



# Norfolk Area Health Fair 2017

Cox Activities Center at Northeast Community College

**Friday, Sept. 15**

7:00 a.m.-5:30 p.m.

**FREE ADMISSION  
BOTH DAYS, PRIZES  
& DRAWINGS TOO!**

**Saturday, Sept. 16**

7:00 a.m.-Noon

## PRESENTATIONS

FRIDAY, 9:00 A.M.-2:00 P.M.  
**RED CROSS BLOODMOBILE**

**HY-VEE HEALTHY YOU MOBILE BUS**  
Friday All Day

FRIDAY, 8:00-10:00 A.M.  
**"MEDICATION TAKE BACK"**

Bring your unused medications for proper disposal. Healthy Communities Initiative and Norfolk Police Dept.

FRIDAY, 8:15-9:00 A.M.  
**FOUNDATIONS OF MOVEMENT**  
Class Demo - Norfolk Family YMCA

FRIDAY, 9:00-9:45 A.M.  
**SILVERSNEAKERS®**  
Class Demo - Norfolk Family YMCA

FRIDAY, 9:45-10:30 A.M.  
**MONA LISA TOUCH & SCULPTURE**  
Maribeth Bobeldyke, APRN, Midlands OB/GYN

FRIDAY, 10:30-11:15 A.M.  
**SUICIDE AWARENESS & PREVENTION**  
*Warning Signs*  
Donna Benson, President NE Nebraska Coalition for Suicide Prevention

FRIDAY, 11:15 A.M.-12:00 P.M.  
**OPIOID ABUSE**  
Dr. Robert Prince,  
FRHS Pain Management Physician

FRIDAY, 12:15-1:00 P.M.  
**IMPORTANCE OF STAYING ACTIVE WHILE AGING**  
Personal Training Dept. - Northeast College

FRIDAY, 1:00-1:45 P.M.  
**DIABETES CHECKLIST**  
Amanda Christenson, RN, CDE,  
Midtown Health Center

## LOW-COST SCREENINGS

### COMPLETE BLOOD WORKUP\*

10-12 hour fasting is preferred. Drink plenty of water and take medications if possible.

**ONLY \$40.00 Both Days!**  
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\*Blood workup provided for a suggested \$20 contribution for those 60 years of age or older.  
Courtesy of Northeast Nebraska Area Agency on Aging

Blood workup includes CBC, Chemistry Panel, Lipid Screen, Free T4, TSH.  
Lab results will be mailed to your home.

## Saturday Morning Activities For Kids

SATURDAY, 7:00 A.M.-NOON  
**TEDDY BEAR CLINIC - KIDS**  
Bring Your Teddy Bear.  
Norfolk Noon Optimists

SATURDAY, 9:00-11:00 A.M.  
**CLOWNS/BALLOONS**

SATURDAY, 10:30-11:30 A.M.  
**FINGER PRINTING KIDS FOR SAFETY**  
Norfolk Police Department

SATURDAY, 10:30-11:30 A.M.  
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# Stay in the game, know your stats

The annual PATCH Health Fair is too good — and valuable — to miss

By **GRACE PETERSEN**  
gpetersen@norfolkdailynews.com

Budget friendly bloodwork.  
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The 2017 Norfolk Area PATCH Health Fair has that to offer and much more.

With the theme “Stay In the Game. Know Your Stats,” this year’s health fair is scheduled for Friday, Sept. 15, and Saturday, Sept. 16, at the Northeast Community College Cox Activities Center. Hours are 7 a.m. to 5:30 p.m. on Friday and 7 a.m. to noon on Saturday.

During the health fair, a complete blood workup will be available for \$40 or a \$20 suggested contribution for those 60 years old and older, according to Jan Russell, chairwoman of the PATCH board.

“The lab workup that they do is a complete blood workup that would cost anywhere from \$500 to \$600,” Russell said.

