

The Side Road

December 2013 Edition

"A more personal approach to your health"

FITNESS: *No Gym Required!!*



Hate the idea of exercising at a gym? Want to start exercising but not sure where to begin? Need some direction on how to do exercises correctly? Then Beginner Body Basics is for you!

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Fighting

Winter *blaahhhs*



The winter blahs are understandable. Lack of sunshine, bad weather and stress from the holidays can all leave you feeling more than a little frazzled. For many people, stress can also trigger poor dietary and sleep habits.

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Incontinence: *Women's Health*



Urinary incontinence affects about 25 million Americans, but it is rarely talked about. So we are going to open up!

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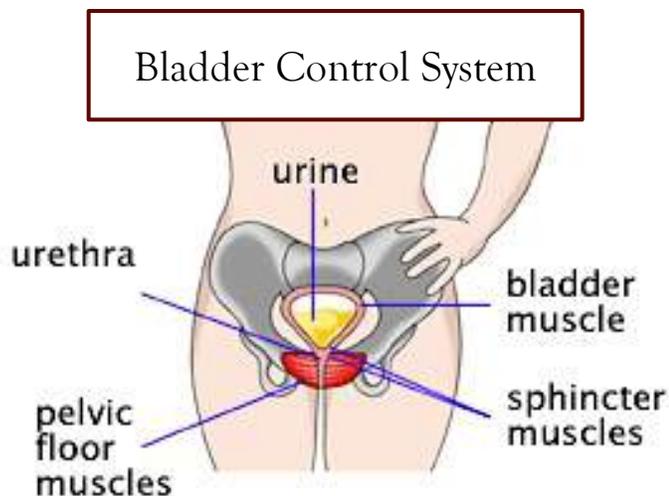
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*Peace, Love, Joy, and god bless from
your friends at Agape Therapy*

2014 Wellness Challenge

The Agape Therapy and The Den are teaming up with Live Healthy Iowa to offer you an exciting community group challenge. Over the course of 10 weeks, teams (2-10 people) track activity minutes and/or weight loss through a website. Trainers Sarah and Laurie will be checking your progress to help coach you along the way to meet your new years/life health goals! We will offer fun incentives and programs through your journey. Also you will receive a challenge T-shirt, Live Healthy Iowa one-year magazine prescription, chances to win amazing prizes (bikes, shoes, gift cards, a cruise, and more), motivational e-mails, and a discount card for participating businesses across Iowa.



Urinary Incontinence:

There IS Help!

Incontinence: The involuntary loss of bladder control—the inability to predict where urination/bowel movements will occur.

20 million males/females of ALL ages suffer

There is Hope: Incontinence is not a disease but a symptom of an underlying condition.

Embarrassment, shame and a mistaken thought that there are no ways to manage the problem can prevent people from seeking help

How Agape Can Help

At Agape Therapy you will find a conservative approach to solving your incontinence problem. We empower you to recognize and control issues through exercises (see Sarah's Favorite Things), physiological quieting, possible surface EMG care, and addressing dietary habits.

You can set up an appointment now at any of our 4 locations, either through your insurance or with our Access Program.

For more information call Agape at 277-3166 or go to our website at: www.agapetherapy.com

Types By Definition:

Stress Incontinence- A small amount of urine is released by everyday activities like laughing, coughing, and sneezing.

Urge Incontinence- The urge to urinate comes on so suddenly that it is often impossible to reach a toilet in time.

Myth vs. Fact

Here, we set the record straight regarding common assumptions about incontinence.

1) Only older people get it: MYTH

Although incontinence risk goes up as you age, anyone can experience symptoms at any time. NAFC surveys suggest 1 in 4 women over 18-leak urine involuntarily, and one-third of men and women ages 30 to 70 have lost bladder control at some point as adults.

2) It's normal to leak a little urine: MYTH

If incontinence comes on gradually, people often don't think of the leakage as a medical problem. Women tend to associate symptoms with their menstrual period and use feminine hygiene products to control them, and don't tend to see a Dr. until overactive bladder kicks in as well.

3) You should drink as little as possible: MYTH

Avoiding liquids completely might seem like the logical way to prevent accidents, but it won't. In fact, drinking plenty of water—in small doses throughout the day—can actually help stop leakage, improve bladder control, and reduce odor.

