

## Fitting News

### Guest Article

#### For the Sake of Your Figure and...



Here is another tip to add to your collection about holiday habits. Before you dig in at your next big holiday meal, consider how you might keep your waistline smaller. A new study in Diabetes Care found that your blood sugar is lower if you consume carbs after your meal rather than before you dig in.

Researchers speculate the conversion of carbs (all carbs, not just bread) to sugar slowed when other foods were consumed first. This helps to turn off the sugar spikes that may lead to over-indulgence and caving you're your cravings. Have a healthy Thanksgiving!

#### Are You a Gum Chewer?



If you love to chew gum, most manufacturers make their products with synthetic plastic and artificial sweeteners. If you're going to chew gum, read the label and try to choose a gum with natural sweeteners made from real gum trees.

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### Exercise Modifications for Older Adults – Part II

Lengthen the warm-up. It helps to prepare the body for more vigorous activity. Increased blood flow to the muscles will also help reduce the risk of injury and sudden stress on the cardiovascular system.

Individuals with chronic back or knee conditions or in recovery from joint replacement will probably benefit from water-based classes. The Arthritis Foundation can give you suggestions where classes are held in your neighborhood.



can give you suggestions where classes are held in your neighborhood, click here to check out future classes in your area or contact us for individual instruction. There is less impact on the joints and more stability in the water if performed with supervision. If you choose a land-based exercise "out of the water", I also give Arthritis Foundation classes at local assisted living communities, some of which are open to the public. Click here to find the next class near you.

It's best if more sedentary participants engage in moderate exercise for 30 minutes a day on most days of the week. It can also be broken down into two 15-minute sessions or three 10-minute sessions daily, if preferred.

Wear well-fitted shoes and socks, especially if you have feet-related issues or may be prone to neuropathy (numbness or lack of feeling in the lower extremities) due to diabetes.

Pay attention to knee lifts or squats that are performed higher/lower than the hips, or any movements, such as raising weights above your head if you have heart-related, cardiac or shoulder issues.

Any movements that cross the body's center such as grapevine steps (cross-overs) are not recommended if a hip condition is present or you have had hip replacement surgery, especially in the last six to nine months.

[On the Lori Michiel Fitness website, click "Blog" on the menu to read the rest of this article.](#)



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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.*