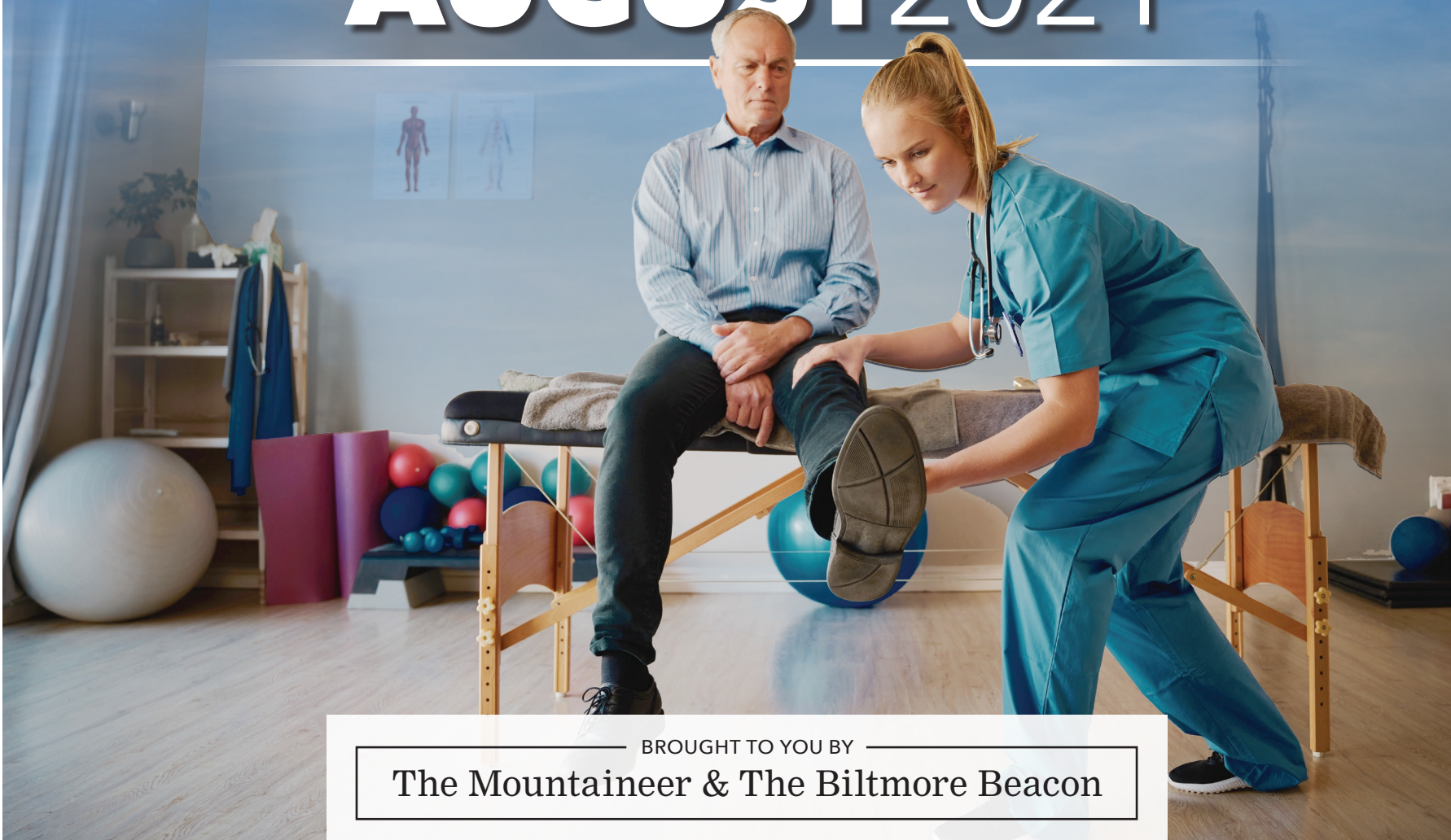


HEALTH & WELLNESS

AUGUST 2021



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How to communicate effectively despite hearing loss



If you have hearing loss, it is important to talk about it to the people around you.

This will allow them to help you take a more active part in conversations. Ask them to speak one at a time, especially when in groups or during a meal, and to look at you so you can see their lips.

Avoid pretending to understand what people say if you didn't really hear them. Instead, ask them to repeat themselves when necessary or to rephrase what has been said.

Depending on the type of

hearing loss, some frequencies or sounds, such as “s”, “f” and “ch,” can be more difficult to hear. Because of this, asking people to use synonyms is often more effective than simply having them talk louder.

To facilitate conversation, turn down the volume on the TV, stay away from open windows that let

in street noise and turn off distractions like dishwashers or washing machines.

These suggestions are just a few of the many ways you can facilitate conversations with friends and family. An audiologist will be able to suggest personalized solutions to help you farther along this road.