“Doctors are promoting this also because for \$40, it’s a very good price for that.”

For small fees, professional body composition analysis, PSA and hemoglobin A1C tests will be available, too.

Numerous free screenings also will be offered, including blood pressure,



JAKE WRAGGE/DAILY NEWS

**CALLIE EVANS**, a nursing student at Northeast Community College, checks blood pressure during last year’s PATCH Health Fair.

glucose, skin scope, lung cancer, heart failure and varicose veins, among others.

“We’ve caught things in people before — health issues that people weren’t aware of,” Russell said.

Presentations are scheduled throughout the day on Friday, which includes a Hy-Vee Health You mobile bus, a diabetes checklist and Silversneakers.

“I did (Silversneakers) last year,” Russell said. “It was a very good work-

out for everyone. It was fun. It was really fun.”

Then on Saturday, something new. Russell said the day is geared toward children with clowns, balloon animals, finger printing and a Teddy Bear Clinic with the Norfolk Noon Optimists.

Russell said children will take stuffed animals around to certain booths and do health checks, such as check their eyes, ears and temperatures, and possibly put bandages on injuries.

“We are excited to see what they are going to do, come up with this year because it’s something new,” Russell said.

“And, it’s fun. It’s a great way to get the kids involved.”

Russell said the PATCH Health Fair has a lot to offer everybody, especially those who are putting off going to the doctor.

“This is a chance for them to amble around while they’re getting their free things. They can also be doing some health checkups in the meantime,” Russell said.

“It’s a fantastic opportunity for people to come and take advantage of this. Even if they don’t do the lab work, they can still learn something, even if they just pick up one thing. That’s a plus.”

## If you go

Here is a list of presentations scheduled for those attending the PATCH Health Fair on Friday, Sept. 15, as well as activities planned for Saturday, Sept. 16

### Friday presentations:

- 7 a.m. to 5:30 p.m.** — Hy-Vee Healthy You mobile bus
  - 8 to 10 a.m.** — Medication Take Back with Healthy Communities Initiative and the Norfolk Police Division
  - 8:15 to 9 a.m.** — Foundations of Movement with the Norfolk Family YMCA
  - 9 a.m. to 2 p.m.** — American Red Cross Bloodmobile
  - 9 a.m. to 9:45 a.m.** — Silversneakers with the YMCA
  - 9:45 to 10:30 a.m.** — Mona Lisa Touch and Sculpture by Maribeth Bobeldyke of Midlands OB/GYN
  - 10:30 to 11:15 a.m.** — Suicide Awareness & Prevention with Donna Benson of Northeast Nebraska Coalition for Suicide Prevention
  - 11:15 a.m. to noon** — Opioid Abuse with Dr. Robert Prince of Faith Regional Health Services
  - 12:15 to 1 p.m.** — Importance of Staying Active While Aging with Northeast Community College
  - 1 to 1:45 p.m.** — Diabetes Checklist with Amanda Christensen of Midtown Health Center
- Saturday activities:
- 7 a.m. to noon** — Teddy Bear Clinic with the Norfolk Noon Optimists
  - 9 to 11 a.m.** — clowns/balloons
  - 10:30 to 11:30 a.m.** — finger printing kids for safety with the Norfolk Police Division
  - 10:30 to 11:30 a.m.** — Fetch from the Norfolk Daily News

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# Staying in shape

## Improve your flexibility and your quality of life

Improving flexibility is a goal for many athletes, whether they're daily exercise devotees or weekend warriors. Taking steps to improve and maintain flexibility has numerous benefits that can pay dividends for athletes of all ages.

According to the Harvard Medical School, well-stretched muscles more easily reach their full range of motion. That benefits athletes by improving their performance, and it can also improve daily life for non-athletes by making it easier to reach, bend or stoop to perform everyday tasks.

