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- Restore Health
- Safeguard Your Vision
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# Restore Health looks to help clients thrive

## *Assessments reveal nutrients and stressors in the body*

By **Jason Arndt**  
STAFF WRITER

Carrie Bratz, owner of Restore Health in Burlington, said she takes pleasure in witnessing her clients achieve milestones in their health journey.

Bratz, who was born and raised in the Burlington area, launched Restore Health in 2010 while living in Oshkosh with her family. She eventually returned home to continue operations.

She graduated from Catholic Central High School in 1997 and later earned a Bachelor of Science in Nursing before serving as a labor and delivery nurse for nine years.

Restore Health, 688 McHenry St., Burlington – across the street from Lavelle

Industries – offers health assessment using FDA-approved devices.

“We offer a comprehensive bio scan assessment, which uses acupoints measurements to assess the major organ systems. This allows us to look at nutrients and stressors in the body,” Bratz said.

“We also use a heart sound recorder. This device creates a visual pattern to what someone can hear through the stethoscope. It allows us to look at the rate rhythm and tone of heart,” she added.

Bratz emphasized nutrients play a critical role in heart health.

In addition to offering assessments, Restore Health uses whole foods nutrients, carrying a bulk of products made by

Palmyra-based Standard Process.

“A big part of the practice is using whole foods nutrients,” Bratz said. “The body wants to heal itself and give it some good and it will do the rest.”

### Returning home

Born on an organic farm, Bratz left Burlington to pursue a nursing degree and began her career in the industry.

However, after her family experienced some health issues, she turned to natural medicine to support healing. She opened Restore Health inside a chiropractor’s office in Oshkosh before finding a standalone location in the Fox Valley region.

She attends continuing education classes and most recently studied auto-immune disease, cancer prevention and support, energetic medicine and endocrine support.

While she and her husband developed strong roots in Oshkosh, she felt compelled to return to the Burlington area.

“We were involved in our community up there and really enjoyed it,” Bratz said. “But God just called us back and we are back on the family farm.”

After nearly 10 years, Bratz began looking for a standalone office in Burlington after experiencing increased demand from clients for services.

While she surveyed multiple properties, the facility along McHenry Street stood out because it was previously a veterinary clinic.

Last October, she and her husband bought the building and performed some renovations to better serve clients before opening a couple of months later.

“This was a veterinary clinic for several decades and it was set up really well,” said Bratz, who explained that beside the building being set up well, the location was appealing, considering it’s near the Burlington bypass.

“Quite honestly, I loved the amount of parking and I do have people who travel. I have clients from Minnesota, Upper Michigan, Illinois, so being on the bypass is great,” she said.

Restore Health operates mostly by appointment. However, if people stop in the office, Bratz and other staff members can offer some assistance based on someone’s current symptoms.

“I enjoy seeing people getting better and celebrating the small victories,” Bratz said.

“I really want people to feel better.”

Restore Health can be reached through a contact form on the website, restore-health.net, by calling 920-252-9756 or by sending an email to info@restore-health.net. Office hours are 9 a.m. to 5 p.m. Mondays through Thursdays, and 9 a.m. to 3 p.m. Fridays.



**from top left:** Restore Health, 688 McHenry St., is located just off of the Burlington bypass; Carrie Bratz, owner of Restore Health, Burlington, works behind her desk at the office; Restore Health offers assessments as well as whole foods nutrients to its clients.

JASON ARNDT PHOTOS Health & Fitness

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# Safeguard your vision when outdoors

The great outdoors beckons billions of people across the globe every day. There's much to be gained from spending time outdoors. According to the American Psychological Association, exposure to nature has been linked to improved attention, lower stress, improvements in mood, and reduced risk of psychiatric disorders.

With so much to gain from spending time in the great outdoors, it's no wonder so many people embrace opportunities to get outside. When doing so, it's important that individuals take proper precautions, such as wearing sunscreen and staying hydrated. But it's equally important to

protect your eyes before soaking up some springtime and summer sun.

- Purchase prescription sunglasses, if necessary. Sunglasses are vital to protecting the eyes from the sun's ultraviolet (UV) rays. If you wear prescription eyeglasses indoors, then you should also wear prescription sunglasses when spending time outside. Even contact lens wearers may want to invest in prescription sunglasses for those times when they're engaging in physical activity outdoors. Sweat makes its way into the eyes when exerting oneself outdoors, and that can make contacts uncomfortable. Airborne allergens like pollen also can



There is much to gain from spending time in the great outdoors but it's important to take precautions such as wearing sunscreen and staying hydrated. It's equally important to protect your eyes.

