

Fitting News

Guest Article

Vitamin Water the Healthy Way

Not all off-the-shelf vitamin waters are good for you. Nutritionist Karen Roth made a video that takes a look at vitamin-infused waters and some healthy alternatives that may be healthier for you. You can find this video on Karen's You Tube Channel, "Karen Roth".

Billie Jean King's Five Tips for Successful Aging

1. Relationships are everything. *(how can they not be)*
2. Keep learning. Keep learning how to learn. Stay curious. *(find the time)*
3. Be in the moment and focus on the process. The journey is the ultimate prize. *(believe it)*
4. Be resilient and engaged in life. Keep moving or it's over. *(you'll feel inspired)*
5. Accept pressure as a privilege and face it head on. *(otherwise we get terribly bored)*

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Osteoporosis Treatments – Get a Bone Density Scan

Years ago I worked for a Home Healthcare agency. As part of my responsibility I would visit skilled nursing facilities (SNF), some of you may know them as nursing homes. This particular day, one of the facilities was offering a "free" bone scan to convey awareness about bone density and osteoporosis. I thought I would check it out for myself. I doubted they would find anything, but, to my surprise, I was wrong.



Bone loss was detected in my right ankle. It was scary because osteoporosis was the last thing I thought I had. After all, I was only 42, healthy and physically active. I considered osteoporosis an "old" person's disease. I immediately made an appointment with my physician to have complete bone mineral density (BMD) tests to verify or discredit the previous findings.

"The minute you hit menopause, you start losing bone faster, putting you at higher risk for osteoporosis," says Dr. Vonda Wright, spokesperson for the American Academy of Orthopedic Surgeons.

Osteopenia, the beginning stage of osteoporosis, became my ultimate diagnosis. If you haven't already had a bone density scan, do so now to get a baseline. And, starting now, incorporate weight bearing or impact exercise (such as walking, hiking or tennis) into your routine. Cardio/aerobics are great tools for health, but they will not give you positive results when it comes to improving bone density.

According to the National Institute of Health (NIH), osteoporosis is a disease that makes bones weak and more likely to break. People with osteoporosis most often break bones in the hip, spine and wrist. There are no outward symptoms. You may not know you have osteoporosis until a strain, bump or fall causes a bone to break. Various factors such as genetics can play a part, as it does in my case. But my exercise history, practicing impact sports over my lifetime, made my bones denser. In my case it might have improved my numbers, but I have the disease nevertheless.

If you would like to learn more about the prevention of osteoporosis and resources regarding the disease, [read the full blog on the Lori Michiel Fitness website, click "Blog" on the menu.](#)



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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.