

New column on outdoors health

BY MARK RACKAY

Beginning with this issue of Valley Health, you will see a new column. The column is called "Outdoors Health Tips From The Posse," and written by Mark Rackay.

Rackay is a past president and currently serves as a director and the public information officer for the Sheriff's Posse.

Rackay has been writing "Tips From The Posse" which appears in the Outdoors section of the Montrose Daily Press for the past several years, providing survival, wildlife, and outdoor advice and how-to information. Many of the information provided comes from lessons learned from actual search and rescue missions that the posse took part in.

The Montrose County Sheriff's Posse is comprised of highly trained men and women who are all volunteers, giving of themselves for the safety of all members of the community. The members stay of call 24/7, 365 days a year, for any emergency that the Sheriff may summon them for.

All members are trained in emergency areas such as, first aid/CPR/AED use, wild land fire suppression, ATV, GPS, survival, ice rescue, water rescue, traffic control and security. Members donate over 3,000 hours annually to the Montrose community.

The new column will discuss topics that can help keep you healthy while enjoying the outdoors of western Colorado. Whether you are a hunter, fisherman, ATV rider, snowmobiler, skier, biker or hiker, there will be something here that may enhance your enjoyment of the outdoors.

Many areas will be covered, such as first aid and preventative measures that can be taken to keep you healthy and safe while outdoors. We will also be offering tips to help keep you in tiptop shape for all your outdoors activities. There will be some columns on proper foods and hydration as well.

We hope you enjoy the new column and believe everyone can find something to help keep you healthy. •

Outdoors health tips from the posse

Cardio in the cold

BY MARK RACKAY

One of the best exercises for cardio health is running. This would include jogging and power walking. Personally, I run at least three days a week, in the early morning hours, but winter can put a crimp in my routine.

Running outside during the winter months brings about a whole new set of concerns and dangers. From slipping on the ice to chilling yourself, here are a few ideas to keep safe during your workout routine in the cold months.

You can always retreat indoors and hit a treadmill. I would rather face a scourge of locusts than be trapped indoors on the machine, so I usually brave the elements. There are some days that the weather is too extreme and I am forced to stay inside, but given a choice, I head outdoors.

Winter has fewer daylight hours, slippery roads and perhaps snow falling. For safety, try to be out during the daylight hours. Wearing a reflective safety vest will make you more visible to oncoming traffic.

Generally, dress in layers before heading out. I try to suit up as if it is 20 degrees warmer than the actual temperature. When running, this makes it just about right.

Your base layers should be wool or a synthetic material. Polyester or polypropylene work well. You want a material that will wick moisture away from your skin to prevent you from getting chilled.

The next layer should insulate but allow moisture to escape. I find that fleece works well here. If it is cold enough for a third layer, I look for a lightweight and waterproof jacket that I can unzip to allow air in.

Your shoes should have an aggressive tread for gripping snow and icy surfaces. Try to avoid shoes that have mesh on the sides that would allow water in. It is best to opt for a waterproof shoe made of Gore-Tex or a similar product.

If the roads or trail were too slippery, it would be best to hit the treadmill. The last thing you need is a broken ankle, or worse, from a fall. You can buy a set of Yak Trax for your shoes, which act like snow chains, but they can be difficult to run in. Fortunately for us here in Montrose, there



are not too many days that it is that icy out, and when it is, it is safer to wait a day or two.

Consider wearing a mask when outside. Cold and dry winter air can cause bronchial spasms, which inhibit the air from filling the lungs properly. Wearing a light mask can warm the air before it hits your lungs.

Just because its cold out, doesn't mean you don't have to hydrate. You lose as much fluid in winter as you do in summer. Drink water before, during and after your exercise outside.

Consider wind strength and direction while you are out. Try to have the wind in your face for the first half of your run, and at your back for the return trip. If you run with the wind at your back for the first half of your run, you will get hot and sweaty. When you turn back, and head into the wind, you will get chilled very quickly.

Whether you power walk, jog or run, continuing your exercise routine in the winter months is important. Braving the elements will help you build the necessary foundation for total physical conditioning. It also gets you outdoors in the fresh air, and to me it is better than a treadmill.

Keeping up your exercise routine during the winter months makes good health sense. Enjoy the outdoors and until next time, stay healthy and see you on the trail.

