Squeeze exercise into your busy day

▶ Make small changes a priority so they will become a habit

By Sally Rummel
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If you’re like most busy Americans, you find it hard to fit in the minimum recommended amount of a half-hour per day of physical activity.

Even 10 minutes at a time, three times a day, will provide the benefits you need for heart health and muscle strengthening, according to the Centers for Disease Control and Prevention (CDC).

There are ways you can “sneak in” exercise throughout your day, to make it easier to hit your own fitness goals.

1. START YOUR DAY RIGHT

with five minutes of movement as soon as you wake up. Simply wake up 10 to 15 minutes earlier than your regular wake-up time, and do the following workout:
• 15 to 30 squats
• 25 to 50 jumping jacks, or run in place for 30 seconds
• 10 to 25 push-ups
• 5 yoga poses/stretches

Begin by performing a single set of every exercise listed for as many repetitions as you can do safely, and then make it two sets, then three sets.

2. GET YOUR GYM GEAR TOGETHER

the night before, or if you work out in the evening, get your training gear together in a bag and toss it in the car.

3. FIND AN ACTIVITY

you enjoy doing, so that it doesn’t really seem like exercise.
If you like to dance to fun music and be social at the same time, check out Jazzercise in Fenton; or Zumba and other dance classes at Chasse Ballroom & Latin Dance Studio.

See EXERCISE on 13B

See fitness tips at:

A pedicure is good for your foot health, all year ‘round.”

Samantha Varner
Nail technician at Serendipity Day Spa

A good pedicure will moisturize, massage and maintain good foot care in the winter months

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Your toes may be tucked safely inside fall’s fashionable shoes and boots, but that doesn’t mean your feet don’t need the pampering of a pedicure.

In fact, if you’re not accustomed to having a pedicure, this cold weather season is the perfect time to start a regular routine of foot care.

Pedicures aren’t all about the polish; they’re actually more about foot health and nail care. That’s why men can also benefit from the healing effects of a pedicure.

Since the skin on a person’s feet is naturally dry because they have no oil glands, it relies on hundreds of thousands of sweat glands to keep feet moisturized. This can be difficult in the winter months, when dry air can cause cracks in the skin, especially on the heels.

In addition to moisturizing, a pedicure will also help with foot odors, especially when feet are trapped in shoes and boots for long period of time. They’ll also prevent in-grown toenails, since the nails are cut, filed and shaped properly with each visit.

See HEELS on 12B
Knee replacement surgery

Today’s patients are younger, more active and interested in maintaining quality of life

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Scott Tarkleson of Mundy Township went to camp on Sept. 29 — Joint Camp at Genesys Regional Medical Center, that is. He’s one of 600,000 Americans to undergo total knee replacement every year, a figure that has doubled in the last two decades and is expected to reach 3.4 million by the year 2030, according to the Agency for Healthcare Research and Quality.

Knee replacement surgery involves removing parts of one’s natural knee joint and replacing them with artificial ones, to ease pain and disability caused by arthritis or other joint problems.

“Essentially, I waited until my knee couldn’t function anymore,” said Tarkleson, an active skier, golfer and builder by trade. “When I couldn’t even get in or out of a car late last spring, I scheduled the surgery. I’ll be getting my left knee replaced in December.”

He admitted that the surgery isn’t “a piece of cake,” but he couldn’t be happier that he’s had it done. He has already graduated from a walker to a cane and is actively participating in physical therapy in a special unit at Genesys, designed specifically for joint replacement patients.

“You have to be ready to work it,” said Tarkleson. “There’s no doubt about it, it hurts, but you can get through it.”

One key component of the Genesys Hip and Knee Replacement Program is the pre-operative preparation for patients and their families, according to Sonia Nesbit, MSN, RN, service line director, orthopedics and neurosurgery at Genesys Regional Medical Center. “Exercise, education and planning for recovery is all part of the process. This preparation, along with advanced technology and smaller incisions, allows patients to recover faster.”

Beginning with pre-operative educational seminars, patients selected for the program are admitted as a group to Genesys’ dedicated joint replacement unit, with surgery scheduled the same day. Rehabilitation therapy begins the next day, and most patients leave the hospital later the same week.

