

Healthy Living



A supplement of the
Journal Review

SPRING 2025



GO ALL OUT

COMPLETE ORTHOPAEDIC CARE FOR YOUR WHOLE FAMILY.

From grade school to your golden years, our orthopaedic and sports medicine team is here with everything you need to keep you and your family on the go. We offer the latest therapies and non-surgical options combined with state-of-the-art rehabilitation to enable quicker recoveries. Most of all we take a personalized approach to your care to get you back in the game, back to work or moving through life without pain.

Learn how we can help power your go at [GoWitham.com](https://www.GoWitham.com)

NON-SURGICAL & SURGICAL
TREATMENTS
ADOLESCENT TRAINED
SPECIALISTS
PHYSICAL & OCCUPATIONAL
THERAPIES
FELLOWSHIP TRAINED
PHYSICIANS





A Body in Motion, Stays in Motion

We all get 168 hours in a week. No one gets more and no one gets less. Do our routines and daily habits support movement and activity or have we inconvenienced our way out of an active lifestyle? We need to build healthy habits as we age, slowly, one change at a time. 80% of death is caused by heart disease, diabetes, cancer or Alzheimer's, lifestyle diseases for the most part. Our genes are not our destiny and we control so much of our own outcomes. Muscle is the organ of longevity! We need to train our muscles and maintain our muscle mass. You get to choose how you do that. Do you go to a gym? Do you take a group ex-

ercise class? Do you walk after dinner? Do you go on long bike rides? Do you start a garden? Or how about go for a daily swim, take a dance class or clean the house vigorously? They all count! How much are you moving throughout the day? How about setting a timer to get up and walk around for 5 minutes every hour? Can you imagine how much time that would add up to each day?

The American College of Sports Medicine (ACSM) recommends that adults engage in at least 150 minutes of moderate-intense aerobic activity per week and perform resistance training exercises that target major muscle

groups at least 2 days per week. That could be just 20 minutes per day of walking, biking or swimming followed by some squats, push-ups, planks and lunges two-three days per week. You can also break this up into 10 minutes in the morning and 10 minutes in the evening. Or even do a long day and a couple 30 minute sessions per week. It has to work with your schedule, your energy levels and your interests. Plan, prepare and execute. The effort you put in today, will pay off in your future.

"Someday" isn't on the calendar. You can make a change TODAY. You can make a shift. You can change a habit. Ready isn't a feeling, it's a decision! Go

move your body today!

For information about community exercise classes offered at the Witham Wellness Center in Lebanon go to <https://www.witham.org/classes-and-support-groups> or call 765-485-8126.

Trina Rose
Coordinator
Witham Wellness Program
Witham Health Services





BURKHART FUNERAL HOME



We are committed

to providing meaningful ways to honor and celebrate
the lives of loved ones with dignity and care.



Carl Burkhart • Craig Burkhart

201 W Wabash Ave • Crawfordsville • 765-362-5510

www.BurkhartFH.com





Promote Health with These Daily Habits

Health should be a priority, but too often life gets in the way and individuals take a reactive, rather than proactive, approach to their personal well-being. But living healthier need not be so difficult. In fact, research suggests that small, positive changes in how a person lives each day creates a healthier person over time.

A Hologic-Gallup survey on the state of women's health conducted in April 2024 found 63 percent of respondents said it was hard for them to make health a priority. They cited feeling overwhelmed, needing to care for others before themselves, emotional/mental health, and work as the top barriers to focusing on health. But it's important that both women and men recognize that small changes can add up to big results. These healthy

habits can help individuals start living healthier lifestyles.

- Get some exercise. Regular physical activity is one of the most important things a person can do for his or her health. Exercise helps manage weight, reduces the risk of disease, strengthens bones and muscles, and improves brain health. The Centers for Disease Control and Prevention says adults should aim for at least 150 minutes (30 minutes a day for five days) of moderate-intensity aerobic activity a week. A great place to begin is with a daily walk, which is a simple and effective habit that does not require a lot of time and no equipment except a good pair of athletic shoes.

- Wear sunscreen every day. After washing your face each morning, apply a facial moisturizer with an SPF

of at least 30, or blend equal parts of sunscreen and regular moisturizer, suggests Harvard Health. Use it on the face, neck, ears, and any thinning hair spots on the scalp. Skin cancer is the most common type of the disease worldwide, and wearing sunscreen can help many people avoid it.