HEALTH & WELLNESS

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What is a hearing evaluation?

A hearing evaluation establishes the nature and degree of hearing loss you may be experiencing.

Patients must first answer a series of questions about their health, hearing difficulties and possible contributing factors, including tinnitus, noise in the workplace or medical history. This interview is then followed by various tests:

- Impedance screening is a test performed using a probe, which evaluates the functioning of the eardrum and ossicles and measures the activity of the muscle that protects the ear from loud noises.
- The pure tone audiometry test is conducted in a soundproof booth and determines the quietest sounds that a patient can hear. To do this, the audiologist will ask the patient to listen to high and low sounds of different frequencies and indicate when he or she hears one.
- The speech audiometry test requires the patient listens to words, spoken in a whisper and at a comfortable level, which he must then repeat. This helps determine the patient's ability to hear and understand them.

Lastly, the audiologist will explain the results and make recommendations. Do you think you have hearing loss? Consult an audiologist without delay so you can have your hearing assessed.

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Pardee expands services throughout the region, including 24-hour cardiac care

Tracing its history back to 1913, Pardee UNC Health Care in Hendersonville is a not-for-profit hospital with a comprehensive line of services: a state-of-the-art cancer center, a comprehensive physician practice network, four urgent care locations, three rehabilitation and wellness centers, and six orthopedic clinics with a medical staff representing more than 40 specialties.

Pardee recently expanded its cardiac service by becoming a Percutaneous Coronary Intervention designated hospital able to treat heart attack patients around the clock. Pardee is one of only two hospitals in WNC able to provide this

level of care.

The designation formally recognizes the collection of personnel and procedures Pardee's Emergency Department and Cath Lab have in place to handle these most serious heart attacks, further enhancing the continuum of cardiac care available 24 hours a day.

Committed to meeting the broader community's growing needs, Pardee continues to expand its primary care, urgent care, and specialty services throughout Henderson, Buncombe, Transylvania and Haywood counties.

In 2020, Pardee added a new urgent care, orthopedics and physical



therapy practice in Pisgah Forest, offering convenient care to Transylvania County residents.

In early 2021, Pardee opened

new primary care facilities in Asheville, Brevard and Arden, as well as expanded general surgery services with a new office in Brevard.



Because there are more smells and trails to explore, WE SPECIALIZE IN ORTHOPEDICS.

Pardee Orthopedics delivers a variety of services for children and adults requiring non-surgical and surgical care for the treatment of sports-related injuries or normal wear and tear. Our nationally recognized orthopedic providers will help individuals regain physical activity, mobility, and quality of life through arthroscopy, traditional or minimally invasive surgery, joint replacement, spine care including robotics and injections, sports medicine, therapies including physical, occupational, and aquatic, as well as physiatry and rehabilitation.

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3 tips for living with arthritis

Arthritis can make it difficult to perform a variety of tasks, from getting dressed in the morning to washing dishes at night. Here are three ways you can improve your quality of life if you have arthritis.

1. Keep moving. Regular exercise is essential for maintaining joint function and bone density and can help relieve arthritis symptoms. Plus, exercise promotes better sleep and helps with weight management.

2. Maintain a healthy diet. Eating an anti-inflammatory diet — which involves replacing sugary, refined foods with fruits, vegetables,

fish, lean meats and whole grains rich in antioxidants — has been shown to help reduce arthritic pain caused by joint inflammation. If you're overweight, a low-calorie diet is essential for shedding pounds; weight loss can reduce pressure on your joints.

3. Make your home accessible. Small adjustments made to your home — such as using a shower stool or keeping items on lower shelves — can ease pain and stress. Look for ergonomic equipment and assistive devices that can be used at home to improve your grip and avoid unnecessary bending or reaching.



Physical therapy and arthritis pain

Physical therapists play a crucial role in the treatment of arthritis and can help you reduce the pain that comes with this ailment. Physical therapy strengthens the muscles around the affected joints, which helps preserve their shape and flexibility. Physical therapists can help you maintain and even improve joint mobility, as well as reduce inflammation caused by arthritis. Physical therapists can provide you with a wealth of useful advice and recommendations to improve your quality of life. They can recommend less strenuous physical activities and instruct you on how to protect your joints while you move about. They can also teach you how proper posture and body mechanics can prevent deformities.

Don't let an injury or pain hold you back.

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Osteoporosis: who's at risk?

Osteoporosis is a disease caused by low bone mass and deterioration of bone tissues in the body, causing bones to become brittle. This disease commonly leads to fractures in the wrists, shoulders, vertebrae and hips.

Risk Factors

Though the cause of osteoporosis remains unknown, the risk factors are well understood. It's more common in women, particularly following menopause. In men, the risk goes up after age 50. Other risk factors include low calcium intake, genetics, a sedentary lifestyle, smoking and alcohol use.

