

Wellness Wednesday



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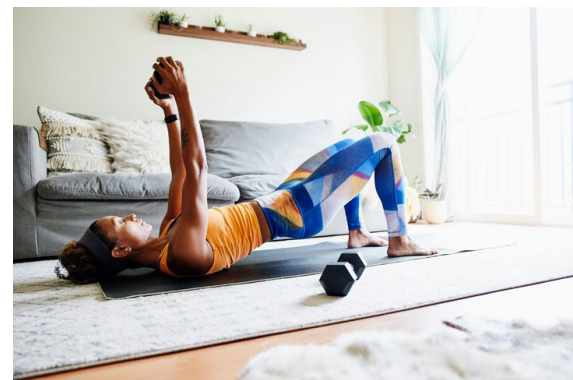


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The Importance of Mindset in Exercise: What Physical Therapists Recommend

Exercise is not only crucial for maintaining physical health but also for promoting mental well-being. Physical therapists, who are experts in movement and rehabilitation, understand the significance of exercise in improving mobility, strength, and overall wellness. They emphasize the importance of both the physical aspect of exercise and the mindset with which it is approached.

In this Wellness Wednesday, we will delve into the insights and recommendations of physical therapists regarding exercise.



By understanding their perspectives, you can optimize your workouts and achieve better results. Let's explore the key aspects to consider according to these experts.

The Benefits of Exercise: More Than Just Physical

Exercise is often referred to as a "miracle drug" due to its numerous benefits for the body. It improves cardiovascular health, strengthens muscles and bones, and positively impacts mental well-being. Physical therapists acknowledge these advantages and emphasize the importance of approaching exercise with the right mindset.

According to Kaitlyn Colgan, a physical therapist at the Hospital for Special Surgery in New York, exercise has an incredible impact on the body. If exercise were a medication, it would be the most prescribed drug in the world. This statement highlights the significance of exercise and the need to approach it with intention and knowledge.

The Pre-Workout Routine: Dynamic Warm-Up vs. Static Stretching

Warming up before a workout is essential to prepare your body for physical activity. However, physical therapists caution against relying solely on static stretching as a warm-up method. Static stretching involves holding a stretch for a prolonged period, which may not be the most effective way to warm up.

Colgan suggests incorporating dynamic warm-ups or dynamic stretching into your pre-workout routine. Dynamic warm-ups involve movement and bodyweight exercises that increase your range of motion and flexibility. Examples include planks, push-ups, high knees, and butt kicks.

By engaging in dynamic warm-ups, you activate your muscles and prepare them for the upcoming workout. This approach enhances your performance and reduces the risk of injury compared to static stretching alone.

Eating During Workouts: Understanding the Autonomic Nervous System

There is often a debate about whether it is appropriate to eat during a workout. Physical therapist Tiffany Asp from Stanford Health Care sheds light on this topic. She explains that our autonomic nervous system regulates our body's response during exercise, which is a controlled form of healthy stress.

When you eat during a workout, you engage the rest and digest aspect of your autonomic nervous system. This diversion from managing the fight or flight response, which exercise mimics, may not be ideal during physical activity. Asp advises against snacking during day-to-day workouts, but highlights that certain activities like long bike rides or marathon training may require additional fuel.

To optimize your workouts, it is generally recommended to eat a balanced meal or snack prior to exercise and refuel afterward. However, during regular workouts, it is advisable to wait until you finish exercising before consuming a meal or snack.

The Importance of Variation in Workouts

Physical therapist Kaitlyn Colgan emphasizes the significance of incorporating variety into your workouts. While any form of exercise is beneficial, engaging in a mix of strength training and aerobic exercises provides the full scope of benefits for your body.

By diversifying your workouts, you target different muscle groups and challenge your body in various ways. This approach leads to improved overall fitness and prevents overtraining, which can lead to injuries down the line.