“Fifteen years ago, doctors told you that you had to wait until you were in your 70s to have the surgery, because the post-surgery used wouldn’t last long enough and you’d need a very difficult second surgery,” said Cathy Metz, orthopedic service line administrator for the Joint Replacement Center at Hurley Medical Center.

Today’s population that is more active isn’t interested in waiting that long to gain back their quality of life, and technology has improved the “replacement parts” for longer life. Hurley Medical Center is leading the way in Michigan with same-day knee replacement surgery with a targeted audience of patients in their 40s, 50s and 60s.

“It’s not for everyone,” said Metz. “It’s specially designed for those who are healthy enough to leave the hospital the same day of surgery, and have a strong support system at home. We know it’s a daily surgery and the one-day stay isn’t designed to work for all patients. We still use expedited care protocol for all our knee replacement patients, so they can have the advantage of all the new care protocols.”

What is different about same-day knee replacement surgery from traditional surgery? According to Metz, there are three differences.

First, it’s the expertise of the anesthesiologist using nerve blocks during surgery that makes the recovery less painful in that critical first 12-hour post-surgical time. Then, a nursing staff trained in expedited care protocols that monitor each patient as he or she reaches certain milestones that have to happen before discharge. Finally, it’s the minimally invasive, muscle-sparing techniques of the orthopedic surgeons.

Tom Greyerbiehl, 60, of Columbiaville, in Michigan’s Thumb, has become the “poster child” for Hurley’s same-day knee replacement surgery.

“The inside of my knee was bone on bone,” said Greyerbiehl. “I could only be on it for a few minutes as a time. I tried everything, including cortisone shots three months.”

He had his left knee replaced in same-day surgery on Aug. 29 at Hurley Medical Center, four-and-a-half years after having had his right knee replaced with a traditional three-day hospital stay. He literally walked out of the hospital nine hours after surgery, even walking up 18 steps to the living area in his A-frame home.

“I would definitely recommend the same-day surgery, as long as you have support at home,” said Greyerbiehl.

Whether a patient is a candidate for same-day knee replacement surgery or the traditional hospital average stay of 2.3 days, the reality of a return to quality of life at a much earlier age is the driving force behind new technology and care protocols.

“It’s good to have options,” said Metz.
Look like a million bucks

► What to splurge on and what you can scrimp on, when it comes to your beauty routine

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The average woman spends more than $15,000 on cosmetics in her lifetime, according to mint.com. That’s a lot of money to spend on beauty products, so you want to be sure that you’re getting the best possible results and value in putting your best face forward.

“Rather than scrimping, try and find products that provide exceptional value with extra benefits and results,” said Tracy Aubuchon of Rejuv Ave. in Fenton. “Over-the-counter beauty products often have zero or even negative effects. It’s more about finding products that provide better value and results.”

Before you make your next beauty purchase, follow these guidelines, from U.S. News & World Report about when to save and when to splurge.

Splurge
• Foundation and cleanser

Splurge on these products because they come in direct contact with your skin. If you can only splurge on one makeup item, experts suggest it should be your foundation. You’ll be able to get help with the color and formula that will match your skin tone. They’ll likely last longer and you won’t have any waste associated with buying the wrong product.

“Jame Fredale mineral makeup has a liquid foundation that contains hyaluronic acid, CoQ10 and vitamin C,” said Aubuchon. “Not only is it a foundation, but it also better-the skin by plumping, combating free radicals and brightens.”

• Cleanser and moisturizer

Just like foundation, these come in direct contact with your face, so plan to spend a bit more on products that can have a lasting effect on your skin. If you have acne, dry or oily skin, a trip to a specialty skin salon like The Retreat in Fenton Township or Rejuv Ave. in Fenton will be worth the splurge for a youthful complexion down the road.

Save
• Eyeliner and mascara

You can save a ton of money by switching from name-brand products to inexpensive brands without being able to tell the difference. Believe it or not, it all comes down to the applicator. The shape of the wand is what’s most important, so get what works best for you.

• Eye shadow and blush

You can buy drugstore brands and make them more effective by using a primer, which will allow the color to last throughout the day. Add a couple drops of water to your eye shadow brush and your eye shadow will be easier to apply and will last longer.