As beneficial as being physically flexible can be, many people, no matter how hard they try, struggle to improve or maintain their flexibility. Fortunately, there are some ways that devoted men and women can improve their flexibility and enjoy all of the benefits that increased flexibility provides.

Choose the right activities. Harvard Medical School notes that activities that lengthen and stretch muscles can help active men and women reduce their risks for injury while potentially preventing back pain and issues that may affect their balance. When done correctly, yoga can improve balance and flexibility. In addition, numerous studies have



COURTESY PHOTO

**POOR FLEXIBILITY** can be painful and inconvenient, but there are many ways for men and women to improve their flexibility and, their quality of life.

linked yoga to additional health benefits, such as stress reduction, that can make people less tense, thereby improving their flexibility.

Drink more water. Drinking water helps to prevent tightness and muscle cramps. In fact, tightness or muscle cramps in the large muscles of the leg may be indicative of the early stages of dehydration. Drinking plain water is the most effective way to stay and remain hydrated. Don't count coffee, tea or sports drinks as water, as such beverages many contain caffeine. Caffeine is a di-

uretic, and while diuretics cause the increased passing of urine, they also decrease the amount of water that is absorbed by the kidneys, potentially contributing to dehydration. Drink plenty of water before, during and after workouts.

Start over after an extended break. If it's been awhile since you last worked out, resist the temptation to push yourself when returning to the gym.

Depending on how long it's been since you last exercised, you may need to start back at square one, which means reducing the amount of weight you lift and decreasing the resistance during cardiovascular exercises. Putting too much strain on muscles that have been sedentary for an extended period of time can cause aches, pains and even injury. Muscle tightness also may develop if you go too hard too quickly, greatly reducing flexibility.

Get up and go. Poor flexibility may be a byproduct of your lifestyle. Men and women who live sedentary lifestyles are less likely to enjoy the full range of motion from their muscles than those people who are more active. Get off the couch when spending time at home, and if you work in an office, take routine breaks to stand up and walk around.

## Finding time for fitness

Many adults admit to having little or no time to exercise, and statistics support the notion that men and women simply aren't exercising enough.

According to the National Center for Health Statistics, only 21 percent of adults ages 18 and older met the physical activity guidelines for aerobic and muscle-strengthening activity.

Commitments to work and family can make it hard to find time to visit the gym or exercise at home.

But the benefits of regular exercise are so substantial that even the busiest adults should make concerted efforts to find time to exercise.

The following are a handful of ways to do just that.

Embrace multitasking. Many professionals are adept at multi-tasking in the office, and those same skills can be applied when trying to find time for exercise. Instead of plopping down on the couch to watch television, bring a tablet to the gym or the basement and stream a favorite show while on the treadmill or the elliptical. When running

errands around town, ride a bicycle or walk instead of driving.

Cut down on screen time. A 2016 report from The Nielsen Company revealed that the average adult in the United States spent more than 10 hours each day consuming media. That includes time spent using smartphones, tablets, personal computers, and other devices. By reducing that screen time by just one hour per day, adults can create enough free time to meet recommended exercise requirements.

Make it a group effort. Involving others can make it easier for adults to find time to exercise. Instead of hosting work meetings in a conference room, take the meeting outside, walking around the office complex while discussing projects rather than sitting stationary around a conference table.

At home, take the family along to the gym or go for nightly post-dinner walks around the neighborhood instead of retiring to the living room to watch television.

