

Fitting News

Music is Poetry with Personalities

"Castle on the Hill"

By Ed Sheeran

"Road Less Traveled"

By Lauren Alaina

"Better in the Morning"

By Little Boots

What's NEW

Baggin' On Bagged Salad

The convenience of bagged, pre-washed salad is a great convenience. Although the packaging will state that the contents have been washed several times, the potential for foodborne illness still exists, according to a study published in *Applied and Environmental Microbiology* (2017;83 1],e02416).

When you go to the store next time, please check the following:

- Read the use-by/expiration dates
- Rinse and spin-dry thoroughly before eating
- Avoid purchasing bags that are puffy and swollen
- Forgo bags with crushed, mushy or slimy looking leaves
- Keep your greens refrigerated
- Rinse one last time before consuming

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Connect With Your Feet - Exer-tasking Techniques to Improve Your Balance

The message is clear: reduce the effects of the physiological ravages of time by using balancing progressions - stand tall, pull in your stomach and breathe. If you think it's a lot to remember, you're right.

I call this process Exer-tasking. It is different than multi-tasking because it is specific to exercise rather than general multiple tasks we perform every day.

In the fitness industry, Exer-tasking is a given if you want to produce desired results. The dynamics of these exercise techniques can improve how to breathe with more purpose, stand with more confidence, improve gait instability, protect your back from injury and improve your balance (center of gravity).

Anyone who has trouble connecting with their body can benefit. You can learn to improve all aspects of your mobility and remain vertical (staying off the pavement or bathroom floor), safely.

When we were younger, we took for granted that balance was a natural part of life, then we notice we aren't so steady, so sure of ourselves. Creating new pathways in our brain can increase our chances of reducing muscle loss (sarcopenia) and produce more positive effects in our balance. It might sound cliché, but it is true. Even the smallest change, done on a regular basis, can produce Big results! You do have to work at it. There is no excuse. As we age, we could hit the pavement and at any time we could break more than our pride.

For anyone who has fallen, there are many excuses we give ourselves and others. For example: I didn't see the step, my foot got caught, or I forgot to lift my foot, etc. With correct, consistent training, it can be avoided.

[Click here to read the remainder of this blog.](#)



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Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.