

Chatting with The Good Dr. Laura Shook April 2008

It is springtime in Wichita. OH YES! The grass and trees are greening up, flowers are blooming, and little animals are scurrying about. Breathe the fresh air ... ahhhhhh.

Have you planted your peas and spinach yet?

This is perfect walking weather. Put on your sneakers, slap on some sunscreen, grab your hat and step outside.

Walking reduces stress, improves circulation, strengthens your immune system and boosts metabolism.

You say you're too busy to walk? Balderdash! Three 10 minute walks = 30 minutes of walking. Park a 10 min walk from work and take a short walk at lunch.

Spring time brings with it a plethora of opportunity for movement and bodily exercise.

Use a reel mower to cut your grass (reel as in rod and reel ... something that goes round and around ... one of those mowers you push along and it goes clack clack clack). They are quiet, environmentally friendly and will provide you an excellent aerobic workout.

Gardening is an excellent form of exercise. All that lifting, carrying, reaching, pushing, pulling, squatting, kneeling, digging, hoeing and raking will build strength of body and bring peace of mind. Begin now, start out easy, build up your stamina and remember to stretch.

You say you can't walk, garden or push a mower? If it is some sort of body ache or funkiness keeping you down, talk to your chiropractor, osteopath or medical doctor and see about getting your body back in working order.

You say you don't have time? I will offer you this quote from the Earl of Derby (mid 1800's) "*Those who think they have not time for bodily exercise will sooner or later have to find time for illness.*" Movement is good for your heart, lungs, circulation, immune system and mental state. It is YOUR body, use it or lose it. Inactivity is a health hazard on par with smoking, high cholesterol and high blood pressure.

Recommended reading: *Gardener's Fitness, Weeding Out the Aches and Pains*. By Barbara Pearlman

Well illustrated stretches and strengthening exercises assist the gardening junkie in gaining and retaining the strength and flexibility needed to fully embrace that down on the earth ... lets grow some plants ... gardening experience.

The Spirited Walker By Carolyn Scott Kortge

Beginning with walking for fitness, Carolyn Scott Kortge addresses important topics such as shoes, stretching, posture, heart rate and personal safety. She adds to this standard form of physical exercise simple mental exercises to quiet mental chatter and bring focus to the workout.

Healing Moves, How To Cure, Relieve, and Prevent Common Ailments With Exercise. By Carol Krucoff and Mitchell Krucoff, MD.

Healing Moves offers suggestions for using exercise as an enjoyable, low cost and self-empowering tool for the prevention and healing of disease.

From the office of Laura L. Shook, D.C., A Chiropractor Putting the CARE back into Health Care.
Office located at 807 N. Waco Suite 21 Wichita KS ph: (316) 267-6522