

HealthyMan

»work hard, play hard, be healthy

Home Gym
Essentials

Laugh Your
Way to Better Health

**BE
PROACTIVE**

Accidents Don't Have to Happen

+ BBQ Time



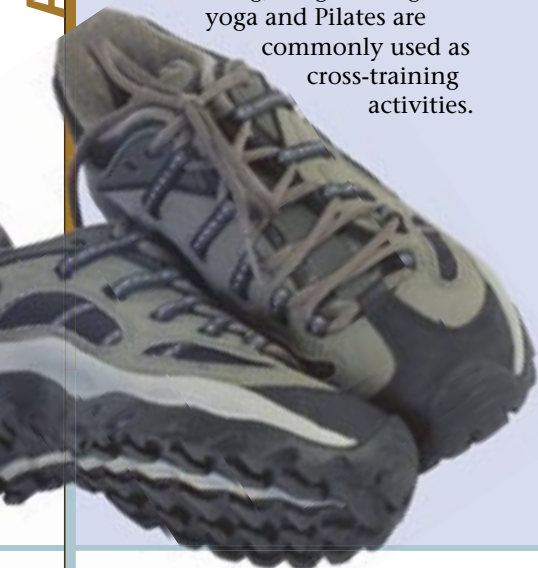
ROCKFORD HEALTH
system

IT'S CALLED COMMITMENT

the All Aboard Cross Train

Question: How important is it to vary my workout?

Varying your workout, or cross training, should be an important part of any exercise regimen. Cross training is a fun way to spice up your workout, especially if your usual activities are becoming too monotonous. Any exercise or activity can be used for cross training if it is not a skill associated with your normal routine. Swimming, cycling, running, weightlifting, yoga and Pilates are commonly used as cross-training activities.



Robert Glovsky, M.D., internal medicine physician at Rockford Health Physicians, shares some tips on the benefits of cross training, including:

- ✓ **Reducing your risk of injury.** Cross training gives your bones, muscles and joints a rest from the stress of too much repetition, while increasing your overall fitness.
- ✓ **Keeping you interested.** Knowing that each day you will wake up for a run might not be your thing, but waking up on alternate days for weight training or yoga may keep you motivated.
- ✓ **Doubling as a backup plan.** If you suffer an injury or are traveling and can't participate in your usual regimen, your cross-training activity can serve as a backup

Always consult your physician before beginning any exercise program.

Laugh All the Way to Better Health

Thought laughing was just for fun? Think again.

Having a good laugh may help you live a healthier, happier life. In honor of National Humor Month this April, take time to laugh out loud while receiving some of the health benefits laughter may bring, including:

- ✓ decreased blood pressure
- ✓ reduced stress and anxiety
- ✓ elevated mood
- ✓ increased energy

Laughter also relaxes the body and helps reduce problems associated with stroke, arthritis, ulcers and heart disease. So, share a few chuckles with family and friends this month, and laugh all the way to better health.

To find a Rockford Health System physician, call the Rockford Health System Physician Referral Service at (815) 971-DRDR.



Got a Minute? Meet the Doc.



Get to know **Robert Glovsky, M.D.**, internal medicine physician with Rockford Health Physicians, by taking a sneak peak at some of his personal interests.

Exercise routine: power walking or jogging 15 to 20 miles per week

Hobbies: playing with my boys and watching, listening to or reading about as much sports as possible

Family: wife Lynn; sons Noah and Benjamin

Pets: two black cats, Phoebe and Leo

Describe your "welcome-to-medicine" moment: During the first few weeks of my internship I was on call overnight in the intensive care unit. About 3 a.m., a frantic nurse called me about an unstable patient. When I attempted to get details, she replied, "Stop asking stupid questions and get down here!"

Dr. Glovsky is currently accepting new patients at his office at Rockford Health Physicians-North Rockton Ave. To make an appointment, call (815) 971-2000.

