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Uptown
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Office exercise: How to burn calories at work

Work at a desk all day? Make office exercise part of your routine.

If you're doing your best to set aside time for physical activity either before work or after work, good for you. But finding time to exercise can be a challenge for anyone who has a busy schedule. Why not work out while you're at work? Consider 10 creative ways to make office exercise part of your routine.

1. Make the most of your commute

Walk or bike to work. If you ride the bus, get off a few blocks early and walk the rest of the way. If you drive to work, park at the far end of the parking lot.

2. Look for opportunities to stand

You'll burn more calories standing than sitting. Stand while talking on the phone. Better yet, try a standing desk—or improvise with a high table or counter. Eat lunch standing up. Trade instant messaging and phone calls for walks to other desks or offices.

3. Take fitness breaks

Rather than hanging out in the lounge with coffee or a snack, take a brisk walk or do some gentle stretching. Pull your chin toward your chest until you feel a stretch along the back of your neck, or slowly bring your shoulders up toward your ears.

4. Trade your office chair for a fitness ball

A firmly inflated fitness or stability ball can make a good chair. You'll improve your balance and tone your core muscles while sitting at your desk. You can even use the fitness ball for wall squats or other exercises during the day.

5. Keep fitness equipment in your work area

Store resistance bands—stretchy cords or tubes that

offer weight-like resistance when you pull on them—or small hand weights in a desk drawer or cabinet. Do arm curls between meetings or tasks.

6. Get social

Organize a lunchtime walking group. You might be surrounded by people who are ready to lace up their walking shoes—and hold each other accountable for regular exercise. Enjoy the camaraderie, and offer encouragement to one another when the going gets tough.

7. Conduct meetings on the go

When it's practical, schedule walking meetings or brainstorming sessions. Do laps inside your building or, if the weather cooperates, take your walking meetings outdoors.

8. Pick up the pace

If your job involves walking, do it faster. Keep your chin up and your shoulders slightly back—and remember to breathe freely while you walk.

9. If you travel for work, plan ahead

If you're stuck in an airport waiting for a plane, grab your bags and take a brisk walk. Choose a hotel that has fitness facilities—such as treadmills, weight machines or a pool—or bring your equipment with you. Jump-ropes and resistance bands are easy to sneak into a suitcase. Of course, you can do jumping jacks, crunches and other simple exercises without any equipment at all.



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Let's Talk

Christine Gonzalez, Pharmacist

Uptown is on Facebook and Twitter Now

Welcome to the Uptown Pharmacy Social Health Community! Well we figured it was time to join the social media wave and have increased our online presence. We invite you to become a fan of our Facebook page and follow us on Twitter (simply search for us under Uptown Pharmacy). We're still in the beginning phases but are finding this to be a fun and interactive way to connect with our customers. We have already posted several health and wellness tips on the Facebook page. But we need your feedback and support to make this a true health and wellness community. Post a question, leave a comment, or give a simple thumbs up if you like something. And of course, definitely share our Facebook and Twitter links with family and friends. We're in the process of updating our website too but plan to use Facebook and Twitter as our main way of keeping you updated on the new stuff going on at Uptown. Keep checking back for exclusive promotions and coupons available only to our Facebook fans and Twitter followers. At Uptown Pharmacy, we are dedicated to helping all of our patients receive the best possible care as it relates to pharmacy services. Social media has become a sign of the times, even for an old-fashioned mom and pop pharmacy like us. We look forward to having you be a part of this new online adventure with us. Stop by and visit soon either in person or virtually...just find us under Uptown Pharmacy on Facebook and Twitter!

Pumpkin seeds boost mood.

Like chocolate, pumpkin seeds are a good source of the amino acid tryptophan, which improves mood—but pumpkin seeds don't have the sugar that chocolate does, and one ounce of pumpkin seeds contains about half the daily requirement of magnesium, which strengthens bones. Sprinkle toasted seeds on soups and salads, or put raw, unsalted seeds on the tops of muffins before baking.



You're Gonna Love This Doctor

Q: *Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?*

A: Your heart only good for so many beats, and that it...don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.



Q: *Should I cut down on meat and eat more fruits and vegetables?*

A: You must grasp logistical efficiency. What does cow eat? Hay and corn. And what are these? Vegetables. So steak is nothing more than efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef also good source of field grass (green leafy vegetable). And pork chop can give you 100% of recommended daily allowance of vegetable product.

Q: *Should I reduce my alcohol intake?*

A: No, not at all. Wine made from fruit. Brandy is distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottom up!

Q: *How can I calculate my body/fat ratio?*

A: Well, if you have body and you have fat, your ratio one to one. If you have two bodies, your ratio two to one, etc.

Q: *What are some of the advantages of participating in a regular exercise program?*

A: Can't think of single one, sorry. My philosophy is: No pain...good!

