

# HEALTH & FITNESS



# ORTHOASAP

WALK-IN ORTHOPAEDIC CLINIC

**PEWAUKEE**

N15 W28300 Golf Rd

**BROOKFIELD**

285 Moorland Rd



## ONSITE X-RAY & MRI

IMMEDIATE ACCESS TO SPECIALTY CARE

☒ Sprains & Strains

☒ Fractures

☒ Sports Injuries

☒ Tears

☒ Dislocations

☒ Work Injuries

**OrthoWisconsin.com • 262.303.5055**



# Strategies to promote wellness

## INCORPORATE VARIOUS NATURAL APPROACHES, PREVENTATIVE CARE

The tenets of wellness can be traced to ancient civilizations. Wellness encompasses strategies that lead to a state of holistic health. Those strategies include physical, mental and even spiritual components.

The root of wellness incorporates various natural approaches and preventive care.

Physical, mental, social, and spiritual well-being is achieved through different avenues.

Programs in communities and places of employment can promote and emphasize wellness, which can benefit people in myriad ways.

Here are some of those benefits:

### Feeling empowered

Wellness begins with individuals, who can feel empowered when they make healthy choices and utilize the tools and support systems at their disposal.

This can include information provided by health care professionals as well as research people uncover on their own.

### Community involvement

Individuals who have access to healthy food, safe housing, education, and medical care are more likely to make wellness a priority.

Community leaders can ramp up their efforts to provide health-based offerings to people in surrounding neighborhoods.

### Workplace initiatives

People spend eight or more hours each day at work, and health should and can be prioritized at places of business.

Employers can incorporate healthy eating options in cafeterias or break rooms, offer stress management services, engage in fitness challenges, and even provide workout equipment or quiet spaces so employees can incorporate wellness into their workdays.

### Spiritual connection

While spiritual wellness can include faith in a specific religion or belief, it also encompasses values, ethics, service to others, and finding meaning and purpose in one's life.

Embracing spiritual wellness through outreach and other efforts can improve health. The World Health Organization



Programs in communities and places of employment can promote and emphasize wellness, which can benefit people in myriad ways. Different venues are used to achieve wellness including physical, mental, social and spiritual well-being.

METRO CREATIVE Health & Fitness

states that health is not merely the absence of disease or infirmity.

It also includes physical, mental and social well-being, which can be fostered through a spiritual component of wellness.

### Mental health support

The National Institute of Mental Health says approximately 59.3 million adults in the United States experienced a mental illness in the past year. Such illnesses include anxiety and depression.

The World Health Organization estimates 970 million people globally live with a mental health disorder. Mental wellness comes from seeking help from doctors, therapists and support groups when needed.

It also can involve finding root causes of mental distress and taking steps to remove triggers.

Wellness is a broad term that incorporates many different components, each of which can contribute to improved health and a greater sense of well-being.

(METRO CREATIVE)

# Fall hiking tips

## BE PREPARED AND PLAN AHEAD TO ENJOY A SAFE AUTUMN OUTING

Fall hiking can be a unique and exciting experience. Thanks to the vibrant foliage, crisp air and smaller crowds than might be around during summer, fall is a prime time to lace up one's boots and hit the trails.

Beyond the opportunity to check out the amazing foliage displays synonymous with this time of year, spending time outdoors in fall provides various health benefits.

According to UAB Medical West, some benefits of hiking include improved mental well-being, enhanced balance and improved muscle strength.

As with any hiking trip, it is key to plan ahead to enjoy a safe and enjoyable adventure this fall.

### Layer your clothing

Fall weather can be unpredictable and dramatic temperature fluctuations can occur between morning and afternoon. The trick is layering clothing to provide comfort and safety.

Start with a moisture-wicking base layer, add an insulating layer like fleece for warmth, and top it with a waterproof and windproof outer shell. Then you can adjust your clothing as conditions change.

### Wear proper footwear

Opt for sturdy hiking shoes or boots with significant ankle support and excellent traction. Fallen leaves and rain or early-season ice can make paths slippery.

Waterproof footwear is highly

recommended, especially if damp conditions are expected. Wool socks (not cotton) will wick away moisture and provide warmth even when damp.

According to a study on mountain hiking in the Austrian Alps, 75 percent of fall accidents occur on descents, so having extra traction can help.

### Mind the daylight

As fall inches closer to winter, daylight hours diminish rapidly. It's easy to underestimate how quickly dusk will arrive.

Plan your route to account for your pace so you can be off the trail well before sunset. Pack a flashlight or headlamp just in case.

### Mind the habitat

Anytime you hike you should be mindful of the natural settings around you. Stick to the trails so you do not disturb delicate vegetation.

Also, never feed wild animals. They can grow accustomed to an easy hand-out and lose their fear of humans, putting themselves at risk of harm.