4) It's embarrassing but not serious: MYTH

"Urinary incontinence, in and of itself, is not going to kill you," says Dr. Margolis. "And it's not going to shorten your life. It will, however, make your life miserable." Fear of an accident (and self-consciousness about odors) can inhibit the desire to have sex, socialize, or leave the house—which can contribute to loneliness and depression.

5) Surgery should be your last resort: FACT

There are complications that can arise from surgery that can post more risks such as difficulty urinating, or worsened incontinency. Try lifestyle changes, therapy, and medications with surgery as a last resort.



Why Do I Feel So Different In The Winter?

You know the feeling: You're more tired these days, maybe anxious or moody. Cocooning with some Christmas cookies or other sweet and high-carb fare sounds better than hanging with the crowd. It's harder to get out of bed, and when you do, your mood resembles the landscape you see ~ cold, dark, and nasty.

That's the problem: The gloom caused by Mother Nature each winter in much of the country is biologically felt to some degree by an estimated one in four of us ~ usually starting around October and then magically ending by April with spring's thaw. For most people, it manifests as winter doldrums, the "I-can't-wait-for-winter-to-end" feeling that produce sluggishness and food cravings. The good news is there are ways to help manage your winter downs. See **Beating Winter blahhhs** for ideas.

Could it be more than just winter blahhhs?

About 11 million Americans suffer from a more severe form of winter depression called Seasonal Affective Disorder or SAD. If you feel the winter changes are unmanageable see your Physician for more information on how to help manage difficulties experienced during the winter.

The Do's and Don'ts of Beating Winter Blahhhs

DON'T Oversleep

Although it is especially hard to wake up on time during the winter months, it is important to fight the urge to sleep more. Oversleeping may be a sign that your body's natural rhythms are a bit out of whack, and can contribute to feelings of depression during the winter months.

DO Exercise

Exercising regularly is a good way to keep your spirits up, especially if you can manage to do so outside. Take advantage of sunny days by going for an outdoor walk or run to sneak some extra vitamin D exposure.

DON'T Stay In

Although the combination of the cold, dark and melancholy might make you reluctant to go out, social withdrawal could end up making you feel worse. Going out and spending time with loved ones will lift your mood ~ and chances are you'll find someone who's also having a hard time this winter.

DO Eat Foods Rich In Vitamin D and Protein

Foods that provide vitamin D and protein will help you fight fatigue, replenish energy and even trigger your "feel-good" hormones. Stock up on salmon.

DON'T Eat Foods Rich In Sugar

Those who suffer from the winter blahs report a craving carbohydrates and sugar during the winter, perhaps due to low levels of serotonin. Although they may feel like comfort foods, these treats won't provide you with the stable energy you need to stay happy and healthy throughout the winter.



No Gym Required Beginner Body Basics

Does the thought of going to the gym make you nervous, or you don't have the time to exercise as often as you should, maybe you just have no idea where to start with exercising? Good news! We have a class created just for you! Coming this January, join Health Coach Sarah P. and learn how to use your body correctly and do exercises with minimal to no equipment. Sarah has created an exercise program

you can do in the comfort of your own home! Class will be held on Monday and Wednesday nights from 5:30-6:15pm for 4 week starting Monday, January 13th.

Call Sarah P. at 277-3166 or watch for updates on our website for more information.

Calendar of Events:

Dec. 23-27 th The Den: No Classes TRX will be held, watch for adjusted holiday schedule	Dec. 25 th and Jan. 1st Agape Therapy Closed No Staff at The Den Happy Holidays!	Dec. 31st The Den No PM Classes or Staff Hours Morning Classes Will Be Held
Jan. 9th Picnic At the Den At The Den 7-8PM Call Laurie 404-7844	Jan. 13 th (Starting) Body Basics at CF Agape M/W 5:30-6:15pm Call Sarah P. 277.3166	Jan. 27th 10 Week Challenge Starts Anyone Can Take Part! Info: Contact Sarah P. or Laurie



Locations:

Main Clinic: 211 W 6th St. Cedar Falls

Waterloo Clinic: 927 W 4th St. Waterloo

The Den: 668 Main St. Dike

Key West, Black Hawk Village, Cedar Falls