

Shopping and health: How to stay fit while exercising credit card

THERE ARE ways to exercise more than your credit card during the holidays.

You think we're going to let your body go to sloth while you shop? We are crushed that the thought would even cross your mind. So much so that we are going to prove you wrong.

Thus, five tips for making shopping as healthy for you as for the store's coffers:

-Testing one, two, three.

Not in the market for fitness equipment? Don't let that keep you from testing it. Glare at the kid playing on the display treadmill or elliptical machine until he gets off. Then slip off your pumps and step on until somebody glares you off.

-Remember to tighten.

As you stand in line, or wait for a parking space at the far end of the lot (that's where all the exercise gurus tell you to park, right?), tighten your abs or glutes. Nobody's watching.

-Save calories for dinner, Pumpkin.

Mmm. Starbucks Pumpkin Spice Creme smells yummy. Only catch: A 16-ounce grande made with 2 percent milk and whipped cream can set you back 400 calories. Cut it down by half: Skip the whip, sub skim milk and shrink the size to a 12-ounce tall.

-Work those triceps.

Shopping online? While you're waiting for the "order complete" to pop up, put your hands on the seat of your chair. Scoot your fanny off the edge; bend your elbows to lower and raise it. Voila!

-Bottoms up.

Buy only products on the bottom shelf; do squats to retrieve them.

Cabbage Patch doll? Your thighs are tight; what else could possibly matter?

McClatchy News Service

Heads up!

Heading the ball is a staple move in soccer, but it comes with a price: possible concussions. As coaches, trainers and doctors debate how to deal with the risk, researchers are drawing closer to understanding who is more likely to stick their neck out.

Extroverts, according to a study in the Journal of Clinical Sport Psychology, are more willing to go head-first into the ball.

A team led by Frank Webbe, psychology professor at the Florida Institute of Technology in Melbourne, administered two psychological tests to 60 teenage and adult male soccer players one measuring personality traits such as extroversion, agreeableness and conscientiousness, the other sensation-seeking behavior. A group of 20 non-soccer-playing athletes with minimal experience in contact sports acted as a control.

Players more apt to head balls had higher levels of extroversion on the scales. Tall players also headed the ball more often, but there was no correlation between this group and extroversion. "If you have to counsel a player who heads the ball a lot because they're tall, that's easy to change," Webbe says. "But if this is part of their personality dynamics, that's harder. They see themselves as aggressive players who are willing to take risks."

Los Angeles Times

Playgrounds for elderly

Playgrounds for the elderly are catching on in Europe. After watching 40 people ages 65 to 81 use swings, seesaws and jungle gyms over a three-month period, researchers at Finland's University of Lapland found that such play improved balance, speed and coordination.

Senior playgrounds also create a sense of fun and increase social interaction, says Fabio Comana, an exercise physiologist with the American Council on Exercise. And, he says, they're accessible even to people who might be intimidated or embarrassed about going to a gym.

But Comana warns older exercisers: "As kids, we're light, we're still developing, we're flexible; as we fall, we can get back up," but that may not be so easy as we age.

Washington Post

Speed may be good

How fast an older person walks may predict long-term survival, report researchers at the University of Pittsburgh who found that faster walkers were substantially more likely to outlive the slowest.

The report, presented recently at the annual meeting of the Gerontological Society of America, is based on an analysis of data involving 492 adults. Research data analyst Yazan F. Roumani and geriatrician Stephanie Studenski, a professor of medicine at Pitt, tracked the group of Kansas City, Mo., residents for a decade.

After nine years, 27 percent of the fastest walkers those who covered the equivalent of 2 1/2 miles per hour on a treadmill had died, compared with 77 percent of the slowest walkers, who were able to walk less than a mile and a half in an hour.

Researchers adjusted for sex, race, age, chronic illness and hospitalization, and found that walking speed appeared to be an independent predictor of longevity.

"The reality of this pervades popular knowledge," Studenski said, citing the familiar sayings that an older person is "slowing down" or "still has a spring in their step."

"This is a very simple analysis," she said. "What was astonishing to me was how powerful that simple information was" and how it might serve as an early warning for physicians.