Remember to dispose of trash properly and always take out what you bring in.

### Stay fueled and hydrated

Despite the cooler temperatures of fall, dehydration may occur as the body loses fluid through exertion and respiration.

Pack plenty of water and take sips regularly. Bring along energy-rich snacks like protein bars, trail mix and dried fruit to maintain energy levels throughout the excursion.

Fall hiking trips enable people to immerse themselves in the stunning beauty of the season while also getting some exercise and enjoying ample fresh air.

(METRO CREATIVE)

# HEALTH & Fitness

FALL 2025

A publication of  
Southern Lakes Newspapers  
1102 Ann St. • Delavan, WI 53115  
(262) 728-3411

EDITOR IN CHIEF ..... Heather Ruenz  
SECTION DESIGNER ..... Jen DeGroot  
GENERAL MANAGER.....David Habrat  
SPECIAL SECTIONS  
ADVERTISING.....Vicki Vanderwerff

For advertising opportunities  
in our publications, call  
(262) 725-7701, ext. 134.



# Diseases linked to high cholesterol

High cholesterol is an issue that affects millions of people. Johns Hopkins Medicine says roughly 71 million Americans have high cholesterol.

Recent Manulife drug claims data indicates the number of Canadians ages 19 to 24 taking medication for cardiovascular conditions has increased by 35 percent over the past four years, and the number of people 17 years and younger taking medication for cardiovascular conditions increased by 17 percent.

Cholesterol and certain proteins known as lipoproteins are necessary for the body to function normally. Cholesterol testing measures total cholesterol, high-density lipoprotein cholesterol (HDL) and low-density lipoprotein cholesterol (LDL). When LDL is elevated in the body, that can raise a person's risk for various health conditions.

**1. Peripheral artery disease:** PAD is a hardening of arteries in the legs or arms

that causes reduced blood flow to these areas of the body.

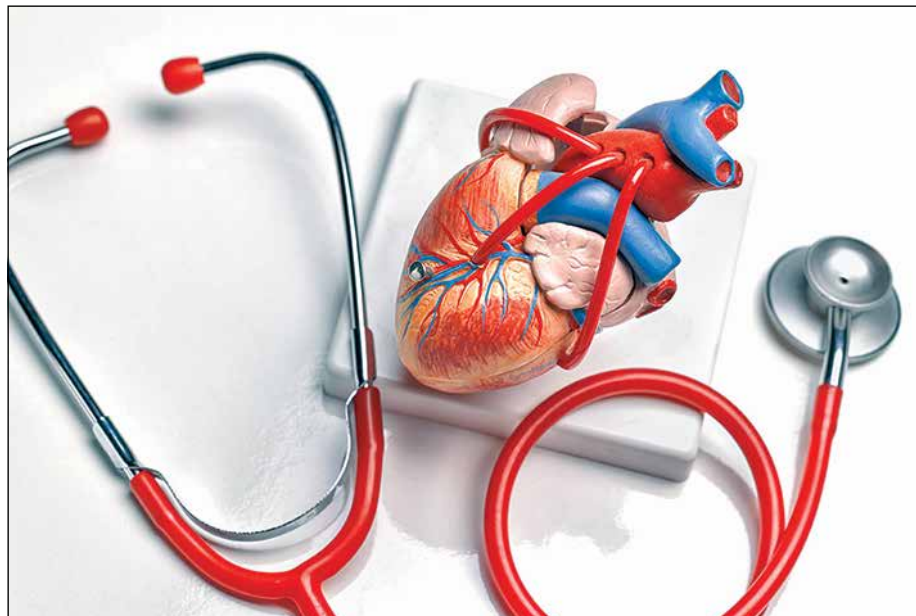
**2. High blood pressure:** Cholesterol and hypertension are linked. Cholesterol plaque and calcium can cause the arteries to harden and narrow so the heart has to strain to pump blood throughout the body, indicates the Cleveland Clinic.

**3. Coronary heart disease:** The main risk from high cholesterol is coronary heart disease, says WebMD. Again, cholesterol plaque can build up in the walls of the arteries and cause them to harden and restrict blood flow. Eventually arteries that feed blood to the heart can cause a partial or total blockage. Heart attack can occur if the blood is completely restricted.

**4. Stroke:** Arteries in the brain can become blocked by plaque in the blood, potentially leading to a stroke.

High cholesterol is a cause for concern that can adversely affect the cardiovascular system.

(METRO CREATIVE)



When LDL is elevated in the body, that can raise a person's risk for various health conditions including stroke and cardiovascular disease.

METRO CREATIVE Health & Fitness

**Beloit**   
**Health System**  
*Orthopedics*

*Don't Get Stuck in a Pickle—  
 Bounce Back with Expert Orthopedic Care*

## Innovative Orthopedic Care

Whether you're recovering from an injury, managing joint pain, or seeking preventive care, we're here to help you get back to doing what you love.