Diagnosis

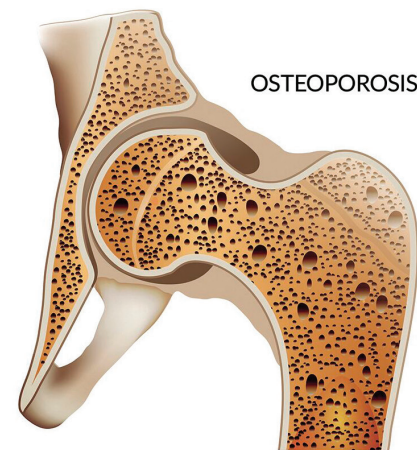
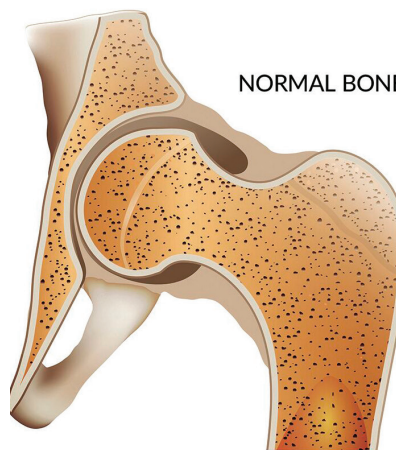
Since it doesn't cause pain or other noticeable symptoms as it progresses, osteoporosis is typically diagnosed quite late,

often after a fracture occurs. A bone density scan following a suspect fracture will confirm the diagnosis.

Treatment

There's no cure for osteoporosis, but there are ways to prevent and delay its onset and progression. Depending on the case, certain medications may be prescribed.

All patients benefit from taking calcium to help maintain bone mass. Additionally, vitamin D sup-

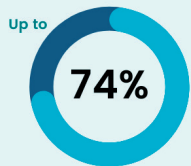


plements allow the body to absorb calcium better. Regular physical activity will also reduce the risk for fractures and slow the rate of bone degradation.

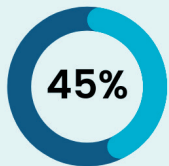
At-risk individuals, especially women who underwent early menopause and those whose parents had hip fractures, should discuss osteoporosis with their doctor.

Regenexx[®] Knee

Post Knee Procedure Function and Pain Data



Average Function Regained



Decrease in Joint Pain after one month

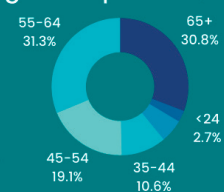


This Registry Data was collected March 1, 2021. It is not the same as controlled trial data. For the latest updates, please scan the code below. We maintain an active national patient registry to track patients' progress or side effects post-procedure, checking in with them a few weeks to a few years post-procedure.



"I can climb on machines. I can look in the trucks. I can get on my hands and knees. I never thought, based on the advice I'd originally gotten, that I would ever be doing that again. My daily routine is fully restored. My life is just like it used to be."
- Jim

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- ➔ Patient experience and testimonial videos.



It is important to note, that no two conditions are exactly alike. The only way to know if you are a candidate for a Regenexx regenerative procedure, and learn more about your possible outcomes based on candidacy, is to schedule your evaluation appointment.



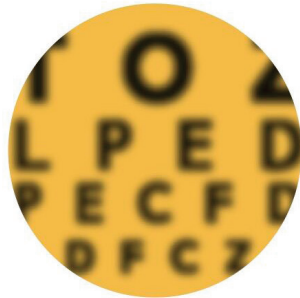
Dr. Lehman has worked alongside surgeons for many years and knows when a referral for surgery is indicated. Many patients, however, can get relief without surgery using cortisone and hyaluronic acid injections, physical therapy, bracing, weight loss and exercise counseling, and newer Regenerative Medicine procedures.



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Healthy eyes *throughout the year*



Besides getting regular eye exams, there are a number of things you can do to keep your eyes at their healthiest.

- Eat a balanced diet that includes plenty of leafy greens and other fruits and vegetables. Omega-3 fatty acids, found in fatty fish like salmon as well as in nuts, are also beneficial to eye health.

- Maintain a healthy weight to reduce your risk of developing diabetes. There is a strong correlation between diabetes and certain eye diseases, including glaucoma.

