

CANYON PHYSICAL THERAPY AND AQUATIC REHABILITATION

Newsletter

Three Major Requirements for Brain Power

Aging Americans are experiencing cognitive decline in numbers never before seen. Alzheimer's disease has reached epidemic proportions in the United States. The aspect of your brain function that typically begins to decline first is connected with your working memory, or your capacity to process information. Researchers have identified five functions that tend to be the first ones to decline with age: Processes requiring your attention, working memory capability, or the amount of information you can work with, without losing track, understanding complex text, making inferences and drawing conclusions, putting information into your memory and retrieving it later. Cognitive changes related to aging are actually related more to today's diet and lifestyle, rather than to the aging process itself. As you age, the cumulative effects of environmental toxins, exposure to free radicals, poor nutrition, stress and other factors take their toll on your body. What has been called "age-related cognitive decline" is really an accumulation of this damage to your cells. But this cognitive decay is NOT set in stone! There are three primary factors that play a powerful role in maintaining sharp mental function, even as you age: **1: Regular exercise—2: The foods you choose to eat or avoid—3: Managing your emotional stress.** The latest studies really underscore just how important exercise is in order for your brain to function optimally. You already know how important it is to "exercise" your brain by learning new skills, adopting new and varied daily routines, and engaging in creative activities. Such mental and social exercises stimulate brain activity and promote new neural connections. However, physical exercise is even more important than mental exercise, when it comes to protecting your brain from cognitive decline.

- **The most important macronutrient for your brain is fat.** Sixty percent of your brain is [fat](#). DHA alone makes up about 15 to 20 percent of your brain's cerebral cortex, as well as 30 to 60 percent of your retina, making it an essential nutrient for both brain and eye health.
- **Latest studies show exercise builds bigger brains.**
- **Exercise protects your brain from stress hormones.**
- **Optimize Vitamin D.** Researchers believe that optimal vitamin D levels may enhance the amount of important biomolecules in your brain and protect brain cells.

Finally, challenge your mind daily. Even though the most recent exercise study found mental exercise less important than physical exercise, other studies show that mental stimulation, such as traveling, learning to play an instrument or doing crossword puzzles, is associated with a decreased risk of developing Alzheimer's—not to mention increasing your quality of life!

Written by Dr. Joseph Mercola for Mercola.com

Staff Spotlight

Kimberly Albarran PT, DPT – In Her Own Words

People always ask what made me want to be a physical therapist (PT). When I was ten years old my grandfather had a stroke and he was paralyzed on the entire right side of his body. I watched the therapist work with him in the hospital as he regained his ability to walk and other functional activities. It was then when I decided I wanted to become a PT. I went to community college in southern California, where I was born and raised, and graduated with an Associate of Science Degree. I transferred to San Diego State University in 2003, where I studied kinesiology with an



emphasis in pre-physical therapy. After graduating in 2007, I was not ready to leap into any more schooling and moved to Prescott Arizona to try my hand at personal training. That did not pan out and I ended up working in a physical therapy clinic in town and decided that it was meant for me to go to PT school. I applied and was accepted for the 2010 school year at NAU where I studied for three years and recently graduated in May of 2013. I have been practicing at Canyon Physical Therapy and Aquatic Rehabilitation for the past month.

Strength Training for Life

You don't need to be an Olympic champion to protect muscle mass and build strength. The American College of Sports Medicine (ACSM) offer these guidelines for beginners:

1. Work each major muscle group—chest, shoulders, arms, back, abdomen, and legs. Goal: two or three 40 minute sessions per week.
2. Select 1 or 2 exercises per muscle group. To improve strength, do 8 to 12 repetitions for each exercise against a resistance that's hard for you to repeat 10 times. Perform 2-4 sets of each exercise per workout.
3. Allow 36 hours before you exercise the muscle group again.
4. It's best for older persons and previously sedentary adults to start with light intensity. — when it's hard for you to repeat the exercise 15 times against the resistance.

As you gain strength, you can increase the amount

of resistance as your ability to repeat the exercise increases to 15 times. For best results consider investing in a few sessions with a certified coach or personal trainer.

The Canyon Wellness Program is happy to announce it is now offering the REALFIT Strength & Conditioning Program. REALFIT is intended to introduce or reintroduce Wellness participants to land based resistance training through use of free-weights and machines. REALFIT is also intended to increase participants overall knowledge of how and why strength training contributes to their ability to maintain an independent healthy lifestyle. Participants will learn the safe execution of resistance exercises through hands on training with a coach. REALFIT is based on strength training that emphasizes functional movements to improve your ability to perform daily activities in a safer and more efficient manner. REALFIT classes are every Wednesday in the gym, starting at noon. We hope to see you there.

The 10 Most Common Mistakes When Trying to Lose Weight

This topic came to my mind this past weekend. After being hounded down by a timeshare salesman, he then proceeded to tell me his life story from ages 22 1/2 to 58. He told me that he has shed 45 pounds to try and get down to his goal of 189, but he hit a plateau. I then told him he needed to start lifting weights. He responded with: "I have been working out a ton, and following a vegan, low-fat diet". After that I pretty much shut off. At least the man served as an inspiration for my write up that deals with the 10 most common mistakes individuals make when trying to lose weight. Let's get started on #1.