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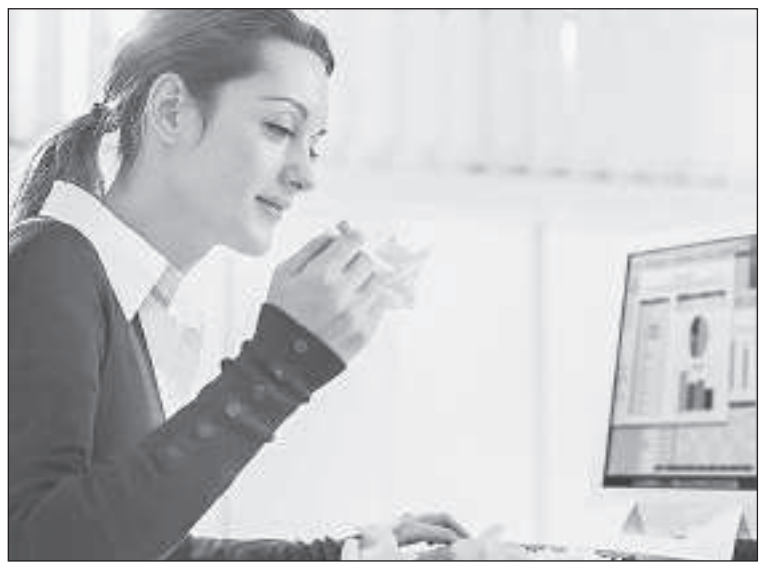
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# Once body weight is lost, keeping it off is important

**MAINTAINING A HEALTHY** weight after substantial weight loss is a challenge that men and women can overcome by staying as vigilant in their efforts to keep weight off as they were while working to lose weight.



COURTESY PHOTO

Losing weight requires hard work and determination. Oftentimes, men and women hoping to lose weight must commit to healthier lifestyles than the ones they've grown accustomed to. That can be a big adjustment, and it's important that men and women about to embark on their weight loss journeys recognize that keeping lost weight off can sometimes be as challenging as losing the weight.

Some people are inspired to lose weight before their weddings, while others may want to shed some pounds before beach season.

While there's no wrong reason for people who are overweight or obese to lose weight, people who tie their weight loss efforts to something as temporary as beach season may overlook the long-term benefits of maintaining healthy weights, unknowingly increasing their risk of putting weight back on after reaching their short-term goals.

According to the Har-

vard School of Public Health, maintaining a healthy weight lowers a person's risk of heart disease, stroke, diabetes, high blood pressure, and various cancers. Maintaining weight loss can be an uphill battle, but men and women can employ various strategies to ensure the weight they lose stays lost for years to come.

Continue your weigh-ins. Weigh-ins may seem like the enemy as men and women make their initial efforts toward losing weight. However, weigh-ins gradually become something to look forward to as pounds start to drop off. Routinely weigh yourself even after reaching your weight loss goals, as the scale can be just as motivational for people trying to maintain healthy weights as it is for people trying to lose weight.

Stick to your diet. When trying to lose weight, adults often combine diet and exercise. That's a great weight loss strategy, and it's also a great way to maintain a healthy weight. Rec-

ognize that weight won't stay off if you exercise but don't eat right. Rather, maintaining a healthy weight over the long haul requires both a healthy diet and regular exercise.

Eat slowly. While it might not work for everyone, eating slowly has been linked to lower calorie consumption. A study from researchers at Texas Christian University found that participants who were instructed to take small bites, chew thoroughly and pause and put their spoons down between bites consumed, on average, 88 fewer calories per meal than participants who were told to take large bites, chew quickly and continue eating without putting their spoons down. Study participants who were overweight, however, ate just 58 fewer calories on average.

Document your efforts. Whether it's in a journal, on a blog or by emailing a loved one, documenting your efforts to maintain a healthy weight may provide the motivation you need to stay on course.

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# Strength training for women

Women's bodies are built different from men's to accommodate the changes of pregnancy and childbirth. Although women may store fat differently and have less muscle mass than men, it's still important that women include weight resistance training in their exercise routines.

Lifting weights is an important part of staying fit. Yet many women do not pick up weights out of fear of bulking up and gaining weight. In a 2011 opinion poll conducted by the U.S. Centers for Disease Control and Prevention, less than 20 percent of women said they accomplished the CDC's recommended 2.5 hours of aerobic exercise and two periods of strength training each week.