**Committed to our Community. Dedicated to your Health.**



Scan the QR Code  
 to learn more!





# Activities that promote cardiovascular health

## GUIDELINES ARE RECOMMENDED BUT EVERYDAY ACTIVITIES SHOULDN'T BE DISCOUNTED

Resolving to be physically active is an important step towards heart health and overall well-being.

Exercise is one of the most effective tools for strengthening the heart and avoiding various illnesses, including high cholesterol, that can affect cardiovascular health, according to Johns Hopkins Medicine.

Although any exercise can be beneficial, there is a fitness recipe designed to be the most effective for strengthening the heart and helping it to work to its full potential.

Here are the guidelines recommended by the American Heart Association and Johns Hopkins Medicine.

- Get 150 minutes per week or more of moderate-intensity aerobic activity or 75 minutes per week of vigorous-intensity aerobic activity, or a combination of both.

These activities can include running, cycling, swimming, and others that will get the heart pumping.

- Incorporate moderate- to high-intensity muscle-strengthening activity at least two days a week.

- Strength training should be designed to work the entire body. It doesn't have to be traditional weightlifting, either.

Body weight exercises, yoga, Pilates, and even tai chi can build strength and offer additional benefits like improving balance.

- Consider HIIT exercises. HIIT stands for high-intensity interval training, which involves exercising as hard as one can for a short period, and then resting briefly before exercising hard again for a short period.

While there are many different HIIT programs, UT Southwestern Medical Center says a popular one involves exercising hard for four minutes,

followed by three minutes of recovery time, for a total of four cycles.

- While stretching, flexibility and balance exercises do not directly affect heart health, they do help one stay flexible and free from joint pain and other issues that can sideline a person from exercise.

Doing what one can to protect against falls and reduce risk of being sedentary will benefit the heart in the long run.

- Don't discount everyday activities in relation to how they can enhance heart health. Walking, gardening, playing with children, or tossing a ball to a family pet are beneficial aerobic activities.

Heart health is something to take seriously, and exercise plays a key role in strengthening the heart.

(METRO CREATIVE)



Exercise is one of the most effective tools for strengthening the heart and avoiding various illnesses. A variety of activities can help including everyday things such as walking, gardening and tossing a ball for a dog.

FILE PHOTOS Health & Fitness



# Why it could pay to eat more chicken

IN ADDITION TO BEING VERSATILE, IT OFFERS A WIDE ARRAY OF NUTRITIONAL BENEFITS

Many people aspire to consume a diet that's as healthy as possible.

There are many ways to achieve such a goal and finding a way to consume more chicken and less red meat could be a pathway to healthier eating.

Many foods pack a nutritious punch, but few main course options may be as beneficial as chicken. Anyone looking to turn over a more nutritious leaf at mealtime can consider the many ways chicken benefits the body as they ponder ways to alter their diet.

Here are some of those benefits:

## High-protein, low-calorie

Though it's always necessary to consider specific cuts when comparing meats, a

single 100-gram (roughly 3.5-ounce) serving of chicken breast contains about 106 calories and 23 grams of protein, according to data from the United States Department of Agriculture.

By comparison, the same size serving of sirloin steak contains roughly 131 calories and 22 grams of protein, while ground beef is higher in calories (185) and lower in protein (18 grams).

## Low-fat option

The fat content of chicken varies depending on the type of meat, as one cup of dark meat contains more than twice as much saturated fat (3.4 grams) as white meat (1.4 grams). The skin of chicken tends to be particularly fatty, but skin can be removed

at home or individuals can buy skinless chicken breasts at the grocery store.

## Heart-healthy option

White meat chicken is low in cholesterol and saturated fat, making it a heart-healthy entree option.

The American Heart Association notes that red meats such as lamb, pork and beef have more saturated fat than skinless chicken, making these less heart-healthy options.

While the occasional serving of red meat likely won't do much harm to most people, those aspiring to eat a healthier diet, and particularly one that is more heart-healthy, are better off consuming white meat chicken than red meat.

## It supports muscle growth

A 2024 study published in the journal Physiological Reports found that combining resistance training with white meat chicken intake increased maximal muscle strength in elderly women.

But it's not just senior women whose muscles benefit from white meat chicken consumption.

The protein found in chicken has long been touted by bodybuilders as being useful in helping to grow as well as repair muscles.

Chicken is known as a versatile food, and that versatility extends to the wide array of nutritional benefits white meat offers.

(METRO CREATIVE)



## POWERFUL TOOLS FOR CAREGIVERS

Caring for someone with an injury or illness - such as dementia, cancer, heart disease, Parkinson's, stroke or others - can be physically, emotionally and financially demanding. Taking care of yourself is important. Powerful Tools for Caregivers (PTC) can show you the way.