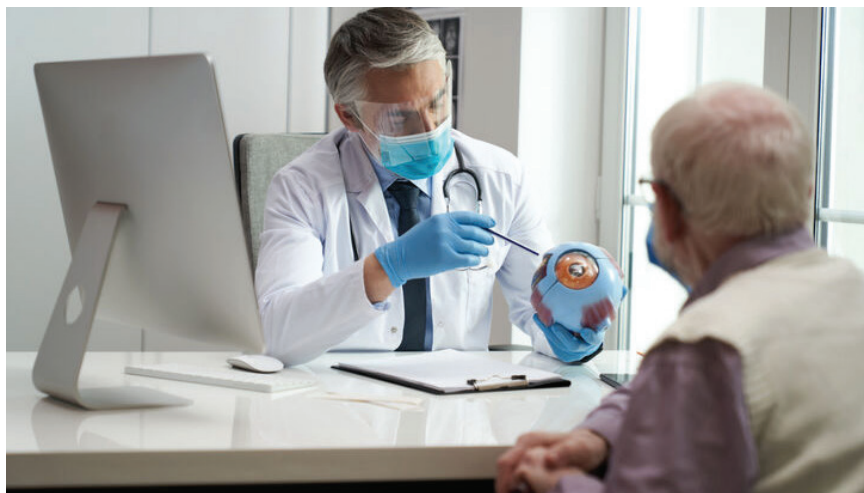
- Wear sunglasses to protect your eyes against harmful UV rays. In many cases, cataracts and other eye

health problems can be traced back to retinal overexposure to the sun.

- If you wear contact lenses, always wash your hands before putting them in or taking them out, and only store your lenses in fresh solution. These actions will help reduce the likelihood of developing eye infections.

- Quit smoking. Tobacco use increases the risk of macular degeneration (a precursor of blindness), cataracts and optic nerve damage, among others.

- Wear safety goggles when using power tools and performing any task that involves potential eye hazards.



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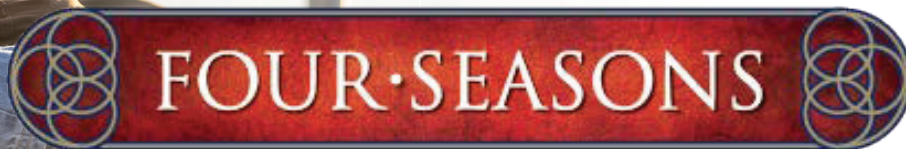
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The Care You Trust

Nine tips for effectively managing your medications

Medications need to be taken correctly in order to work properly and not jeopardize your health and safety. When you have multiple prescriptions, this can become difficult. Here are nine things you can do to simplify managing your medications.

1. Daily routine

To reduce the chances of missing a dose, synchronize taking medication with a daily activity such as brushing your teeth or eating breakfast.

2. Times of day

Medications often have to be taken at specific times of day. Others may have to be taken two hours before or after eating to be properly absorbed, other shouldn't be taken on an empty stomach. And still others can't be taken in proximity to other meds.

Make out a written schedule, and then set a recurring alarm to remind you when it's time to take a specific medication.

3. Tools

Take advantage of services and products offered by your pharmacy.

This may include the following:

- Daily call reminders for taking medication
- Online or preauthorized prescription renewal
- Delivery of medication to your home
- Synchronization of renewal dates for your various medication

4. Keeping track

It's easy to forget whether you've taken a certain pill already. Use a pill box labeled with each day of the week. Every Sunday, parcel out the pills you have to take each day and put them in the pill box to easily keep track of whether you've taken your pills for the day.

5. Senior friendly

If you have arthritic hands or struggle with child-proof pill bottles, ask your pharmacist to put your meds in an easy-to-open packages. If you have trouble reading the fine print, you can also request large-print labels on your medication.

6. OTC's

Consult your pharmacist before buying over-the-counter medication



(including natural health products) in order to prevent reactions with other medication you're taking.

7. Ask questions

Gain a thorough knowledge of your medication by asking your pharmacist about it.

8. Stick to dosing

When taking medication, respect the prescribed dosage and treatment period. If you've forgotten a dose, don't double it: speak to your pharmacist.

9. Storage

Designate a place to keep your medicines, like a basket or tray on your counter. Properly store your medications by keeping them in their original container, far from heat sources or moisture and out of reach of children.

10. Expiration dates

Regularly check the expiry dates on your medication. Properly dispose of expired medication or medicines you aren't taking any more.



Boost your mood with food

Eating the right foods can help us heal, prevent diseases and even affect our mental health. If you're looking for a way to raise your spirits and increase your overall well-being, consider eating these mood-enhancing foods.

1. Fatty fish

Omega-3 fatty acids found in fish such as salmon, mackerel and sardines have an important role to play in the production of the feel-good brain chemicals dopamine and serotonin. Walnuts and ground flaxseeds are also excellent sources of omega-3s.

2. Leafy greens

Kale, spinach, and watercress are among the many types of greens that you can eat to boost your mood. These veggies are high in folate and vitamin B6. The former is needed for neurotransmitter synthesis, and the latter is required for serotonin production.

3. Yogurt

Yogurt with active cultures contains probiotics. These healthy bacteria have been shown to reduce



the quantity of anxiety and stress hormones in the body. Other foods with probiotics include kefir, tempeh,

kimchi, and pickled or fermented vegetables.