➤ Jumping

Into the Future

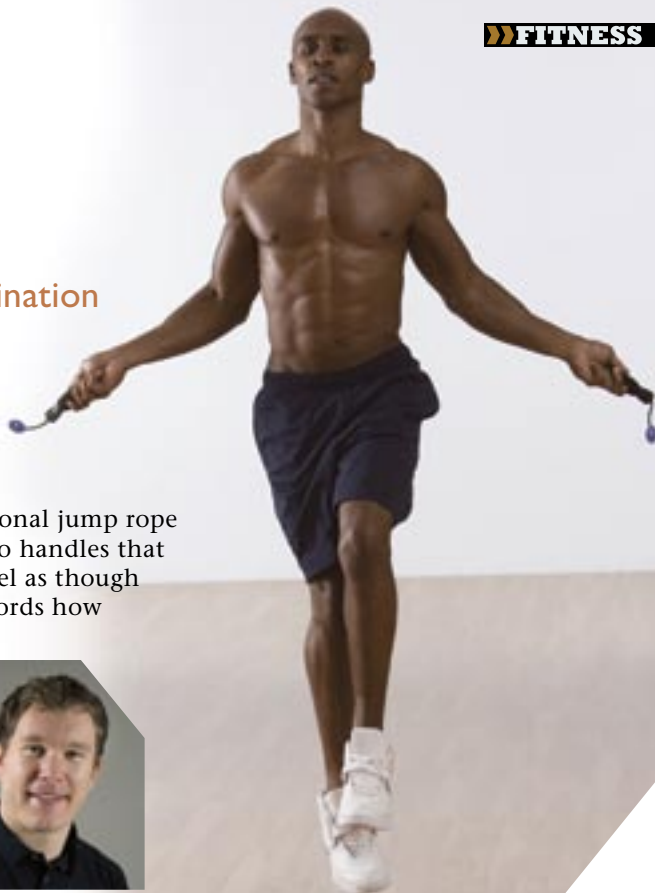
Let's face it. Not everyone has the speed and coordination of Rocky Balboa when it comes to jumping rope. No worries. The new cordless jump rope can make a Rocky out of us all.

The cordless jump rope offers the exercise benefits of a conventional jump rope but uses different technology. The cordless version includes two handles that contain moving weights to create a rotational torque, making it feel as though the user is swinging a rope. In addition, a timer is built in that records how long you jump.

"A cordless jump rope may seem a little silly at first, but it addresses several limitations of the conventional jump rope, and it's great for indoor use since there is no risk of the cord hitting the ceiling or walls," says **Scott Heidemann**, a physical therapist at Van Matre HealthSouth Rehabilitation Hospital. "The bottom line is that jumping provides a great workout, so utilizing the cordless jump rope can be a great addition to any exercise regimen."



Scott Heidemann, P.T.



The Return of Kettlebells

While the days of the circus strongman are over, the kettlebells they were known for lifting are making a powerful comeback—with a slight twist.

Traditional kettlebells are shaped like bowling balls and include a handle. They were popular more than 100 years ago but steadily decreased in popularity when plate-loaded dumbbells and barbells became available. However, thanks to new, adjustable kettlebells, it's now easier than ever to get the physique that would make any circus strongman proud.

The Twist

Adjustable kettlebells allow users to alter the amount of weight they are lifting to suit their preference. Kettlebell exercises provide an effective cardio workout while increasing strength and flexibility by engaging various muscle groups at the same time. In fact, a 10-minute workout can yield more cardio and core training than an hour at the gym.

Due to adjustable kettlebells' ability to enhance strength and endurance in a short time, they have increased in popularity among professional athletes, U.S. military personnel, law enforcement employees and fitness enthusiasts. Kettlebells have also been incorporated into many physical therapy programs to help recuperating patients regain their strength and endurance.



"Kettlebells have always offered users an incredible workout," says **Scott Heidemann**, a physical therapist. "By making kettlebells adjustable, they have become more user-friendly and practical for home gyms."

To learn more about Van Matre HealthSouth Rehabilitation Hospital, call (815) 381-8500.

Prevention



Is the Best Medicine

Accidents represent the third leading cause of death in American men, behind only heart disease and cancer. Every year, roughly six percent of all male deaths are attributed to preventable accidents. Are you doing all you can to avoid becoming a statistic?



The Top 10 Causes of Death in Men

1. Heart disease
2. Cancer
- 3. Accidents**
4. Stroke
5. Chronic obstructive pulmonary disease (COPD)
6. Diabetes
7. Influenza and pneumonia
8. Suicide
9. Kidney disease
10. Alzheimer's disease

Women have accidents too, of course. But about twice as many men die each year because of accidents than do women. The most common accidents involving men include motor vehicle collisions, poisoning, falls, fire and drowning.

One of the reasons men's life

expectancy is nearly five years shorter than women's may be men's willingness to take unnecessary risks. Researchers have calculated that if men below the age of 50 could simply get their accident mortality rates down to that of women, they would eliminate a third of deaths in that age group.

Safety First

“With a little forethought and extra precaution, many accidents can be avoided,” says **Dennis Uehara, M.D.**, Chair of Emergency Medicine at Rockford Health System. “Many times it’s just a matter of using better judgment and a little extra common sense.”

Here’s a list of some precautions from the Centers for Disease Control and Prevention that you should take to ensure you stay as healthy and happy as possible this year.