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make contacts less comfortable when outside, and prescription sunglasses can help people avoid such discomfort while protecting the eyes from UV rays.

- Wear a hat or visor. Hats and visors also help to protect the eyes from UV rays. The National Eye Institute recommends wearing sunglasses even on cloudy days, but it's easy to forget them when leaving home or the car on an overcast morning

or afternoon. Hats or visors can serve as a safety net on cloudy days when you forget to bring your sunglasses.

- Avoid rubbing your eyes. Whether it's airborne allergens or debris, things can get into the eyes when spending time outdoors. In such instances, your first instinct might be to rub your eyes. However, University of Utah Health notes that rubbing your eyes can be very dangerous and increase risk for illness. Virus droplets can attach to hands and enter the body through the conjunctiva, a thin layer of tissue that lines the inner eyelid. This can cause infection in the eye. Dust and dirt on relatively clean but unwashed hands also can enter the eyes upon rubbing them, potentially leading to irritation and infection. So it's best to avoid rubbing eyes when they feel irritated and opt for eye cleaners and eyelid wipes instead.

- Keep your hands clean. Though it's best to avoid touching your eyes with your hands, doing so is an instinctive response for many people. Frequent hand washing can keep hands free from bacteria and dust that can enter the eyes after they are touched or rubbed. No one knows how clean or dirty surfaces outside their own homes are, and surfaces outside may be particularly dirty or dusty. Frequent hand washing reduces the likelihood that dirt and debris will find its way into your eyes.

When the great outdoors beckons, individuals can take various steps to protect their eyes from damage and infection.

(METRO CREATIVE)

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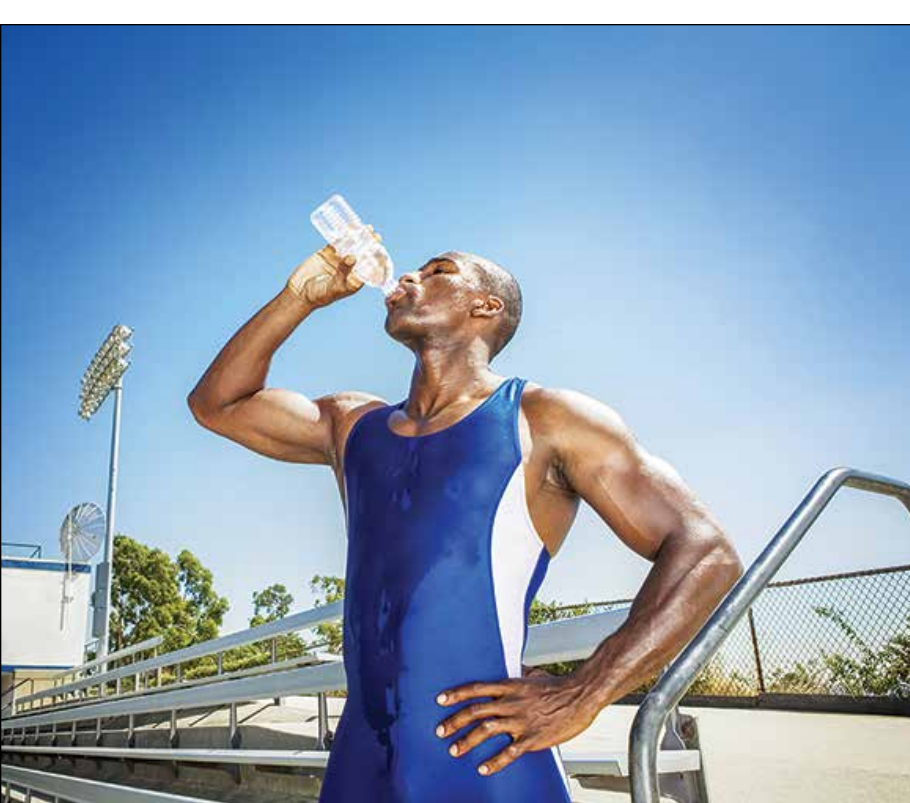
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# Endurance training tips to avoid injury

Personal health undoubtedly motivates all people who engage in routine exercise, but it's not the only force that motivates people to commit to a physically active lifestyle.