4. Whole grains and legumes

Spikes in blood sugar levels can wreak havoc on your mood. Whole grains like brown rice, barley and quinoa, as well as legumes like lentils, kidney beans and chickpeas, are digested slowly, making them a good source of fuel for your brain and body that won't disrupt your mood.

5. Dark chocolate

Studies indicate that consuming dark chocolate (70 per cent cocoa or higher) releases endorphins and boosts serotonin levels. In addition, it's believed that cocoa flavanols may increase blood flow to the brain.



Did you know? Little-known healthy food facts

- Quinoa, a gluten-free grain, contains more protein and a better-balanced blend of amino acids than most common grains, such as rice, corn and wheat.
- A serving of cooked or raw red pepper contains more vitamin C than your average orange — approximately between 100 and 165 milligrams versus 70 milligrams for the citrus fruit.
- Known for its aphrodisiac properties, vanilla also has numerous health benefits. It helps stimulate digestion, reduce stress and slow cell decay, among other things.
- Fiber-rich avocado is a precious ally for your health. It's packed with monounsaturated fats — the healthy kind — which reduce the risk of heart disease.

Why consult a physical therapist?

Physical therapy provides preventive and rehabilitative treatment for neurological, musculoskeletal and cardiovascular problems. These may include muscle or joint injuries, chronic pain, arthritis, tendinitis and headaches.

Physical therapists are also trained in helping with poor posture,

loss of balance, dizziness, reversing loss of mobility from aging, vertigo, pelvic rehabilitation and even delays in motor development in children.

Physical therapists can treat a person's functional limitations, regardless if they're caused by health problems — like multiple sclerosis, stroke, arthritis, or paralysis — or by

an injury — like sprains, fractures and strains.

They work with individuals of all ages wanting to recover the full potential of their physical abilities following an accident or sports injury. Physical therapists also work with seniors to help them maintain mobility and range of motion that can otherwise decline as part of the aging process, and stave off aches and pains associated with aging.

Depending on the situation, treatments can involve a combination of different techniques, including prescribed exercises, manipulative therapy, and even electrotherapy. Consult a physical therapist to learn more about the full range of services and treatments they provide.



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Eye health: *three specialists to “see”*

**An optometrist, optician or ophthalmologist:
which specialist should you consult?**

Here’s a crash course on the three providers to help you choose the right specialist.

1. Opticians

Opticians are the professionals who design, adapt and sell glasses, contact lenses or ocular prostheses for correcting eyesight. They are not authorized to write prescriptions.

2. Optometrists

Optometrists are the most commonly consulted eye care professionals. They are often our point of entry into the healthcare system for eye problems.

They are licensed to perform eye exams and vision tests, prescribe corrective glasses or contact lenses, detect certain eye abnormalities and prescribe medications for certain eye diseases. These specialists can also advise people on preventive measures to maintain healthy eyes

and good vision.

3. Ophthalmologists

Ophthalmologists are medical doctors with the most advanced education and training. They are qualified to perform all types of surgery on the eye and diagnose and treat all eye diseases.

While they can also do eye exams for corrective lenses, they specialize in diagnosing and treating eye health conditions such as glaucoma, iritis, macular degeneration and cataracts — along with performing surgical intervention for vision care, including laser treatment to improve vision.

Eye care is never something to put off or postpone. Even if you aren’t experiencing detectable eye or vision problems, getting a routine check-up can catch issues early and prevent irreversible vision loss.



Do you look and feel your age?

How is it that some older people appear to be so young in body, mind, and heart?

It comes down to difference between their chronological age — measured in years — and their physiological age — measured by physical and mental health and the progression of aging.

So, do you look and feel your age? The answer lies in the evaluation of every aspect of your lifestyle: emotional life, social support network, stress management, sleep quality, diet, physical activity, spiritual activity, body mass index, smoking, and alcohol consumption.

It also depends on genetics, family history, interpersonal relationships, self-fulfillment, work

stimulation levels, sex life, and financial position.

There are many online questionnaires to calculate your physiological age. Congratulations if the results show you seem younger

than your chronological age!

If it's the opposite, it's time to make a few changes in your lifestyle. For example, you could start to eat more balanced meals, stop smoking, take up a new physical

activity, learn to delegate tasks, and take more time to relax. No one likes to be told that they seem older than they actually are, but hearing it is a good warning signal that it's time to get a hold of your health.



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Is it a concussion? Find out fast.

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A brain injury needs prompt diagnosis and treatment. But it's not always easy to detect. That's why it's important to get any head injury checked, even if you think you're okay.

Mercy Urgent Care locations in WNC are now able to screen for concussions and other serious brain injuries with an innovative new device called BrainScope®.

A BrainScope head injury assessment can be completed in as quickly as 10 minutes. It's a patient-friendly, non-invasive scan that objectively assesses the entire spectrum of brain injury – including concussions.