"I don't think of myself as a caregiver. I'm her daughter. She needs me. Because she needs me, I know I need to take care of myself. Powerful Tools helped me do that."



\$10 ONE-TIME CONTRIBUTION SUGGESTED BUT NOT EXPECTED

**Fridays - 1:30PM-3:00PM**  
**October 3rd - November 7th**  
Aging and Disability Resource Center  
Racine County - Auditorium  
14200 Washington Avenue - Sturtevant

REGISTRATION REQUIRED. CALL RUTH AT THE ADRC



262-833-8764

475096

**Orthodontic Specialists of Lake County**  
SIMPLY SPECTACULAR SMILES

**Your Smile Deserves a Specialist**

- ✓ Free Consultations
- ✓ Fewer in office visits
- ✓ Shorter treatment times
- ✓ Flexible 0% interest financing

**Caring for our Community for over 30 years!**  
**www.osolc.com**

475097

**Antioch**  
847-838-0105  
**Grayslake**  
847-223-2876  
**Gurnee**  
847-249-1000

**Burlington Family Chiropractic**  
196 W. Chestnut St., Burlington, WI 53105  
262-763-3700

**Dr. Terry J. Dobbs • Dr. Alan D. Meike**  
**Dr. Patricia J. Rullmann**  
[www.burlingtonfamilychiro.com](http://www.burlingtonfamilychiro.com)  
STRENGTH THROUGH CHIROPRACTIC

422712

# HEALTH BENEFITS OF HONEY

Some refer to honey as “the nectar of the gods” due to its ties to healing, divinity and culture in ancient times.

Honeybees collect nectar from flowers and convert it into honey through an enzymatic process in their specialized bodies. Honey is stored in honeycombs for later consumption.

The National Honey Board says a hive can produce about 55 pounds of surplus honey each year that beekeepers harvest from the combs. The extracted honey is strained to remove any particles and excess wax before it is bottled and brought to consumers.

People are drawn to honey, not only for its sweet taste, but because of the health benefits it provides.

Here are some unique health benefits of honey:

**1.** Honey is rich in health-promoting plant compounds known as polyphenols. Healthline says regular consumption of polyphenols is thought to boost digestion and brain health and protect against certain diseases.

**2.** Antioxidants found in honey might be associated with a reduced risk of heart disease.

**3.** The Mayo Clinic says studies suggest that honey might offer antidepressant, anticonvulsant and anti-anxiety benefits.

**4.** Both the flavonoids and polyphenols in honey have been shown to be anti-inflammatory, which means they can help tame inflammation in the body that comes from illnesses and eating ultra-processed foods. As a natural sweetener, the Cleveland Clinic says honey is a less inflammatory

choice than regular sugar.

**5.** The World Health Organization and the American Academy of Pediatrics both endorse honey as a natural cough remedy. However, honey should not be given to children under the age of one.

**6.** Manuka honey can be applied topically to treat cuts and sores. This specific type of honey is found to be both antibacterial and antifungal. Raw honey of other types has been used to treat burns and wounds for centuries.

(METRO CREATIVE)

The health benefits of honey include it being anti-inflammatory. It's also rich in polyphenols, which are thought to boost digestion and brain health while also protecting against certain diseases.

METRO CREATIVE Health & Fitness



## SPECIALIZING IN HEALTH INSURANCE FOR SENIORS

Call Your Local Agent  
**NICHOLAS BLAWAT**

**1-414-545-7878**

**1-800-924-4061**

**Allied Senior Services  
Insurance LTD**





Scan this QR code to watch how Fort HealthCare is built around YOU.

SERVING RESIDENTS OF JEFFERSON COUNTY AND THE SURROUNDING AREAS

# EXCEPTIONAL CARE

## *Close To Home*

You don't need to travel far from home to make the best choice for you family's healthcare. From routine check-ups and preventative care to specialized treatments and therapies, our providers are committed to improving your health and well-being.



Find your  
doctor today!

[FortHealthCare.com/  
FindADoctor](https://FortHealthCare.com/FindADoctor)



Receive online healthcare from our local providers in 60 minutes or less for just \$25, no insurance needed. Now also available in Spanish!

**ACCESS TO CARE WHERE & WHEN YOU NEED IT.**

Visit [FortHealthCare.com/ecare](https://FortHealthCare.com/ecare) for more details.

[FORTHHEALTHCARE.COM](https://FORTHHEALTHCARE.COM)

(920) 568-5000



FORT ATKINSON • JEFFERSON • JOHNSON CREEK • LAKE MILLS • WHITEWATER • CAMBRIDGE • SURROUNDING AREAS