



JULY 2017

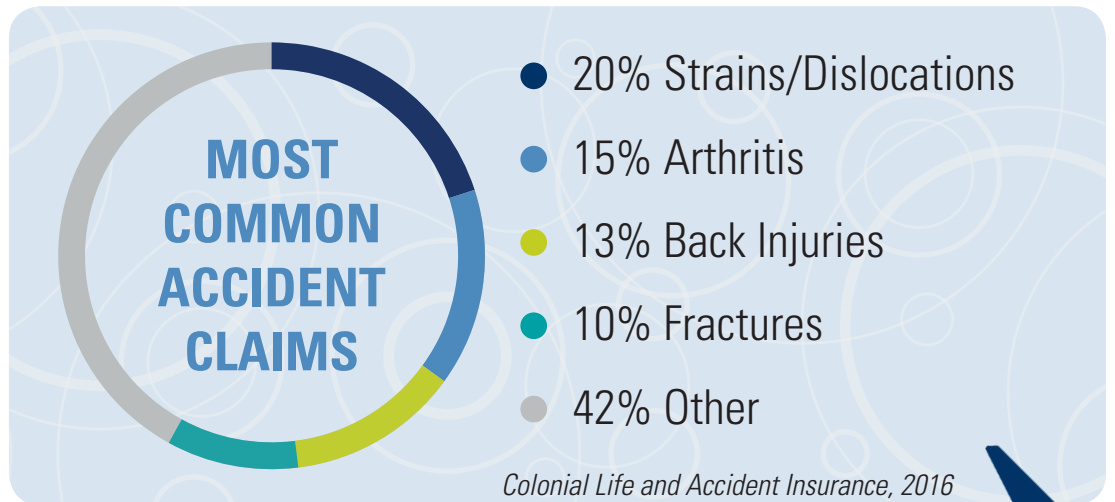
BE CAREFUL OUT THERE!

It's summer time, so be careful out there. That was the message in an article published recently by *Business Wire*. Summer, with all of its outdoor activities and travels, provides ample opportunity for slips, trips and falls and the resultant injuries. I can attest to that. During March, two colleagues and I ended up in orthopedic care as a result of travel injuries.



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I hurt myself on a bucket list trip to Paris, France. Having spent my junior year there, I hadn't been back in 40 years. As I was marveling at the once familiar sights, the next thing I know I am on the ground in breath-taking pain having missed a slight curb and landed my right knee on the cobblestone street. This was the first day of the trip of a lifetime and nothing was going to stop me. With the help of my friend and travel companion, we grabbed a taxi and headed back to the Airbnb. While the French are not known for their love of ice, they do know how to keep a bottle of wine chilled. We grabbed the wine cooler ice pack out of the freezer and wrapped it around my leg. Twenty minutes of icing and an ACE bandage later, we headed back out to the city. We repeated this ritual several times a day for a week. It slowed us down a little bit, we took more Ubers than we would have, but we had a great trip.

The plane ride home was not pleasant and without my frequent icing and ACE bandage, the knee was really starting to hurt. Once at home, I drove to the orthopedic urgent care where they informed me that I had fractured my knee cap. Fortunately, my wrapping and icing kept the patella in place and I was not going to require surgery. However, I would be in an immobilizer for six weeks, could not drive because it was my right leg, and could forget about my drug of choice, exercising. The six weeks passed incredibly slowly and finally I started physical therapy. For two months three times a week, the therapists worked to wake up my right leg muscles which were now completely atrophied. With the help of a standing desk and religious adherence to my therapy both at the clinic and at home, I am now back to 90% of where I was before Paris. I am also convinced, more than ever, that exercise isn't a leisure activity-- it is a necessity. As I have often said to my clients, if you don't think your exercise routine is working, stop and see what happens. Well I stopped and it wasn't pretty.



Colonial Life and Accident Insurance, 2016





the supplement
FACILITATING VITALITY

QUANTITY AND QUALITY OF EXERCISE

The American College of Sports Medicine position statement on the quantity and quality of exercise necessary for developing and maintaining fitness is depicted below. Note these guidelines are for physical fitness. For health benefits, working on any aspect in lesser amounts will increase health and wellbeing. Simply reducing the amount of sedentary behavior by interspersing periods of sitting with short bouts of standing or walking can be a great start. As someone who is recently back among the moving, be careful out there!



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Patricia M. Fuller has dedicated the last 19 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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