects you to suddenly run a marathon. Starting to exercise requires guidance and strategy. It also takes some patience and dedication on your end. Think of this as a prescription much like those other medications you take for your health. If you are at all nervous, just pop into the clinic and talk to your doctor to make sure it's safe for you!

Let's start with the basics. Ideally, your regimen would incorporate three key types of exercise – aerobic (something that makes your heart race), strength (muscle building) and mobility (range of motion). You also want to be sure to dedicate time to a warm up and cool down before each session. Next, think about how to incorporate this into your week – mainly frequency, intensity, and time per session. A great starter plan for someone new to exercise would be a brisk walk three times each week for 20-30 minutes each session. Stretch before and

after sessions to work on your mobility and help prevent injury. Once this is solidified into your routine, add in a short circuit on the alternating days and gradually expand this to give you that strengthening component. Depending on your fitness level, this can range from seated leg raises, to standing up from a chair, or even to bodyweight squats. Using bands and light weights are great for things like bicep curls and other arm exercises. Get creative with the things you have at home – use soup cans if you don't have a home gym or weights.

The best exercise is one that you will stick with. Pick something that you enjoy but also something that fits into your life. Schedule it into your week. Think carefully about barriers that keep you from exercising and how you can knock these down. Maybe include your significant other or your friend. Create a bit of a competition. Have someone hold you accountable.

The benefits of exercise don't stop at your heart. Regular physical activity can help lower your blood pressure, improve your blood sugar control, lower your cholesterol, help you lose weight, improve your sleep, help manage depression and anxiety, decrease your fall risk, improve your bone health... The list goes on and on! I'm sure everyone can find something in this list that is relevant and important to them. If nothing else, maybe you can swap a walking routine for one of your medications in a few months! What's better motivation than that?

Good luck and get moving!

Thank You

Trembly and her Prairie City 3rd grade class, Humbolt Elementary, Seneca School, Len's Pharmacy, The Lallatin Family, The Carpenter Family, Angel Carpenter, Brenda, Ely, Izyk, and Brion Thompson, Prairie City High School Students, Trish Coburn, Debbi Clark, Bobbie Duley, Cyndi Rheinhart, Carrol Titus, Taylor Edgar, Krystin McClung. We'd also like to take this time to thank all of our staff who have stepped up during this COVID-19 lock down from helping with hallway Bingo, decorating the Residents room, helping with the residents Christmas party to just being there for the residents when they are missing their families and friends. YOU are all greatly appreciated. Thank you!! Sincerely, Blue Mountain Care Center

Lawrie Dieckhoff, Donna Adams, Heather Simmons, Bobbie Bryant & Hank Gardner, Prairie City JR. High 7th grade FFA, Lindy Cruise, Amanda Rockhill, Mary Loomis, Mark and Lucie Immoos, Everyone who contributed to the Carrie Young Memorial Auction, Linda Rockhill, Jim & Lorna Askew, Meghan