A concussion assessment provides peace of mind, eliminating the nagging concern of wondering whether that hit to the head needs further treatment.

Mercy's medical staff will assess your injury and symptoms, then place a disposable BrainScope headset on your head. The device measures your brain electrical activity and neurocognitive function. Using a handheld portable screen, the clinician will review your data to answer



two key questions:

- Is it likely that there's a structural brain injury that would be visible on a CT scan?
- Is there evidence of functional abnormality that would indicate a concussion?

BrainScope is available for patients 13-85 years of age, within 3 days of a mild head injury.



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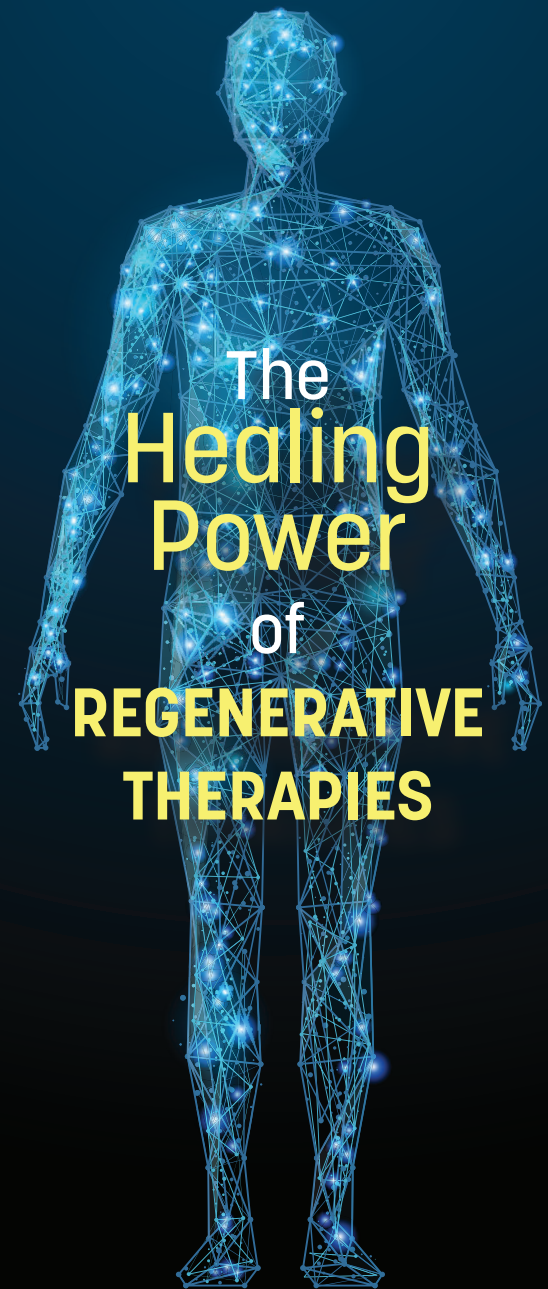
TREATMENTS

Injuries and conditions commonly treated by regenerative therapy procedures include:

- Back & Neck Pain
- Shoulder Pain
- Knee Pain
- Elbow Pain
- Foot/Ankle Pain
- Hand/Wrist Pain
- Hip/Thigh Pain
- Peripheral Neuropathy
- Anti-Aging and Wellness
- Autoimmune Disorders
- Neurodegenerative Disorders
- Cosmetic Skin Rejuvenation
- Hair Restoration/Rejuvenation
- Sexual Rejuvenation

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Hip/Thigh



INJURED
Hand/Wrist



INJURED
Foot/Ankle

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Injuries of all types treated by sports medicine specialists

Whether it you're a skier with an ACL injury or a tennis player with a rotator cuff tear, sports medicine specialists can help you return to your previous level of activity in a safe and efficient manner.

Sports medicine is not just for athletes, however. Active patients of all ages find physical impediments that prevent or impede them from taking

part in their chosen activities.

Here's a guide to common sports injuries.

- Ankle/Foot Injuries: constitute the most common types of injuries in sports participation to include Achilles tendon, strains, and sprains.
- Knee Injuries: includes patellar tendonitis/tendonitis, meniscus and ligament tears.
- Hip Injuries: includes tendon strains, bursitis, and tendonitis.
- Shoulder Injuries: very common in sports involving throwing or other overhead motions involving rotator cuff injuries, labral tears, and shoulder dislocation.
- Elbow Injuries: includes tennis elbow and ligament injuries.
- Hand and Wrist Injury: most common injuries include tendonitis, fractures, and sprains.



Christopher T. Lechner, MD (Hand Surgeon), Bruce I. Minkin, MD (Hand Surgeon), Lacy Eugene Thornburg, MD (Hand Surgeon), Jesse (Jay) L. West, MD (Sports Medicine Surgeon), Travis Snyder, PA-C (Sports Medicine)



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Haywood Regional Medical Center shines as a community partner

Haywood Regional Medical Center's role as a community champion and partner are detailed in the newly-released community benefit report for the 2020 calendar year, showcasing the broad scope of the hospital's contributions.