To avoid falling into a routine of repetitive exercises, Colgan recommends trying different workout classes, exercising with friends, or exploring exercise videos and resources available online. By keeping your workouts fresh and exciting, you are more likely to stay motivated and enjoy the process.

The Importance of Having an Exercise Plan

When it comes to exercise, having a plan is crucial for maximizing your progress and minimizing the risk of overtraining or undertraining. Physical therapist Tiffany Asp advises having a workout plan tailored to the type of exercise you are doing.

Having a plan allows you to structure your workouts effectively, ensuring that you target different muscle groups and avoid overworking specific areas. It also helps you stay focused and motivated, as you know exactly what exercises to perform and in what order.

There are various ways to create an exercise plan. You can save a workout stack in a fitness app, line up workout videos on YouTube, or simply write down the moves you want to include in your strength training routine. By having a plan in place, you set yourself up for success and reduce the risk of injury.

The Power of Perception: Shifting Your Mindset

The way you perceive exercise can significantly impact your experience and results. Physical therapist Tiffany Asp highlights the importance of having a positive mindset when approaching your workouts.

In a recent study, housekeepers who were informed that their daily cleaning tasks counted as exercise experienced positive changes in their health. They exhibited a decrease in blood pressure and weight compared to housekeepers who were not aware of the exercise benefits of their work. This study demonstrates the power of perception and how viewing your activities as exercise can yield tangible benefits.

Asp encourages individuals to perceive their exercise routines positively, regardless of the activity. By considering your walk as a heart-pumping exercise or recognizing the physical demands of household chores, you can enhance the benefits of these activities. Embracing a positive mindset empowers you to derive more value from your workouts and enjoy the process.

The Underrated Benefits of Exercise: Mental Health and Well-Being

While physical improvements are often the main focus of exercise, it is essential not to overlook the impact on mental health. Physical therapists recognize the significant role that exercise plays in promoting overall well-being and reducing stress.

Exercise has been shown to have positive effects on mental health, including reducing symptoms of depression and anxiety. Engaging in regular physical activity releases endorphins, which are often referred to as "feel-good" hormones. These endorphins contribute to improved mood, increased energy levels, and better overall mental well-being.

The type of exercise you choose is highly individual, and what matters most is finding an activity that you enjoy and that keeps you active. Whether it's cycling, gardening, or Pilates, as long as it gets you moving, it's the right choice. Developing a habit of exercise and finding joy in the process is key to long-term adherence and reaping the benefits.

Physical therapists provide valuable insights into optimizing your exercise routine. By adopting a dynamic warm-up, avoiding snacking during workouts, diversifying your exercises, and having a plan, you can enhance your physical performance and minimize the risk of injury.

Furthermore, shifting your mindset and perceiving exercise positively can significantly impact your overall well-being. Recognizing the mental health benefits of exercise and finding activities that bring you joy contribute to long-term adherence and improved mental wellness.

Remember, exercise is not just about physical transformation; it is a holistic approach to health and well-being. By incorporating these recommendations from physical therapists into your exercise routine, you can experience the full potential of both your body and mind.



CRISPY OVEN ROASTED POTATOES



INGREDIENTS

- 1 1/2 pounds small baby potatoes (red, Yukon gold, or multi-color)
- 3 tablespoons extra virgin olive oil
- 1 teaspoon garlic powder
- 1 1/4 teaspoons dried Italian seasoning
- 1 1/2 tablespoons grated Pecorino Romano or Parmesan cheese
- 1/2 teaspoon kosher salt, plus more for topping
- Ground black pepper
- Olive oil spray

Are you tired of soggy and lackluster roasted potatoes? Look no further because we have the ultimate recipe for you - Crispy Oven Roasted Baby Potatoes! We will share the secret to mastering crispy, golden potatoes. Whether you're a seasoned home cook or a beginner in the kitchen, this recipe is guaranteed to impress. So let's get started!