- ☑ Practice smart motor safety by wearing your seat belt, adhering to traffic laws, having your vehicle inspected regularly and not driving if you’re sleepy or under the influence of alcohol.
- ☑ Make sure your home has carbon monoxide and smoke detectors, especially your bedroom, the kitchen and laundry room. Check regularly to make sure the batteries work.
- ☑ Have fuel-burning appliances inspected each year (i.e. gas hot-water heaters, gas stoves, oil furnaces, kerosene heaters).
- ☑ Take medications exactly as directed by your doctor or pharmacist. Read the label carefully to make sure it doesn’t differ from the verbal instructions your doctor or pharmacist gave you. If the directions are different, call your pharmacist or doctor immediately.
- ☑ If you use chemical cleaning products, make sure the area you’re working in is well ventilated.
- ☑ Keep the poison control number—(800) 222-1222—by each phone in your home and program it into your cell phone.
- ☑ Practice common sense safety precautions such as wearing closed-toe shoes when mowing the lawn, putting nonskid mats in your showers and tubs and never swimming alone.

“You can’t prevent all accidents from happening,” says Dr. Uehara. “Some are inevitable, but through proper preparation, you can do your best to limit them and keep you and your family safe.”

To find a Rockford Health System physician for your family, call the Rockford Health System Physician Referral Service at (815) 971-DRDR.



Dennis Uehara, M.D.



Protect Your Kids

While it’s nearly impossible to prevent a child from getting a few cuts and scrapes or a bump on the head, there are safety measures parents can take to protect their children from potentially dangerous situations.

Heads Above Water

Drowning is the second-leading cause of injury-related death among children in the United States. What’s more, drowning can occur in as little as one inch of water and nearly a third of child drowning incidents occur in household places, including the bathtub, five-gallon buckets, toilets and hot tubs.

Protect children with these tips:

- ☐ Never leave young children unattended around water.
- ☐ Learn cardiopulmonary resuscitation (CPR).
- ☐ Remove toys from the pool area when not in use (these items can attract children).

Keep the Lid On

Many household items, including medications, insect sprays, furniture polish and household cleaners, can be dangerous if not properly stored. Keeping these dangerous items in their original containers is one method to prevent an accident as cleaners and medications stored in food containers often confuse children.

Here are some other methods to keep poisonous substances out of a child’s reach:

- ☐ Keep all household products and medications in a locked cabinet.
- ☐ Buy art supplies that are labeled as safe (nontoxic) for children.
- ☐ Ask the local poison control center about Mr. Yuk stickers to place on poisonous items in the home.



Home Is Where the Gym Is



Missing workouts because of the long commute to the gym? Sick of waiting in line to use the equipment? Tired of paying monthly fees? If any of these sound familiar, it might be time to build a home gym.



Building a home gym allows you the convenience to work out whenever you want without having to deal with sweaty crowds and loud music. A home gym also enables you to save money on monthly membership fees and other expenditures such as gas. Additionally, you will get to spend more time with your family and even work out together.

The Essentials

Once you've decided to invest in a home gym, the next step is choosing your equipment. Home gyms can be as simple as a yoga mat and a few weights or as complex as a total-body-fitness machine. If you still can't decide what you want, here are some important pieces of equipment to get your home gym powering in the right direction.

Workout bench with leg extension adjustment—The bench gives you the ability to do bench presses, seated dumbbell shoulder presses, incline curls, leg extensions, leg curls and a whole range of other free-weight exercises.

Plates—Don't go overboard and buy more than you need. Plates are often available in sets at your local sporting goods store.

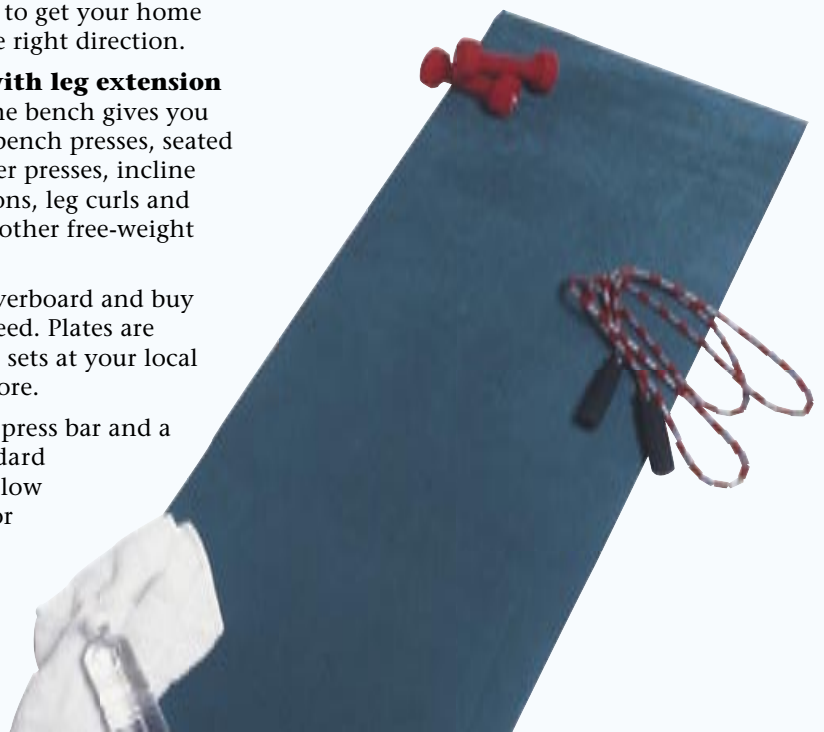
Barbells—A bench press bar and a curl bar are standard pieces that will allow you to work major muscle groups.