Walking speed can mirror the health of many body parts heart, lungs, limbs, circulatory system and a decline, especially in the absence of a specific diagnosis that would explain it, such as heart failure, might prompt doctors to investigate further.

Washington Post

Granny was right

A teaspoon of honey before bed seems to calm children's coughs and help them sleep better, according to a new study that relied on parents' reports of their children's symptoms.

The folk remedy did better than cough medicine or no treatment in a three-way comparison. Honey may work by coating and soothing an irritated throat, the study authors said.

"Many families are going to relate to these findings and say that grandma was right," said lead author Dr. Ian Paul of Pennsylvania State University's College of Medicine.

The research appears in December's Archives of Pediatrics and Adolescent Medicine.

Federal health advisers have recently warned that over-the-counter cough and cold medicines shouldn't be used in children younger than 6, and

manufacturers are taking some products for babies off the market.

Three pediatricians who read the study said they would tell parents seeking alternative remedies to try honey. They noted that honey should not be given to children under age 1 because of a rare but serious risk of botulism.

For the study, researchers recruited 105 children with upper respiratory infections from a clinic in Pennsylvania. Parents were given a paper bag with a dosing device inside. Some were empty. Some contained an age-appropriate dose of honey-flavored cough medicine containing dextromethorphan. And some contained a similar dose of honey.

The parents were asked about their children's sleep and cough symptoms, once before the bedtime treatment and once after. They rated the symptoms on a seven-point scale.

All of the children got better, but honey consistently scored best in parents' rating of their children's cough symptoms.

"Give them a little time and they'll get better," said Pat Jackson Allen, a professor at Yale University School of Nursing.

The study was funded by a grant from the National Honey Board, an industry-funded agency of the U.S. Department of Agriculture. The agency had no influence over the study design, data or results, Paul said.

Associated Press

In the media

There's a new bilingual health magazine out: Tu Salud magazine. Smart & Strong, the publishing company behind POZ, launched this bilingual magazine (Your Health) with a cover story about telenovela star Adamari Lopez, a breast cancer survivor. The premiere issue also includes articles about weight loss, how to talk to kids about sex and staying healthy after immigrating to the United States. Every article appears in both English and Spanish.

Shoes: flexible soles on the ankle, knee protection directly, with or without air-cushion, elastic good soles will play a buffer role. Secondly, the permeability is an important guarantee for wearing comfort, two legs nausea in the jar in the exercise, the effect is not good. Again, the Light fitness is a pair of sports shoes with the necessary quality to do the movements, whether lightweight flexible, and it is very much related.n

Shoes: squash pair of shoes have a special request, because the squash in a standard no matter what the participants will have a lot of footwork and rotary movements, it should be better to choose quality sports shoes, and this may prevent the body and leg injuries. On the other hand, and not to wear black shoes with hard soles of shoes game, as they can quickly draw marks on the floor, the impact of the use of the venue. Some squash Museum has prepared for the participants dedicated squash shoes.n

People s Golf (Golf) annotation quite properly reflects such dress style. G representatives green (Green), O behalf of oxygen (Oxygen), L representatives of the sun (Light), F representatives walked (Foot). Golf apparel and golf, the men brought not only a natural and leisure, is more confident and noble temperament. Golf apparel fabrics extremely thin breathable, very comfortable, in addition to wearing suitable for playing, shopping or leisure, also men splendid unique features.n

Shoes: The key is a foot, but also special attention to the assembly in the skin and shoes under the skin at the end of the screw firmly. PUMA Golf this year launched a new series, is the traditional concept of the modern golf shoe version implies that the modern golf and the fun of golf sector faces.n

Rackets: beginners Optional tennis racket, the last resort, so as not to make aluminum, wood shoot (collector exceptions), aluminum, wooden tennis racket now most have become antiques, but aluminum network or film seen in the market and prices also low, but because the tennis racket heavier weight, flexible, less effective shock absorbers, or recommendations as far as possible not to buy, to avoid unnecessary injuries. Now the mainstream tennis racket materials consisting mainly of carbon fiber composite materials, light and shock absorbers rackets good effect, not cause injuries, and also low-cost, but in general or expensive than aluminum film.

About the Author

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