"We are grateful to call Haywood County home and are proud to contribute to its economic and physical well-being in all the ways that we do," said Greg Caples, CEO of HRMC. "We are also incredibly thankful for and encouraged by the support our community has shown us over the course of this historic year."

The following are highlights of HRMC's community benefit report for 2020:

- Added 58 new providers in

specialties including pediatrics, pain management, pathology, emergency medicine, nephrology, primary care, and telehealth.

- Invested \$2.6 million in capital improvements, including a nuclear medicine camera replacement, new MRI monitoring system, anesthesia machines and more.

- Gave more than \$20 million in health services to those in need, demonstrating the hospital's ongoing commitment to ensuring access to care for everyone, regardless of their ability to pay.

- Paid nearly \$63 million in salaries, wages and benefits to its approximately 870 employees and more than \$7.8 million in local and state taxes, plus sponsored numerous nonprofit initiatives.



"As part of LifePoint Health, HRMC was able to continue our legacy of quality care and community leadership and continue creating places where people — like you — choose to come for care."

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Incorporate fitness into everyday life

Getting more exercise doesn't have to be relegated to gym hours or fitness classes. Opportunities to add more physical activity to your life are all around you.

• WALKING

Walking is the simplest, most-accessible and most enjoyable forms of exercise for many. Simply step out the front door. Walking can be easily incorporated into everyday activities, as well, like parking in the far side of the parking lot from a store entrance.

For extra motivation, set up a regular walk date with a friend. Walk briskly if possible and swing your arms. Maintain a pace that leaves you slightly out of breath

but that still lets you be able to converse with someone. Doing so will increase your calorie burning and benefit your heart and lungs.

• GAMES

If your grandchildren are visiting and want to go for a swing in the park, play hide and seek or test their new Frisbee, be sure to join in their fun. You could also try out the outdoor exercise stations that are available in many parks.

• GOLFING

Walk rather than renting a cart and carry your bag. This will definitely increase the number of calories you burn.

• SWIMMING

Combine a dip in your pool with

a low-impact form of exercise. Hold on to the side of the pool and kick your legs energetically. Rest for a moment when you feel tired and then do another round of kicking.

You can also use a kick board. Extend it at arm's length while keeping your body in a plank position to get a core and upper arm workout, as well.



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Doing our part to improve cancer outcomes

Approximately 1.8 million Americans received a cancer diagnosis last year, and it remains the second-leading cause of death in the United States.

Prevention is possible

Between 30 and 50 percent of all cancer cases are preventable, according to the World Health Organization. The adoption of healthy habits can put you at a reduced risk for getting cancer. Eating a healthy diet, quitting smoking, being active, minimizing alcohol consumption and practicing sun safety are among the top behaviors that will most reduce your risk of getting cancer.

Screening is essential

If you do develop cancer, ear-

ly detection greatly increases the chances that treatment will be successful. Speak with your doctor about which cancer screening tests are recommended for you and when they should be given. Never put off or delay preventative cancer screenings recommended for your age.

Social support is key

A cancer diagnosis can be difficult to navigate for patients and their families. Therefore, social support during and after a diagnosis is important and can make a tremendous difference. Some studies indicate it can even improve survival rates. If you know someone who's fighting cancer, consider reaching out to offer a sympathetic ear or a helping hand.



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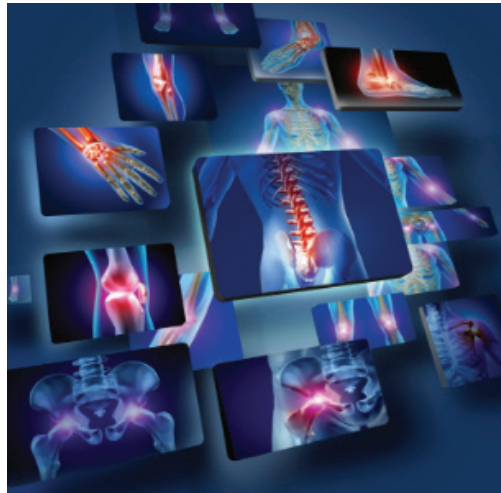


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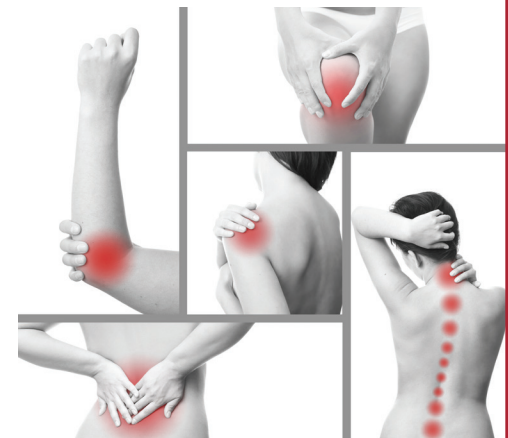
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Suffer from chronic pain? *You're not alone.*

One in five Americans suffer from chronic pain at any given time, according to the latest data from the national health survey conducted by the Centers for Disease Control and Prevention.