- Spend time outdoors. It takes just a few minutes in the sun to raise vitamin D levels. Vitamin D is necessary for bone and heart health and helps to boost mood, says WebMD. Various studies indicate spending time in green spaces promotes calm and increases happiness.

- Plan your meals. Meal planning is not just a way to manage food budgets. It's also a great method to being more mindful of food choices and avoiding impulse buys or meals that

may not be as healthy as they can be. Adding more plant-based foods to a diet is a good start. Such foods can reduce the risk of chronic conditions like high cholesterol and hypertension.

- Stay hydrated. Hydration supports good digestion, increases energy and may improve brain performance, states Harvard Health. Drink a glass of water each day upon waking up and with every meal. Older adults often do not feel thirst like they did when they were younger, so it is especially important for seniors to stay hydrated.

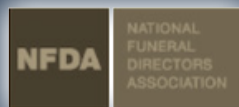
Healthy habits are more easily adopted when people begin small and make a daily commitment to their overall health.



HUNT & SON

FUNERAL HOME

Since 1900



765.362.0440 | 107 N Grant Ave ,Crawfordsville | huntandson.com

Signs and Causes of Hearing Loss



Hearing loss affects approximately 35 million Americans. According to the World Health Organization, by 2050, nearly 2.5 billion people are projected to have some degree of hearing loss. It is one of the most common health concerns. Hearing loss can occur gradually over many years and may go unnoticed. The following are signs that your hearing may be changing:

- Ringing or other sounds in your ears
- Fatigue at the end of the day from straining to hear
- Asking others to repeat often
- Difficulty hearing in situations with background noise
- Increasing the volume on the television or radio
- Difficulty hearing the doorbell or telephone ringing
- Difficulty hearing on the telephone
- Difficulty hearing soft speech or hearing high pitched voices
- Watching other people's faces to follow the conversation
- Misunderstanding what people are saying
- Feeling that people are mumbling

There are many different causes of hearing loss. Hearing loss may be as a result of one or more of the following:

- Changes in your ears due to aging
- An injury or infection that has damaged your ear
- Noise exposure
- A history of hearing loss in your family
- Ototoxic medications
- Certain medical conditions (diabetes, ear infections, high blood pressure)

Impact of unaddressed hearing loss:

- Social isolation
- Adversely affected cognition
- Anxiety

- Depression
- Frustration for you and those around you

Prevention:

The following are tips that may help preserve your hearing sensitivity:

- Turn down the volume with portable music devices. The utilization of earbuds with these devices can damage the fragile hair cells in the inner ear when cranked to a loud volume. Invest in noise canceling earbuds that will reduce background noise so the volume doesn't have to be raised.
- Use hearing protection/earplugs for sporting events (i.e. racing events), hunting, shooting on the range, attending concerts and when running equipment (i.e. construction, lawn or wood working tools)
- Maintain healthy blood pressure and blood sugar levels. Diabetes doubles your risk for hearing issues. High blood pressure has also been linked to hearing problems.
- Seek medical attention for chronic ear issues (such as ear infections).

Detect hearing loss early:

Hearing loss is easier to treat when it is detected early on and treatment may include hearing instruments. Hearing instruments can enhance your quality of life by possibly improving your ability to enjoy music and engage in social activities. They can also help individuals to be more aware of their surroundings such as traffic signals, warning sirens and emergency alerts. Research suggests that using hearing instruments may help slow down cognitive decline.

The month of May has been designated by the American Speech-Language-Hearing Association as "National Speech Language Hearing Month". This national and professional organization is comprised of approximately 228,000 Audiologists and Speech Language Pathologists. The month of May is a time to raise public awareness, knowledge and understanding of various forms of communication impairments to include those of hearing,

speech, language and voice.

If you are experiencing these signs, it may be time to make an appointment with an Audiologist. An audiologist is a licensed hearing healthcare professional trained to identify, diagnose, treat and monitor hearing and balance disorders. Hearing loss is a treatable condition. Witham Health Services has experienced Audiologists accepting new patients at our Lebanon, Frankfort and Whitestown locations. Our offices can be reached by contacting 765-485-8687.