Mark Rackay is a freelance writer who serves as a Director and PIO for the Montrose County Sheriff's Posse. For information about the posse call 970-252-4033 (leave a message) or email info@mcspi.org •

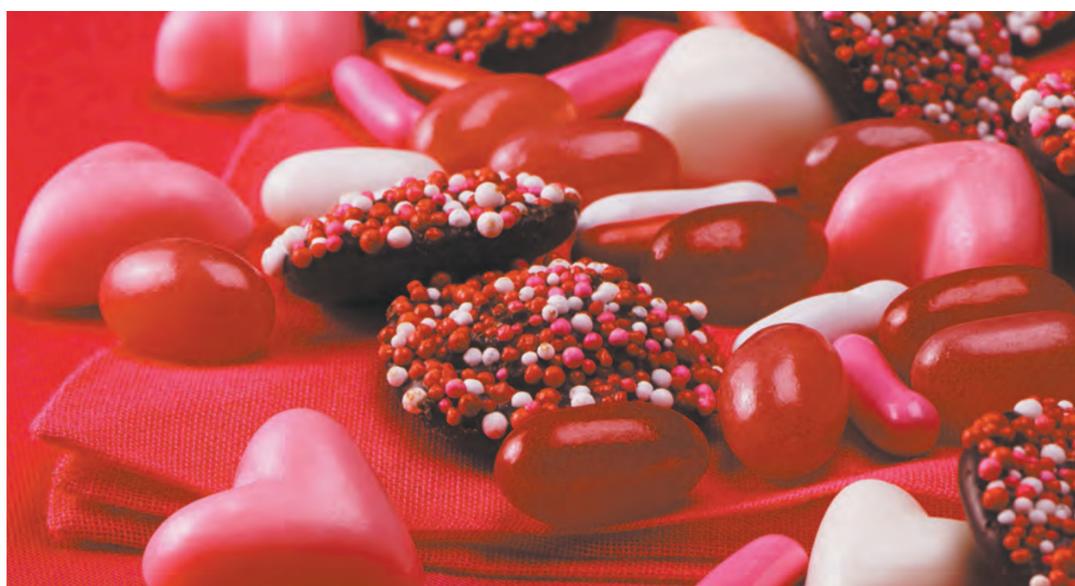
Handling Valentine's Day when you have diabetes

Celebrating a holiday can be challenging for those with diabetes, as sweet treats are a part of many holiday celebrations. Come Valentine's Day, chocolates, candy and rich desserts can often be found on the menu, which can prove problematic for those who have to watch their blood-glucose levels.

Diabetics may be tempted to indulge in too many sugary foods on Valentine's Day. Fortunately individuals do not have to put their health in jeopardy in the name of Valentine's Day, as there are many healthy ways to celebrate with some minor tweaks.

- Focus on fun, not food. Rather than making food the focus of the day, shift your attention to all the fun things you can do with your valentine. Fill the day with activities such as ice skating or sightseeing. Even though the weather may be cold, it's possible to enjoy the great outdoors. Dress appropriately and enjoy a walk in the park, or do something out of the ordinary, like sledding. If you must retreat indoors, watch a romantic movie.

- Plan ahead when changing your diet. It's often possible to work small amounts of a particular dessert or food into your normal meal plan by adjusting what you eat for the rest of the day. If you plan ahead for a bite of chocolate, you can balance out sugar levels by eliminating something else. Keep tabs on your sugar levels throughout the day, and always weigh the benefits and drawbacks of the foods you eat.



- Include smart substitutions. Many favorite foods are available in low-sugar or sugarless varieties that are diabetic-friendly. Lean toward low-carb offerings and foods that are relatively low in fat. Baking your own treats or cooking your own meals will give you greater control over the ingredients used in your recipes, and that can pay big dividends in terms of health.

- Send nonfood items into the classroom.

Diabetes affects people of all ages. When sending valentines into the class for children, do not accompany the cards with chocolate kisses or other candies. Instead, choose toys or keepsakes, such as heart-shaped erasers or scented stickers.

Moderation is key when managing diabetes around Valentine's Day. Place a greater emphasis on time spent together, entertainment and socialization rather than potentially unhealthy treats. Story courtesy of Metro Creative Connection. •

Is it becoming more difficult to care for yourself or a family member?

Call today to learn how we can help.

1.844.862.4968



voahealthservices.org

www.facebook.com/VOAWesternSlope

AeroCare

Your Hometown Oxygen Provider
Breathe a little easier

Is your current oxygen provider unwilling to provide you with travel equipment and assistance?

- Have you been unsuccessful in obtaining a portable concentrator from your local provider?
- Have you been looking online or received mailers for a portable oxygen concentrator?
 - Has your provider been limiting your options for portable oxygen?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, WE HAVE THE SOLUTION FOR YOUR OXYGEN NEEDS.

We carry a full line of oxygen equipment including small portable tanks, homefill systems, and PORTABLE OXYGEN CONCENTRATORS INCLUDING THE LIGHTWEIGHT OXYGO AND THE OXLIFE O2 CONCEPTS.

Stop in and see us today!



"It is AeroCare's fundamental mission to ensure quality and integrity in the delivery of care and service to our valued customers. Customer service and satisfaction are our primary concern."



843 South 3rd Street • 970.252.0212 • www.aerocareusa.com
Serving all of Colorado and over 200 Locations Nationwide.