Some enjoy the post-workout positive feelings triggered by the release of endorphins, while others may feel more self-confident when their bodies reflect their commitment to routine exercise.

There's no wrong reason to embrace physical activity, and the desire to test one's physical limitations is as good as any reason to get up and go.

Endurance athletes are often drawn to a desire to see how far they can push their bodies, but it's important that such individuals embrace some training tips designed to keep them safe.

- Remain hydrated. The National Strength and Conditioning Association urges endurance athletes to pay close attention to their fluid and electrolyte balance during aerobic endurance exercise. That's because endurance training can increase the likelihood of becoming dehydrated and overheated. Inadequate hydration during endurance training also makes athletes more vulnerable to altered electrolyte balance, which can occur when the amount of water taken in does not equal the amount of water lost.
- The Cleveland Clinic notes that an electrolyte imbalance can lead to a host of symptoms, including muscle cramps and spasms, feelings of confusion, fatigue, and numbness or tingling in the limbs, fingers

and toes. Focusing on hydration before, during and after endurance training can reduce risk of dehydration and electrolyte imbalance.

- Choose a warm-up routine for endurance athletes. Warm-up routines are vital for all exercise enthusiasts, but warm-ups are not a one-size-fits-all endeavor. Individuals with little or no experience with endurance training are urged to work with a seasoned endurance athlete when designing a warm-up routine.
- The right warm-up routine may include some dynamic stretches and body weight drills, but athletes are encouraged to work with a fellow endurance athlete or trainer to design a warmup that prepares them for their specific activity.
- Don't forget strength training. Sufficient muscle mass is vital to sustaining performance, which is something beginner endurance athletes should keep in mind as they start training.
- It's easy for endurance athletes to overlook strength training, but two 30-minute strength training sessions per week can help prevent a loss of muscle mass that can impair performance and increase injury risk.
- Endurance training requires a unique approach to preparing for competition. Novice and seasoned endurance athletes can benefit from additional training tips and working with health care professionals who can help them fulfill their potential and reduce their risk for injury.

(METRO CREATIVE)

# Healthy eating for busy people

*There are several ways to stay the course even when on the go*

A healthy diet pays numerous dividends. Such a diet can help people maintain a healthy weight, reduce their risk for various chronic conditions, including some diseases, and boost energy levels.

The energy-boosting benefits of a nutritious diet might be especially appealing to busy professionals and provide the extra motivation they need to embrace healthy eating.

Busy professionals and families know it's not always so easy to eat healthy. An on-the-go lifestyle only adds to that difficulty, but the following are some ways to eat healthy if you're always on the move.

## Plan ahead

Meal planning is an effective way to eat healthy because it reduces the chances that adults will make impulsive dietary decisions without taking nutrition into account.

According to Brown University Health, meal planning can save time and money. Planning also helps people avoid dining out too often.

That's a notable benefit, as many restaurants, particularly fast food chains that tend to be valued for their ability to provide quick and filling meals, prepare meals that are high in fat, sugar and sodium.

## Embrace crockpot cooking

Slow cooking in a crockpot or slow cooker can help on-the-go professionals eat healthier because it allows them to prepare meals on weekends and then eat them throughout the week.

That's helpful for busy adults who don't have time to prepare homemade nutritious meals on weeknights, when

work schedules, kids' extracurricular activities and other obligations tend to take precedence over healthy eating.

## Learn to dine out healthy

It's important that busy adults do not paint all restaurant offerings with a broad brush. In fact, many restaurants offer a wide range of nutritious fare. Diners just need to know which options fit that criteria.

According to Johns Hopkins Medicine, veggie-based entrées or those with baked, broiled or grilled fish or skinless chicken are nutritious options when dining out.

Johns Hopkins also urges diners to forgo traditionally greasy or oily options like cheese-covered enchiladas in favor of healthier alternatives like tacos featuring fish or grilled chicken.

## Consider meal kits

The market monitoring and research firm Statista notes that the meal kit delivery market has been growing rapidly in recent years.

Research indicates the domestic market for meal kit delivery services was slightly less than \$21 billion in 2022 – when it became more popular. That figure is expected to grow with forecasters projecting it will rise to around \$65 billion by 2030. Such estimates underscore the growing popularity of the services.

Though meal kit services vary, many offer the convenience busy professionals are looking for without compromising nutrition. Pre-portioned ingredients help meal kit subscribers avoid overeating, and most recipes are easily followed and result in meals made in considerably less time than more traditional means of cooking.