Chronic pain is one of the most common reasons adults seek medical care and is associated with decreased quality of life, opioid dependence, and poor mental health.

According to the survey, 20.4% of adults responded that they suffered from chronic pain in the previous three months, and 7.4% had chronic pain that frequently limited life or work activities.

The survey has been conducted annually since 2002, and over that

time, the percentage of the population suffering from chronic pain has increased by 10%. Researchers found that the prevalence of chronic pain had increased for all demographics, ages, genders and socioeconomic status.

“We looked at the data from every available perspective, including age, gender, race, ethnicity, education, and income, but the results were always the same: There was an increase in pain no matter how we classified the population,” says Dr. Hanna Grol-Prokopczyk, who’s studied the results of the pain data from the survey over time. “You might think that with medical advances, we’d be getting healthier and experiencing less

pain, but the data strongly suggest the exact opposite.”

For people between the ages of 65 and 84 years, physical health issues were associated with chronic pain prevalence, with a high body mass index being a leading variable. Joint pain and lower back pain are the most prevalent sites of pain.

The longitudinal survey poses the following question to over 31,000 respondents: “In the past 3 months, how often did you have pain? Would you say never, some days, most days, or every day?” High-impact chronic pain was categorized by those who said their pain limited their life or work activities.

Here are some key findings and trends from the most recent data based on the 2019 national health survey:

- The percentage of adults who



had chronic pain increased with age: 30.8% for those 65 and over; 25.8% for ages 45–64; 14.6% for ages 30–44; and 8.5% for ages 18–29.

- Women were more likely to have chronic pain (21.7%) and high-impact chronic pain (8.5%) compared with men (19.0% and 6.3%, respectively).

- The percentage of adults with chronic pain was higher among rural residents compared to urban residents: 16.4% in larger metropolitan areas compared to 28.1% in rural areas.



What is pain management?

Pain management refers to techniques to reduce and control the amount of pain a person experiences over the long term. Chronic pain is complex, and it can take a person some time to find the best pain relief methods that work for them. There are many ways to manage pain, and not all of them include taking medication.

Wipe away the COVID cobwebs with a new fitness routine

No more delays, no more excuses

Most of us know we should exercise more, but we easily find a thousand excuses to postpone any sort of physical activity.

COVID certainly took a big toll on fitness. Between gyms being closed and spending so much time at home, many of us got out of shape and gained weight during COVID.

Now's the time to get back into a fitness routine. Join the gym, attend exercise classes, do workout videos from home or devise a DIY fitness routine.

For the best chance at success, make a schedule for when you'll exercise during the week and stick to it.

Here's some of the top excuses for not exercising, and why they don't hold water.

I'm not motivated.

It's probably because you haven't found an activity you enjoy. What about dance, karate, tennis or bodybuilding? Think about what you'd like to do and take advantage of free trial sessions. Eventually, you'll find something you like, and you may even start looking forward to it every week.

I don't have the time.

When you love an activity, you can usually find the time for it, even if it means cutting back on your TV watching a bit.

How about climbing the stairs?

It won't take you much longer than waiting for the elevator. And once you've signed up for some sort of

physical activity, put it in your agenda and stick to your new routine.

I don't have the money.

Most municipalities offer a wide range of activities at affordable prices, and sports like running and ice skating require minimal equipment.

I'm too tired.

Fatigue is often caused by inactivity. Start exercising gradually and

you'll quickly see your energy levels increase. If you're too tired in the evening, think about exercising in the morning.

I have a bad back or knees.

Physical activity is often beneficial and helps strengthen the joints. Consult your doctor in order to choose a sport that is suitable for your condition.



How to choose the right gym

Want to join a gym, but wondering which one would be a good fit?

The first question to consider is what type of facilities and services you're interested in. You'll want to know about the type of equipment

they have, whether they have showers, and what kinds of classes and consultations they offer.

You should also take into consideration the gym's opening hours and schedule for group classes, as well as

its location and accessibility. Does it have a parking lot? Is it near your home or your work?

Obviously, your budget is another important criterion to take into account. Consider what the membership fee includes. While one gym's membership could be slightly more expensive, if it includes free group exercise classes and a pool, it could be to your advantage.

Take note of the atmosphere, the cleanliness of the changing rooms and the exercise machines. Is there enough equipment for everyone? Is it all in working order? Many gyms offer free trial sessions or day passes, which are great opportunities for you to check them out and ensure that you're making the right choice.



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