Jennifer Filson, Au.D.
Witham Audiology
Witham Health Services



Fisher's DISCOUNT STORE



6492 E. 850 N. | Waveland, IN | (765) 435-7231

5 mi. E of Turkey Run Park on SR 47. Turn north on 700 E., Turn left on 850 N. Approx. 1 mile
Mon, Wed & Thurs 8 am-6 pm • Tues & Fri 8 am-8 pm • Sat 8 am-5 pm • Closed Sunday



At the intersection of 59 & 36 | 765-344-1520

Fresh Deli Sandwiches
Discount Groceries • Bulk Foods
Deli Meats & Cheese • Canned Goods

Mon, Tues, Wed, Fri 9-6, Sat 9-5:30 *Closed Thurs & Sun
Visit our 2nd Store, Fisher's Discount Store



WE CHANGE Lives

in the
community,
state and nation
for the military,
veterans and
their families.

**Check into Eligibility Dates
for Membership Today!**

**The American Legion, American Legion Auxiliary
and Sons of The American Legion**

Must be 18 years old. No Children. Open to the Public!



**AMERICAN LEGION
POST 72**

The American Legion Byron Cox Post #72

101 Walter Remley Drive, Crawfordsville, IN 47933 765-362-9921



Senior Insurance Solutions



CRYSTAL COLE
765.891.0537
cdcole333@yahoo.com

YOUR LOCAL INDEPENDENT AGENT

MEDICARE IS NOT ONE SIZE FITS ALL!

How to Understand Your Metabolism

Metabolism is often discussed but perhaps not fully understood. The Cleveland Clinic says a person's metabolism encompasses all of the processes within cells that keep the body functioning as it should. Metabolism provides the body with constant energy so it can perform essential tasks like breathing and digestion.

There are many myths surrounding the metabolic process. The following are some things to know about metabolism and whether it is possible to utilize it to spur weight loss.

What is a fast metabolism or a slow metabolism?

A person's basal metabolic rate (BMR) may be fast, slow or somewhere in between. Someone with a fast BMR will burn a lot of calories, even while at rest. Those with a slow BMR need fewer calories to keep it going. Genetics, medication use, illness, and activity level may affect BMR.

Does exercise boost metabolism?

The answer to this question is yes and no. According to MedlinePlus, it is true that a person burns more calories when they exercise, but that increased calorie burn only lasts as long as the workout and maybe an hour or so afterwards. Once a person stops moving, his or her metabolism goes back to its resting rate. Therefore, eating a ton of calories after a workout thinking that a red-hot metabolism will burn through them for the rest of the day could be setting a person up for weight gain.

The same can be said for mistakenly thinking adding muscle will boost metabolism. Muscle burns more calories than fat and that boost does last a bit longer than the workout itself. However, most people only gain a few pounds of muscle in the exercises



they do. It's not a big enough difference to affect metabolism dramatically. One may have to be a body builder to see a BMR boost associated with strength training. When muscles are not in active use, they burn very few calories.

What has the biggest impact on metabolism?

Metabolism is largely influenced by genetics, according to Harvard Health Publishing. Therefore, diet and exercise can be beneficial, but ultimately a person's genes dictate BMR. Also, most of the time the activities of keeping the brain, heart, kidneys, and lungs working account for most of a person's metabolic function.

What is diet-induced thermogenesis?

Many people think that restrictive diets that are light on calories are good for losing weight, but that can sometimes backfire by slowing down a person's BMR. Harvard Health says diet-induced thermogenesis (DIT), or the effect of eating certain metabolism-boosting foods, may increase resting metabolic rate. Foods and beverages that may impact DIT include lean protein, unrefined carbohydrates, caffeine, and green tea. DIT tends to be higher in the morning, so eating larger meals earlier in the day may help burn more calories.

How does sleep affect

metabolism?

While the jury is still out on whether or not lack of sleep can lower BMR, a 2019 study published in the Journal of Lipid Research found that a lack of sleep for four nights or longer may slightly decrease how the body metabolizes fat. Also, those who don't get enough sleep often feel hungry and may overeat as a result. This isn't a direct metabolic cause, but one to consider nonetheless.

Metabolism is a complex process that is affected by many things, none greater than genetics. A person may be able to realize moderate gains in boosting metabolic rate but there is no magic pill to increase metabolism.