Q: *Aren't fried foods bad for you?*

A: YOU NOT LISTENING! Food are fried these day in vegetable oil. In fact, they permeated by it. How could getting more vegetable be bad for you?!?

Q: *Will sit-ups help prevent me from getting a little soft around the middle?*

A: Definitely not! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

Q: *Is chocolate bad for me?*

A: Are you crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

Q: *Is swimming good for your figure?*

A: If swimming good for your figure, explain whale to me..

Q: *Is getting in shape important for my lifestyle?*

A: Hey! 'Round' a shape!



Hints from JoAnn

■ To remove gum from garments, freeze the garment and then peel off the gum.

■ To remove ball-point ink stains, rub the area with a cotton bud soaked in eau-de-cologne.

■ To remove blood stains, wash the garment immediately in cold water, and then soak it in hydrogen peroxide solution.

■ To remove oil stains, rub the area with a piece of lime dipped in salt, and then wash with soap.

■ To prevent garments from discoloring, soak the garments for 10 minutes in salt water prior to washing. An alternative is to add a few drops of vinegar to the wash cycle.

■ Soak dirty garments in plenty of water overnight, prior to washing them in machine. Water will remove most of the stains.

■ Add a few drops of eau-de-cologne to the water in your steam iron to give clothes a fresh fragrance.

■ To remove hot candle wax on carpet, lay a newspaper or brown paper bag on the wax and run a medium hot iron over the paper. It will absorb the wax from the carpet.

■ Use bread or damp cotton wool to pick up the fragments of broken glass safely.

■ To remove the smell of cigarette from lingering in the room, put half teaspoon of baking powder in the ashtray, or keep a cup of vinegar in the room to absorb the odor.

■ To thread a needle easily, coat the thread with a little wax, or spray a bit of hair spray.

■ To sharpen a machine needle, stitch through a piece of sandpaper.

■ Brush your incense sticks with a wet hand before lighting them to ensure that they burn till the end.

■ Polish eyeglasses with eau-de-cologne to make them shine.

■ Before polishing shoes, apply a little bit of lemon juice to remove grease and grime.

■ For a bright carpet, sprinkle a generous amount of cornstarch and wait for an hour before vacuuming.

■ To dustproof television screen, wipe it with a fabric softener. This will eliminate static cling, and dust will be repelled instead of adhering to the screen.

■ Polish brass items with few drops of mustard oil to make them shine.

■ Dull leather bags will get back its shine if rubbed with a slice of lemon.

■ To keep woolens from getting wet in snow, spray them with Scotchguard.

Scams promising reduced credit card rates...

are on the rise. Hundreds of customers have filed complaints against three companies that promised to negotiate lower rates for customers—CSTR



Solutions, Genesis Capital Management and Mutual Consolidated Savings. The firms allegedly left automated messages that made it sound as if they were from card issuers. Consumers who phoned the callback numbers were told that they had to give their credit card numbers for information—and their cards were charged large sums.

What to do: Never give your card number to a firm you don't know. Call your card issuer yourself—many will lower rates if you ask.

How Much Sleep Do You Need?

To determine how much sleep you really need, go to bed at the same time every night for a week without setting an alarm. The number of hours you sleep on the **fourth** night is probably the number you need to feel really refreshed and perform at your best—make that your goal every night. Most adults function best on seven and a half to eight hours of sleep.



SIGN OF THE TIMES



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10. Try a treadmill desk

If you're ready to take office exercise to the next level, consider a more focused walk-and-work approach. If you can comfortably position your work surface above a treadmill—with a computer screen on a stand, a keyboard on a table or a specialized treadmill-ready vertical desk—you may be able to walk while you work. In fact, Mayo Clinic researchers estimate that overweight office workers who replace sitting computer time with walking computer time by two to three hours a day could lose 44 to 66 pounds (20 to 30 kilograms) in a year. The pace doesn't need to be brisk, nor do you need to break a sweat. The faster you walk, however, the more calories you'll burn.

Want more ideas for office exercise? Schedule a walking meeting to brainstorm ideas with your supervisors or co-workers. Remember, any physical activity counts!

Travel insurance you need... and don't need.



Medical insurance? Yes.

Medicare and many commercial insurance policies don't provide coverage abroad, creating serious financial risk if you become ill or are injured outside the US. Ask your insurance agent or adviser about your existing coverage and supplemental health insurance for a trip.

Cancellation insurance? Maybe.

For expensive trips, such as cruises, safaris and extended tours, this protects against the risk that the trip organizer may go out of business or otherwise default, or that you may be forced to stay home because of a personal emergency. For inexpensive trips, it's probably not worth it.

Flight insurance? No.

Insurance that covers death or dismemberment during a flight may cost almost as much as your ticket, and plane crashes are very rare.

Find coupons online.

Before you buy anything at an online store, look for a coupon at:

www.keycode.com and www.couponmountain.com.

For grocery savings, try www.selectcouponprogram.com, which offers \$25 in free manufacturers' coupons after signing up.

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