Variations

While our recipe calls for garlic powder and Italian seasoning, feel free to experiment with different flavors and seasonings. Here are a few variations to consider:

- Swap out the Italian seasoning for your favorite dried or fresh herbs, such as thyme or rosemary.
- Add a kick of heat by including a sprinkle of red pepper flakes or paprika.
- For a cheesy twist, top the roasted baby potatoes with shredded cheddar or mozzarella cheese during the last few minutes of roasting.

Nutrition Information

Serving: 3 /4 cup (scant), Calories: 150 kcal, Carbohydrates: 18 g, Protein: 3 g, Fat: 7.5 g, Saturated Fat: 1 g, Cholesterol: 1.5 mg, Sodium: 166.5 mg, Fiber: 2 g, Sugar: 1 g



INSTRUCTIONS



Preparation

Before we dive into the cooking process, let's quickly go over the preparation steps.

- Preheat your oven to 400°F and position a rack in the center.
- Start by washing the baby potatoes thoroughly to remove any dirt or debris.
- Once clean, pat them dry with a kitchen towel or paper towels.
- Next, cut the potatoes in half, lengthwise. This will create more surface area for that desirable crispiness.

Seasoning

The secret to achieving maximum flavor in these roasted baby potatoes lies in the seasoning. The combination of garlic powder, Italian seasoning, grated cheese, salt, and pepper adds a delicious and aromatic punch to each bite. Here's how to season the potatoes properly:

- Drizzle the bottom of a sheet pan with two tablespoons of extra virgin olive oil, ensuring an even coating.
- Sprinkle the oil with garlic powder, dried Italian seasoning, grated Pecorino Romano or Parmesan cheese, salt, and a dash of ground black pepper.
- Place the halved baby potatoes, cut-side down, on top of the seasoned oil.
- Spritz the tops of the potatoes with olive oil spray to promote browning.
- Finally, season the tops with a pinch more salt for an extra burst of flavor.

Roasting Technique

Now that the potatoes are perfectly seasoned, it's time to roast them to crispy perfection.

- Place the sheet pan with the potatoes in the preheated oven.
- Allow the potatoes to roast for 30 to 40 minutes, depending on their size. The bottoms should turn golden brown, and the potatoes should be tender when pierced with a knife.
- Halfway through the roasting process, you may want to rotate the pan to ensure even browning.

Tips for Crispy Potatoes

- Use small baby potatoes for the best results. They have a higher skin-to-flesh ratio, creating more crunchiness.
- Make sure the potatoes are cut-side down on the sheet pan to maximize contact with the hot surface.
- Avoid overcrowding the potatoes on the sheet pan. If they are too close together, they will steam instead of roast.
- For an extra burst of flavor, experiment with different herbs and seasonings. Try using fresh rosemary, thyme, or your favorite dried herbs.

FEATURED EXERCISE

<https://www.self.com/gallery/hiit-cardio-workout>

Featured Exercise ► Core: Kick Through



» Do it:

- Start on all fours with your shoulders over your wrists and hips over your knees. Your toes are slightly wider than hip-distance apart. Push the floor away and lift your knees a few inches above the floor.
- Lifting your right arm and left leg, rotate toward your right side and kick your left leg underneath your body and out to the right.
- Return to all fours, keeping your knees lifted off the floor.
- Repeat the same movement on the other side, using your left arm and right leg and twisting your body to open up to the left. That's one rep.
- Continue performing reps for your work period.

Kick throughs offer a refreshing change from traditional core exercises like sit-ups and planks. They incorporate rotation, a movement pattern often neglected in standard training programs. By engaging your core in a rotational movement, kick throughs activate the muscles responsible for stability and balance. This exercise not only targets your abs but also engages your glutes, shoulders, and arms. Plus, it's an excellent way to enhance your coordination and agility.

[Click here to view online!](#)

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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**Did You Know?**

Seeking help is a sign of strength,
not a sign of weakness.

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