How to Eat Healthy, Even if You're Always on the Move

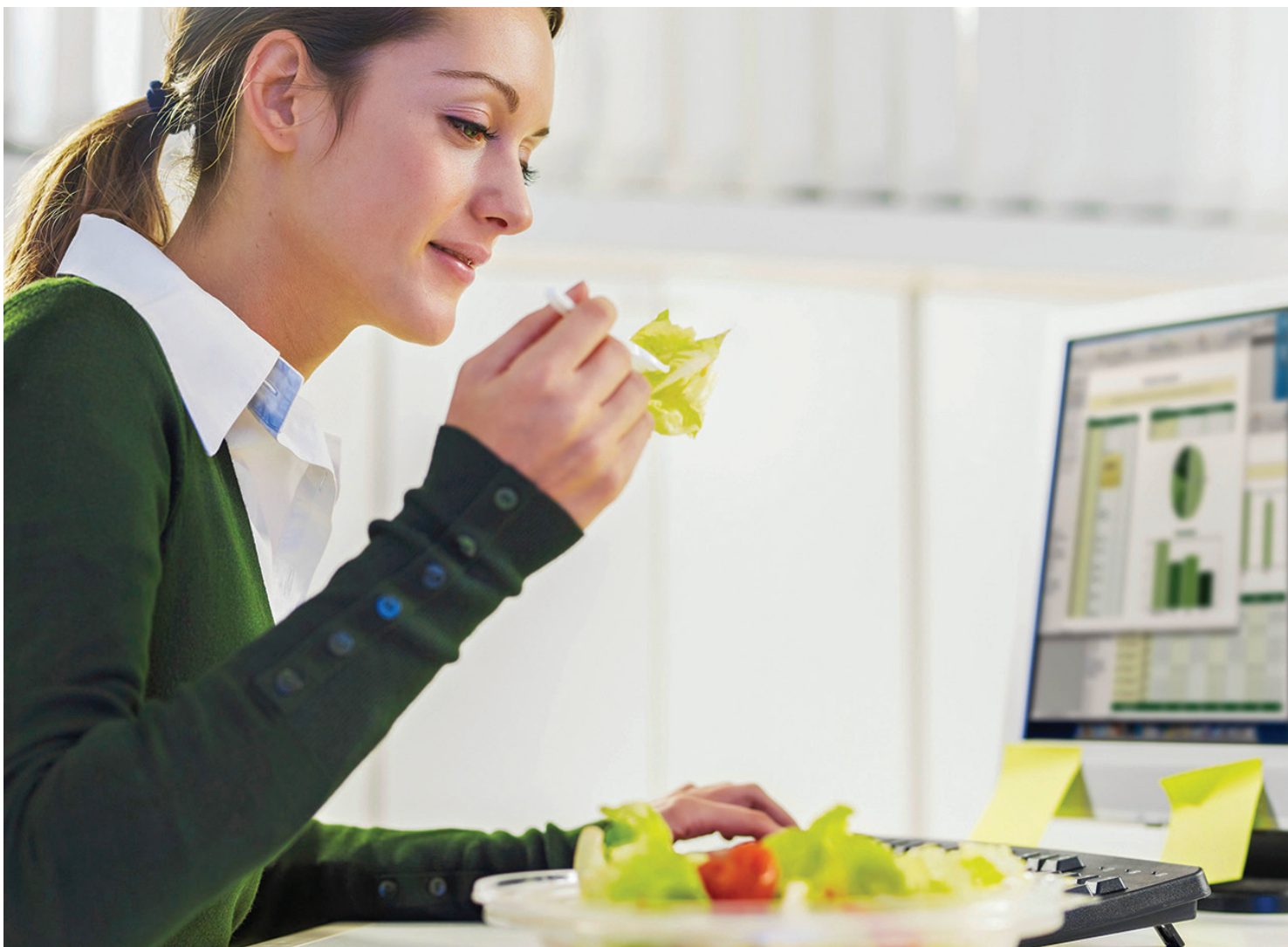
A healthy diet pays numerous dividends. Such a diet can help people maintain a healthy weight, reduce their risk for various chronic conditions, including some diseases, and boost energy levels. The energy-boosting benefits of a nutritious diet might be especially appealing to busy professionals and provide the extra motivation they need to embrace healthy eating.

Busy professionals know it's not always so easy to eat healthy. An on-the-go lifestyle only adds to that difficulty, but the following are some ways to eat healthy if you're always on the move.

- **Plan ahead.** Meal planning is an effective way to eat healthy because it reduces the chances that adults will make impulsive dietary decisions without taking nutrition into account. According to Brown University Health, meal planning can save time and money. Planning also helps people avoid dining out too often. That's a notable benefit, as many restaurants, particularly fast food chains that tend to be valued for their ability to provide quick and filling meals, prepare meals that are high in fat, sugar and sodium.