People who are busy might feel as though they need to eat whatever is convenient and immediately accessible, even if the available options lack nutritional value. However, there are a host of ways for on-the-go adults to eat healthy even if they're pressed for time.

(METRO CREATIVE)



Those who are busy with their jobs and/or families know it's not always so easy to eat healthy. An on-the-go lifestyle only adds to that difficulty, but there are some ways to eat healthy while on the move.

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Endurance athletes are often drawn to a desire to see how far they can push their bodies, but it's important that such individuals embrace some training tips designed to keep them safe.

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# Sports to keep older adults up and moving

Discussions about the benefits of sports participation are often rooted in how much young people can gain from playing a team sport.

Older adults have much to gain from playing sports as well, and that's something retirees can keep in mind as they look for activities to fill their time.

A study published in the journal *Biochemistry Research International* found that physical activity can be a protective factor for noncommunicable diseases, including heart disease and diabetes, and can even help to delay the onset of dementia. The study also linked physical activity to improved quality of life and mental health.

Sports require players to be physically active, so seniors who decide to dust off their athletic gear and play the following sports can reap all the rewards that getting up and moving has to offer.

## Golf

Golf provides a range of health benefits that committed players are well aware of. Seniors who play golf, particularly those who walk the course instead of using a cart to get around, can reap the rewards of walking, including improved cardiovascular health.

They can also get the benefits of strength-training, as carrying a golf bag around nine or 18 holes can build strength that protects bones and reduces the risk of fractures. Traversing a course also helps to burn calories, which can help seniors maintain a healthy weight.

The positives of participating in sports



Older adults who decide to dust off their athletic gear and play any variety of sports can reap all the rewards that getting up and moving has to offer.

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applies to people of all ages, including seniors.

## Walking

Accessibility is one of the major benefits of walking. Even seniors with limited mobility can look to walking as a less demanding physical activity that compels them to get out of the house.

And the benefits of walking may be more profound than people realize.

Preliminary research presented at a recent American Heart Association gathering estimated that walking an additional 500 steps per day, which is equivalent to roughly a quarter of a mile, was associated with a 14 percent lower risk for heart disease, stroke or heart failure.

## Pickleball

The popularity of pickleball has skyrocketed in recent years, with the Sports & Fitness Industry Association estimating there are now roughly nine million pickleball players in the United States.

One organization reports that nearly 1.4 million Canadians played pickleball at least once per month in a recent year, proving that this popular sport transcends borders and offers a great way to socialize with fellow seniors.

## Softball

Baseball was the first love of many a sports fan over the years, and senior softball provides a way to maintain or even reignite that passion, all the while reaping the health benefits of sports play.

Softball can help seniors maintain their hand-eye coordination and improve their flexibility. But perhaps the most notable benefit of playing senior softball involves socialization. Senior softball requires being on a team, and the benefits of socialization for seniors are numerous, particularly when they play in leagues featuring players from outside their immediate social circle.

A study published in *The Journals of Gerontology* found that older adults who socialize with people outside their typical social circle were more likely to have higher levels of physical activity and a more positive mood. Such individuals also had fewer negative feelings.

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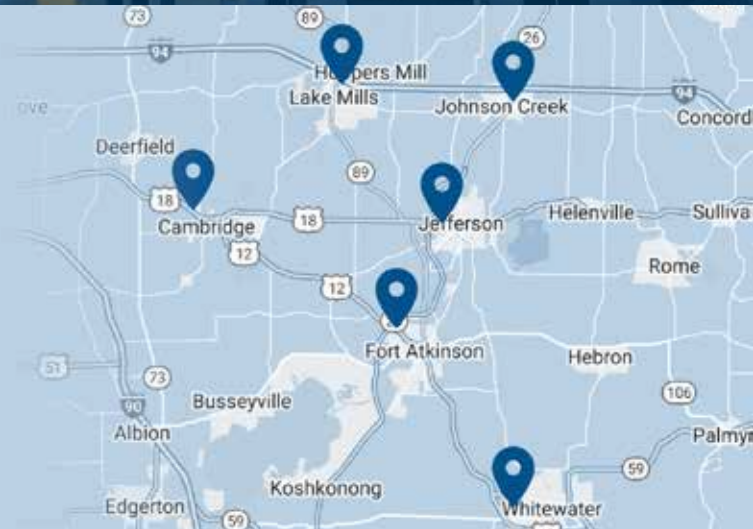
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