Dumbbells—Dumbbells are versatile and allow you to perform a variety of exercises.

Non-slip mat—Mats are great for stretching and doing abdominal exercises.

Miscellaneous items—In addition to the equipment above, there are a number of smaller items you can use to add variety to your workout. For example, an exercise ball or BOSU® Balance Trainer are two of the best pieces of abdominal equipment you can get, and adjustable kettlebells (see page 3) are also versatile and perfect for the home gym.

Consult your physician before starting a weightlifting or exercise program.



If You **Build It,** They Will Smoke

Constructing the barbecue pit of your dreams may be easier than you think. Take a little brick, add some cement... and before you know it you'll be smoking.

For step-by-step building instructions, visit www.doityourself.com and click on "Exterior Home Improvement." In the meantime, get started by determining how large your barbecue pit will be (most brick barbecues are 13 bricks high). Keep in mind your grill should be at a comfortable height—about 30 inches from the ground—with a firebox about two rows of bricks below.

Plan to include a shelf or two for cooking utensils, and then take a drawing that shows accurate dimensions to a brickyard, where the staff can help you determine how many bricks to buy for the project.

What You'll Need

Hit up the hardware store and check your tool set to make sure you have the following materials:

- brickset chisel
- mason's string

- aviation snips
- masonry hoe
- jointing tool
- 2x4 lumber
- 18-gauge metal mesh
- #4 rebar
- Portland cement
- hydrated lime
- masonry sand

Getting Down to Business

Select a level spot relatively close to the house that is away from fences or overhanging trees and where the wind won't blow smoke back into the house. Now you're ready to let the building begin. After you fire up your brick barbecue, you'll wonder how you ever survived without it.

BBQ Time

Once you build your own barbecue pit, try this crowd-pleasing recipe to make delicious pulled pork sandwiches.

Ingredients

- 1 (6 to 8 pound) pork shoulder or Boston butt pork roast
- 2 tablespoons ground New Mexico chili powder
- 4 tablespoons packed brown sugar

Directions

If desired, soak pork in a brine solution (see "Basic Brine") for at least 4 hours or overnight. Brining the meat will help it retain moisture as it is smoked.

Preheat barbecue pit to 225 degrees. In a small bowl, combine chili



powder, brown sugar and any additional seasonings to your taste. Apply liberally to the meat, rubbing it in with your fingers. Place a roasting rack in a drip pan and lay the meat on the rack.

Smoke for 6 to 12 hours, or until the internal pork temperature reaches 160 degrees. Serves 16 people. Enjoy!

Nutritional Information

Calories: 326
Total Fat: 21.8g
Sodium: 78mg
Total Carbohydrates: 3.9g
Protein: 26.7g

Source: www.allrecipes.com

Basic Brine

Ingredients

- ¼ cup kosher salt
- ¼ cup packed brown sugar
- 4 cups water

Directions

In a medium bowl, combine salt, sugar and water. Whisk vigorously until all the salt and sugar are dissolved. Pour mixture over the meat, poultry or fish that you are preparing. Soak for several hours or overnight in the refrigerator.

LIKE Father,

LIKE Child

When you were young, you may have wanted to grow up and become a firefighter, a doctor or a teacher—just like your dad. Fathers serve as role models for their children, and that's why it's so important to set a good example, especially when it comes to health and fitness.

A recent British study of preteens showed that kids whose parents are physically active are more likely to be physically active themselves. Research indicated that children as young as 21 months old were influenced by an active parent.

All the Right Stuff

"Besides setting a good example, increasing activity levels can have major benefits for you and your child's health," says **John Dorsey, M.D.**, internal medicine physician at Rockford Health Physicians. "These benefits include boosting energy levels; improving balance and flexibility; strengthening the heart, lungs, bones and muscles; helping you sleep better at night; and reducing the risk for diabetes, high blood pressure and high cholesterol."



John Dorsey, M.D.

Setting a proper fitness example for your child might be easier than you think. Incorporating physical activity into your daily life can be as simple as going to the gym, walking around the block or playing hide-and-seek with your kids.

To find a Rockford Health System physician who can help you coordinate a safe exercise regimen, call the Rockford Health System Physician Referral Service at (815) 971-DRDR.



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

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