- **Embrace crockpot cooking.** Slow cooking in a crockpot or slow cooker can help on-the-go professionals eat healthier because it allows them to prepare meals on weekends and then eat them throughout the week. That's helpful for busy adults who don't have time to prepare homemade nutritious meals on weeknights, when work schedules, kids' extracurricular activities and other obligations tend to take precedence over healthy eating.

- **Learn to dine out healthy.** It's important that busy adults do not paint all restaurant offerings with a broad brush. In fact, many restaurants offer a wide range of nutritious fare. Diners



just need to know which options fit that criteria. According to Johns Hopkins Medicine, veggie-based entrées or those with baked, broiled or grilled fish or skinless chicken are nutritious options when dining out. Johns Hopkins also urges diners to forgo traditionally greasy or oily options like cheese-covered enchiladas in favor of healthier alternatives like tacos featuring fish or grilled chicken.

- **Consider meal kits.** The market monitoring and research firm Statista notes that the meal kit delivery market

has been growing rapidly in recent years. Research indicates the domestic market for meal kit delivery services was slightly less than \$21 billion in 2022, a figure that forecasters project will rise to around \$65 billion by 2030. Such estimates underscore the growing popularity of the services. Though meal kit services vary, many offer the convenience busy professionals are looking for without compromising nutrition. Pre-portioned ingredients help meal kit subscribers avoid overeating, and most recipes are easily followed

and result in meals made in considerably less time than more traditional means of cooking.

Busy professionals might feel as though they need to eat whatever is convenient and immediately accessible, even if the available options lack nutritional value. However, there are a host of ways for on-the-go adults to eat healthy even if they're pressed for time.



Prepare for Your Annual Wellness Visit with These Helpful Tips

Have you scheduled this year's annual wellness visit yet? It's the ideal time to check in with your primary care physician about the best ways to take care of your health. Here are some helpful tips to make sure you are best prepared for your visit.

- Write down your questions in advance and bring the list with you. This ensures you don't forget to mention something important.

- Bring copies of your personal health records whether this is your first visit or if it's been a while. Be sure to let your physician know about any other healthcare providers you see. Sharing your family health history can also be helpful. Certain diseases and conditions run in families. For example, if a brother, sister, parent, or adult child has been diagnosed with heart disease, diabetes, or cancer, your physician may want to add that informa-

tion to your file.

- Bring a list of your medicines and supplements and the dose you take. This includes any vitamins, herbal remedies, homeopathic remedies, teas, supplements, and prescription medicines from all providers you see. Consider taking photos with your phone or bringing the medications and supplements with you for an easy reminder.

- Bring someone with you if you want. It's ok to ask a loved one to sit in on the visit with you. Your friend or family member may have questions or observations that can help you get the best medical care.

- Mention any new sensations, signs, or symptoms that you've been having. You should also bring up any significant changes in your life, such as the death of a loved one, retirement, or a change in lifestyle. These might

have an impact on your health. Even difficult topics can and should be discussed with your physician. This includes changes in bathroom habits, sex, feelings of sadness, depression, or thoughts of suicide.

- Discuss any changes in your abilities. If you're having problems with daily activities for any reason, such as pain in your joints, memory problems, or trouble seeing clearly, let your physician know.

- Ask about your numbers. This is a good time to check in on your blood pressure, cholesterol levels, blood sugar levels, weight, body mass index (BMI), heart rate, and any other numbers that your physician has been watching. Ask what you need to do to keep these measurements in healthy ranges.

- Complete your screenings. Certain health screenings, such as those for

the prostate, breast, bones, and colon, are advised for older adults. Ask your physician about what's recommended for you.

- Get your needed vaccines. You may need to be vaccinated against Covid-19, the flu, whooping cough (pertussis), and tetanus. The shingles and pneumonia vaccines may also be on your health promotion and disease prevention list. Ask your physician about what's recommended for you.

Most importantly, be open and honest with your physician. Share your concerns, so that you can work together on a solution. Go to www.witham.org to learn more about Witham.

WITHAM HEALTH SERVICES

YOU'RE LOOKING FOR PEACE OF MIND. WE CAN HELP WITH THAT.



Living in a safe, comfortable place with highly trained medical staff nearby and activities to keep you engaged can go a long way in reducing the amount of time you spend worrying. That's why we're here. *Schedule your visit today!*

SENIOR HEALTH &
HOSPITALITY SERVICES



Wellbrooke of Crawfordsville
765-362-9122 • Crawfordsville, IN

trilogyhs.com •  