- 1) Severely restricting caloric intake-** A starvation diet (i.e., reducing your caloric intake to less than 50% of what your body requires) presents a number of problems to people who are trying to lose weight. First and foremost, it doesn't work. Any weight that may have been lost is subsequently regained because most individuals cannot maintain such a restrictive eating plan over the long haul. Neglecting their protein and fat intake is also one of the biggest flaws in many weight-loss diets.
- 2) Having an unduly narrow perspective of the problem at hand-** Too many people view losing weight as simply a matter of cutting back on what they eat. In reality, it's an issue of basic physics-balancing energy in with energy out. As such, if you really want to lose weight (and keep it off), you need to increase your level of physical activity and eat in moderation.
- 3) Ignoring the need to maintain their level of lean body mass-** A common tendency among individuals who exercise is to focus their activity efforts solely on aerobic exercise. In the process, they lose muscle mass, which is replaced by fat when they inevitably regain whatever weight they lost. In turn, their metabolic rate as well as the number of calories that they need to maintain their current weight, is diminished. This adjustment creates a cycle that is counterproductive to sustained weight loss.
- 4) Misinterpreting what some food labels are actually saying-** It is extremely important for individuals who want to control their weight to be aware of the fact that labels that state that a particular foodstuff is either "no fat" or "no sugar" does not mean "no calories."
- 5) Trying to lose too much weight too rapidly-** Research shows that a weight-reduction program that involves a slow and steady loss has the best chance for success, particularly when it is combined with an effort to change any inappropriate lifestyle habits.
- 6) Believing that spot reduction is possible-** The concept of spot reducing is a complete myth. No exercise will eliminate fat from a specific area of the body, just as no change in your level of caloric intake will guarantee that the fat will melt away in the area of the body you most want to address. As a rule, the pattern in which you lose body fat is genetically predetermined.
- 7) Mistaking water lost through sweating for actual fat and weight loss-** Your body has millions of sweat glands that cover your skin, excreting water and electrolytes. When you exercise, the amount of water (sweat) that is perspired increases in an effort by your body to help keep you cool and regulate your body temperature. The water you lose from perspiring can mislead you into believing that you've lost more fat and body weight than you may have actually lost. Such water weight is replaced when you subsequently consume fluids.
- 8) Buying into the "magic beans" theory-** Selling supplements and related pills, powders, and potions that purportedly will somehow facilitate a person's efforts to lose weight is a multi-billion dollar a year industry. Other than being a waste of money and a purveyor of false hope for individuals who are looking for an easy and quick-fix approach to losing weight, such items also can have negative health consequences.
- 9) Following unproven and spurious dieting advice-** The number of unsound diets that target unsuspecting individuals with undocumented claims and unhealthy practices seems to grow exponentially every year. Truth be known, these diets share at least two traits-they don't work, and they may actually be harmful (physically and financially) to a person who tries them.
- 10) Considering a surgical solution to their "weight" problem-** Some individuals consider a surgical option for losing weight. In this regard, two procedures tend to receive the most attention: liposuction and gastric bypass surgery. Liposuction involves the removal of fat from specific regions of the body. Gastric bypass surgery, on the other hand, is a procedure that makes the stomach smaller and allows food to bypass part of the small intestine, resulting in fewer calories being absorbed. Although guidelines vary, gastric bypass surgery is generally reserved for severely obese individuals.

Article written by Brandon Morrison for liftbigatbig.com

AUGUST/SEPT

**CANYON PHYSICAL
THERAPY AND AQUATIC
REHABILITATION**

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Hours

Monday, Wednesday, Friday - 7am-6pm
Tuesday, Thursday - 8am-7pm
Saturday - 8am-5pm

Canyon Wellness Program

Aqua Aerobics Class—Mondays at Noon
Tuesdays & Thursdays at 1pm
REALfit Strength Training Class—Wednesdays at Noon

**SCHEDULE OF
EVENTS**

- Sept. 2nd – Labor Day
Closed
- Sept. 8th—Grandparent's
Day

CPTAR SERVICES

Canyon provides the best equipment and treatment technologies available to allow optimal and complete patient care. We provide both land-based and aquatic environments for rehabilitation. Our saltwater pool allows our patients to enter rehabilitation earlier and allows them an accelerated return to their prior level of function. This environment is optimal for post surgical patients of all types, including those patients who are losing the battle with gravity and may benefit from a more forgiving environment to regain function. Our patients also utilize our land-based gym with state of the art strength training and cardiovascular equipment. This assists us in treating a wide variety of conditions including, but not limited to, orthopedic injuries, post-surgical, back and neck, geriatric, sports and auto injuries, workers' compensation, work hardening, balance and fall risk, foot and ankle injuries, Fibromyalgia and acute vertigo (BPPV).

