

Our Healthy Lifestyles

Focus on wellness and your family during these times



John Myers and Tony Palmieri Southington YMCA

With daily news focused on financial crisis, market instability, housing market woes, layoffs and health care concerns, it's easy for members of our community to feel overwhelmed and stressed out.

Now more than ever, we need to focus on the important areas of our lives where we have the power to make a positive difference—our health and well-being, our family and our community.

Physical exercise, even at moderate levels, can reduce the physical and emotional symptoms of stress, depression and anxiety. Over the long term, regular exercise can ward against the physical and



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financial toll of chronic diseases like heart disease and diabetes.

Experts agree that investing in health and well-being always offers a positive return.

Family strengthening is equally important. Make family time a priority and include children in discussions about how to trim budgets.

Eating dinner as a family or enjoying a Saturday

afternoon activity together can bring families closer and reinforce the idea that family members support one another in difficult times.

Connections to community bind people together, offer support and give people an important sense of belonging.

Getting engaged in one's community, volunteering to help others in need and enjoying friend-

ship and camaraderie enrich lives and make individuals, families and communities stronger and more resilient.

For more than 160 years, YMCAs have supported families and individuals in good times and during some of the most challenging periods in our nation's history.

Financial aid is available to make YMCA programs and services avail-

able to all qualifying members of the community. We encourage you to not let pride get in the way. Make the call.

Times of change and uncertainty are not times to 'go it alone. We encourage members of our community to come together and support one another. Take a walk, get together with neighbors, volunteer, get active and involved through the YMCA.

There are many different health concerns associated with obesity

Boy, am I excited. I have good news and bad news to share with you.

First the bad news. Diabetes and obesity are twin raging epidemics endangering the health and welfare of our nation's young people. In New York City, by the age of 4, there is a one in three chance that a child will be obese. More than 40 percent of children are at an unhealthy weight at ages 2 and 3. National statistics are similar.

Type II diabetes, long known as "adult-onset diabetes", is now being recognized as a significant juvenile disorder. Up to 45% of the children diagnosed with diabetes have the type II form. And the numbers keep increasing. Type II diabetes and obesity are closely related -



Dr. Carol Grant Alternatively Speaking

being overweight is one of the two major risk factors for developing type II diabetes. The other major risk factor, not surprisingly, is lack of exercise - not being physically active.

Why be concerned? If you watch the news at all, there is a big debate going on about health care

reform. In fact on Good Morning America, First Lady Michelle Obama was talking about life style and how the choices that we make directly contribute to the challenges we have. Both diabetes and obesity contribute to additional severe health issues.

Obesity is the leading cause of high blood pressure and increases the risk of coronary heart disease in adults as well as children. Uncontrolled diabetes, over time, can lead to heart disease, kidney disease, neurologic disorders, and blindness.

The good news - and

it is very good news - is both conditions are lifestyle-related. Bad diet and lack of exercise cause both conditions. This is well-known. It is also well-known that maintaining a healthy diet and getting regular exercise prevents obesity and prevents or delays type II diabetes. The challenges are to lose the weight safely and quickly and then figure out how to keep it off.

I have started a weight loss program in the office which is the same one used at John Hopkins Medical Center. I currently have eight people on the program. Today, so far, I have done the weekly weigh in on four of them and the average weight loss is 7.25 lbs in one week.

They feel great. They

are burning fat while saving muscle and are so excited.

A healthy diet and regular exercise are the keys to preventing obesity and type II diabetes. Both diet and exercise require a commitment from the parents and the kids. But the time and effort are well-spent, because the results are healthy, happy kids brimming with life.

Once my group has reached their goal weights I will be teaching them about portion control, good food choices and all the other things necessary to keep the weight off. We will find the right kind of exercise for them to do every day. Walking, swimming, bike riding, and playing individual and team sports are all important activities for adults

and kids.

If you would like more information about this program, go to my web site at www.southingtonchiropractor.com. Go to the weight loss tab and watch the video.

I would be happy to see if this program is good for you. It's up to you to set the standards. If you're eating healthy, balanced meals, your kids will do the same.

If you exercise regularly and keep yourselves fit and trim, your kids will exercise regularly, too.

Dr. Carol Grant, a local chiropractor, does not intend this column to substitute for medical advice. She urges you to always consult with your personal physician before changing any current program.



SUBMITTED

On Thursday, June 4, Southington Care Center honored 17 of its 10 and 15 year employees with awards and a dinner at the New Mill. Seen pictured, from left, is Controller and 10 year employee Loretta Pocock and Chief Financial Officer and 15 year employee Carol Barno with Southington Care Center Executive Director David Santoro.

Southington Italian American festival looking for singers

The Southington Italian American Festival is looking for singers to perform at its festival July 25 or 26.

Grade school and middle school children will be scheduled for Saturday

afternoon, while high school and adult singers will appear Sunday afternoon.

Times will be determined based on the number of singers.

The ability to sing in

Italian, while desirable, is not necessary.

For further info call Joe Laporte at 628-2227.

This year's festival will open at 5 p.m. on Friday, July 24 and run through Sunday, July 26.

Wine tasting contest is coming back

The Italian American Festival Committee of Southington and Northeast Produce, a distributor of grape and wine making products will host the second annual homemade wine contest.

The entry fee is \$10 per bottle. Contestants may enter more than one bottle of wine, as long as it is a different wine or year.

Either red or white wine may be entered and will be judged separately.

First, second and third place prizes will be awarded based on how many entries in the contest. Saturday July 18 is the last day to enter. The wine will be judged on Sunday July 19, with the winners to be announced at the festival on Saturday July, 25.

Winners need not be present.

For additional information, call Luigi Barbat at 628-2241, Matthew Lopreiato, 620-1919, Carmine Mennone, 628-2593 or Tony Perone, 2385-2703.

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