



YOUR HEALTH AND WELLNESS NEWSLETTER

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Living Well

A closer glance at why regular movement is important

Three key things you often hear when it comes to health promotion and wellness, are eating habits, sleep hygiene, and exercise. That last word, exercise, can sometimes feel like an overwhelming task. When really in retrospect, exercise can be thought of as physical movement to improve the health and condition of your body. Simply, it requires movement that challenges your body on a regular basis. Society has us believing that it is simply for image. While, that may be a perk or motivating factor for some, for others it is not. So why is regular movement or exercise really important?

Let me go further and explain what happens as we age. Aging may show up differently in each individual, and tends to be a slow, subtle process that may start earlier for some. As we get older, our metabolism decreases. It is harder to burn off calories. If eating habits remain the same, but activity decreases, weight gain happens. As we age, it is even more challenging to get that extra weight off. Our bones shrink and become less dense, increasing likelihood of fractures. Along with this, our muscles become weaker losing elasticity and flexibility resulting in balance, coordination, and stability issues, further increasing the risk for injury. We lose elasticity in our bladder and pelvic floor muscles, resulting in leakage challenges and in men difficulty with emptying. Structural changes happen within our bowels. Without daily movement, it is difficult for our bowels to move. Naturally, we experience fluctuations in hormones and can be further impacted by level of activity. Our heart muscles work harder, as our blood vessels stiffen. When we don't move, we lose function and increase morbidity.

When there is an interruption neurologically, such as paralysis or a neurodegenerative condition, your body may experience increased challenges due to mobility. Therapists are trained to teach adaptable, quality movement patterns to achieve healthy outcomes. Regular movement can help decrease and prolong the effects of aging, while living your best life. The key is to keep it going. There are many ways to move and exercise; to build endurance, maintain flexibility, and keep the heart pumping: resistance training, circuit training, yoga, Pilates, and more.

However you want to call it, daily movement, conditioning, or exercise, it is the key for all to living a quality and productive life. Starting these healthy habits early in life helps slow the progression and effects of aging that inevitably will occur.

What's happening?

LBBRG has been gradually resuming small groups with Covid-19 social distancing and screening guidelines in place. We have added event information on our [website](http://lbbrehab.com/news) (lbbrehab.com/news) so that you can check back for upcoming meetings and events. To date, we have resumed **The Caregiver's Table** meetings in a virtual format for our nonprofessional caregivers to meet once per month. We will be introducing **PWR! classes** at our Rockford location next month.

We organized two **accessible Fall hikes**, at the Grand Ravines Park and Timbers Recreational Park. Stay tuned for pictures on our Facebook/Instagram. If you did not get a chance to join us, we encourage you to check out these parks with family and friends before the weather changes.

Last, but not least, your LBBRG team has been coming together to push for stronger advocacy for the many individuals who require long-term healthcare resources in order to live a quality and productive life. If you would like your voice heard, please reach out to your clinical director.

World Mental Health Day



Saturday October 10th is World Mental Health Day!

October 10th is a day to reflect on our own mental health & well-being; a day to recognize the impact this pandemic has potentially had on our mental health over these last 7 months. May this Saturday be a reminder to always invest time & energy into ourselves as each of us is important, valued, and loved. How will you show yourself some mental health love this weekend?

According to the WHO, "Mental health is one of the most neglected areas of public health. Close to 1 billion people are living with a mental disorder, 3 million people die every year from the harmful use of alcohol and one person dies every 40 seconds by suicide. And now, billions of people around the world have been affected by the COVID-19 pandemic, which is having a further impact on people's mental health."

The WHO is hosting a global online advocacy Event on mental health called "The Big Event for Mental Health" where you can learn more about what the WHO, national leaders, artists & musicians are doing to improve mental health of people and advocate for those in need. You can tune in via WHO's social media channels. To learn more, [World Mental Health Day 2020](https://www.who.int/campaigns/world-mental-health-day/world-mental-health-day-2020) (<https://www.who.int/campaigns/world-mental-health-day/world-mental-health-day-2020>)

Stay tuned for more on Mental Health Awareness from Megan Roe, PT.

Halloween Fundays 10/26-10/30

This is a week you are not going to want to miss at LBBRG! We are gearing up for the full moon, MI vs. MI State Game, and Halloween. Giveaways throughout the week for clients and some costume fun for all at LBBRG!

- Monday - Wear your favorite Halloween socks
- Tuesday - Wear your theme colors: Orange & Black, Blue & Gold, or Green & White. What are you most excited about, football or Halloween?
- Wednesday - Wear your favorite Halloween accessory. This could be jewelry, crown, hat, tie, wand, cape, etc.
- Thursday - It's a Masquerade kinda day!
- Friday - Wear your costume!