Contrary to popular belief, women who weight train will not turn into the bulking behemoths of competitive weight lifting. The Women's Heart Foundation says that high levels of estrogen make it quite difficult for women to become overly muscular. When they strength train, rather, women's muscles will improve in tone, endurance and strength instead of size.

Resistance training provides an efficient way to build strength and burn calories. A study from researchers at the University of New Mexico found that the body will take between 15 minutes and 48 hours after exercise to return to a resting state. That means that a person continues to burn calories after exercising, a phenomenon known as "after-burn" or "excess post-exercise oxygen consumption." The more intense the workout, the longer the after-burn may last.

Studies performed at the Quincy, Mass., South Shore YMCA found that the average woman who strength trains two to three times a week for two months will gain near-



COURTESY PHOTO

**WOMEN WITH NO** strength training experience can consult with a personal trainer who can teach them proper strength training form.

ly two pounds of muscle, but lose 3.5 pounds of fat. With that lean muscle addition, resting metabolism increases and more calories can be burned each day.

The following are some additional benefits of strength training.

- Reduces risk of heart disease by lowering LDL cholesterol and increasing HDL cholesterol.
- Builds stronger muscles and connective tissues that can increase joint stability.
- Improves the way the body processes sugar, which can help reduce the risk of diabetes.
- Reduces rates of depression.

# Healthy eating essential to managing pre-diabetes

Diabetes and its precursor is a major problem, both in the United States and across the globe.

In 2015, a study published in the Journal of the American Medical Association revealed that nearly 50 percent of adults living in the United States have diabetes or prediabetes, a condition marked by higher than normal blood glucose levels that are not yet high enough to be diagnosed as diabetes. Meanwhile, the World Health Organization reports that the global prevalence of diabetes figures to rise from 8 percent in 2011 to 10 percent by 2030.

Preventing diabetes should be a priority for men, women and children, but management must take precedence for the millions of people who have already been diagnosed with prediabetes or diabetes.

According to the American Heart Association, making healthy food choices is an essential step in preventing or managing diabetes. Making those choices can be difficult for those people who have never before paid much attention to their diets, but the AHA offers the following advice to people dealing with prediabetes or diabetes.

Limit foods that may worsen your condition. Some foods, including fiber-rich whole grains and fish like salmon that are high in omega-3 fatty acids, can help people with prediabetes or diabetes. But many more foods must be limited, if

not largely ignored. Limit your consumption of sweets and added sugars, which can be found in soda, candy, cakes, and jellies. It's also good to limit your sodium intake and resist fatty meats like beef and pork.

Document your eating habits. The AHA recommends that people with prediabetes or diabetes maintain a food log to see how certain foods affect their blood glucose levels. Within 60 to 90 minutes of eating, check your blood glucose levels to see how your body reacts to the foods you eat. As your food log becomes more extensive, you will begin to see which foods match up well with your body and which foods you may want to avoid.

Plan your meals. Hectic schedules have derailed many a healthy lifestyle, but people who have been diagnosed with prediabetes or diabetes do not have the luxury of straying from healthy diets. Plan your meals in advance so your eating schedule is not erratic and your diet includes the right foods, and not just the most convenient foods. Bring lunch and a healthy snack to work with you each day rather than relying on fast food or other potentially unhealthy options in the vicinity of your office.

Embrace alternative ingredients. Upon being diagnosed with prediabetes or diabetes, many people assume they must abandon their favorite foods. But that's not necessarily true.



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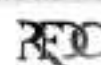
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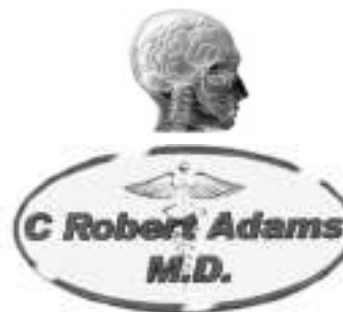
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