Lipstick

This writer is putting her “two cents” in on this category. After years of struggling with the staying power of more expensive brands from the department store, a friend recommended L’Oreal lipstick, and I’ve never looked back. With a wide variety of gloss and matte finishes and colors, there’s a lipstick to suit just about anyone, and they’re often priced at buy 1 get 2nd one half off. They stay on day and night with just a touchup or two needed. I can’t say that about any of the much pricier department store lipsticks I’ve tried.

• Shampoo and conditioner

Go ahead and take advantage of great deals you find on these hair products at your local drugstore. They often receive large shipments of brand-name hair products, and then pass on the discounts to consumers.

To save even more, use store coupons and rewards programs.
Enjoy dining out

Make healthy choices while enjoying special times with family or friends

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There is likely a connection between the size of your waistline and the number of times you make unhealthy food choices when dining out.

Americans eat on the average of 3.1 meals out per week, according to a Zagat Restaurant Survey. While eating out can derail your diet, you actually can make healthy food choices and/or watch the size of your portion and take the rest home for another meal.

Here are some other smart strategies for eating out:

Before you order:

If you can see a menu before entering the restaurant, you can make a decision about your entrée choice before you even get there. Look online for a menu or stop in and pick up one. Knowing ahead of time what you will choose to eat will strengthen your resolve.

Avoid foods described as buttery, buttered, fried, pan-fried, creamed, scalloped, au gratin, Alfredo, a la mode.

Watch for symbols on the menu that indicate a healthy choice, but don’t confuse that with a restaurant’s signature dish, many of which will be full of fat and calories. If in doubt, ask your server.

Have the waiter remove temptations (such as the breadbasket) from the table.

If you decide to eat bread, then opt for a vegetable as a side dish rather than a starchy potato or rice. Choose melba toast or whole grain rolls without butter or margarine.

When you order:

Order foods that are steamed, broiled, grilled, stir-fried or roasted.

Order potatoes baked, boiled or roasted, instead of fried. Leave off the butter and sour cream.

Order first so you aren’t influenced by other’s choices.

If ordering an appetizer, order broth-based soups like minestrone or gazpacho instead of creamy soups or fried foods.

Choose seafood, chicken or lean red meat rather than fatty or processed meats. Remove all visible fat from any meat.

Ask for steamed vegetables as a side dish instead of fries.

Ask for sauces and dressings on the side.

Drink two full glasses of water while you’re waiting for your food to arrive.

Ask your server any questions you have about how the food is prepared.

For dessert, order sorbet or fresh fruit.

When making choices at a salad bar:

Avoid items like cheese, potato salads, cream dressings, bacon bits and croutons.

Use a vinaigrette dressing rather than a cream dressing, or an olive oil and balsamic vinegar.

Instead of pouring the dressing all over the salad, order it on the side and dip your fork into the dressing, then the salad.

How to make healthy food choices at these popular restaurant venues:

Chinese
Thumbs up: steamed or stir-fried seafood, chicken, bean curd or vegetable dishes, plus steamed rice. Ask the cook to use less oil, soy sauce and MSG.
Thumbs down: egg rolls, egg drop soup, fried wontons, Lo Mein, Moo Shu, General Tso’s Chicken, sweet and sour pork and fried rice.

Italian
Thumbs up: light sauces, like primavera (vegetables), marsala (wine, mushrooms, beef stock), marinara or clam sauce. Have minestrone for starters, plus a heart healthy glass of red wine.
Thumbs down: creamy, cheesy sauces (like Alfredo), fried calamari, and pastas stuffed with cheese.

Mexican
Thumbs up: black bean soup, grilled shrimp, chicken or shrimp fajitas, grilled fish with fresh salsa, chili verde (pork) or arroz con pollo (chicken).
Thumbs down: chips, fried tacos, refried beans, quesadillas and chimichangas. They are loaded with saturated fat and sodium.

Pizza
Thumbs up: thin crust, pile on vegetables and skip the meat. Ask for extra sauce and half the cheese. Eat one or two slices and round out your meal with salad.
Thumbs down: thick or deep-dish crust, stuffed crust, flavored crusts, and processed meats.