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consult the experts

health and
wellness edition



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topic:

How can I keep from getting bored with my workouts?

advice: Your workouts are consistent, focused, driven...and then something happens. Your desire to workout decreases and the couch feels great. What is happening? You may be bored with your workout. It's normal. Common reasons are lack of motivation or not seeing the results you hoped for.

How can you prevent boredom? Try something new. Your body gets used to doing the same thing all the time. Here are some ideas to change it up:

- **Try new classes.** Work your muscles in a different way (if you don't like the class, try another!)
- **Add variety.** Divide your hour into 20 minutes of treadmill, bike, elliptical, and jump rope.
- **Get outside.** Take a walk and catch up with a friend or add a jog to the mix.
- **Go play.** Kickball and relay races were not exercise when you were a kid, they were fun!

Stay committed to remaining active. Contact me for more suggestions on staying motivated.



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topic:

Respite care for your loved one with dementia

advice: Being a caregiver for your mother or father with dementia is truly the most daunting responsibility anyone can experience. Your life is turned upside down on a daily basis as you try to handle the additional tasks such as cooking, cleaning, shopping, overseeing investments and keeping up with house repairs just to name a few. The questions below may be a good start in helping you introduce a respite program.

- Does your mother/father bathe less often and is s/he able to bath on own effectively?
- Have there been recent falls?
- Are you managing his/her medication?
- Has s/he become incontinent more than 2 or 3 times a week?
- Has there been a recent emotional or medical crisis?

Is it any wonder you are so exhausted? Just start with 1-2 days a week for a few hours at a time while you go shopping, go to a doctor's appointment, or just take a walk to recharge your own life. This difference could add to the quality of life for you and your loved one.



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