

COMMUNITY RESOURCES

HEALTH TIPS



From Your Neighborhood Chiropractor

By Dr. Ross Royster, D.C.

Chart Your Course

Are you where you want to be in life? If you are, or you know you are on your way, congratulations! If not, read on. The key to success is deciding what you want and doing what you need to do to get it. If you are not already actively planning your future, here are some tips to get started!

1) Imagine your future life with no limitations. Ask yourself, "What would I do if I could not fail?" Think of all aspects of your life: physical, emotional, financial, spiritual and social. List all the things you would like to accomplish, to do, to be and to have. Don't hold back. List them all.

2) Set up a goal book. A three-ring binder works great. Each of your goals will have a separate page.

3) Write one goal to a page in the present tense. Example: "I have a beautiful new house." Then, explore that goal more thoroughly, and write down all the details. "My house has

five bedrooms with separate baths, an office, a vaulted ceiling great room, a media room with a 62 inch flat screen TV, etc." Find pictures of the things you would like to include in your life and add them to your page.

4) Write down a plan to achieve your goal in the past tense, as though you have already done the things necessary to reach your goal.

5) Review your book daily. Let your imagination get into it. The more you sense your success, the deeper it ingrains into your subconscious mind.

6) As you achieve a goal, do not throw away that page. Place it in the front of your book in a section of "Successes".

Does this all sound crazy to you? That's alright. Just do it! What do you have to lose?

I did this a few years back. I listed all kinds of goals and desires, but I didn't follow through with it. I read my book for a while, and then I must have become distracted and forgot about it. Well, I just found my goal book, and to my surprise, all of my goals and wishes have been met.

The power of making up your mind and writing it down cannot be overestimated. Now, I'm in the process of making a whole new list. How about you?

NUTRITION TIPS



By Deborah Roussos, MS, RD & Ann Martin, RD



Simple ways to workout and stay active this winter

Many people find it much harder to be active during the winter months. There are multiple excuses that we make to convince ourselves that it's okay not to exercise. Whether it be the freezing cold thermometer readings, the minimal hours of daylight, or simply the comfort of hibernating in front of the television, the obstacles are sometimes easier to find than the motivation.

But have no fear, there are plenty of exercise options, both indoor and outdoor, that can help you stay active and healthy this winter season.

If getting out into the snow appeals to you, try one of these more popular winter sports: downhill skiing, snowboarding, cross-country skiing or winter running. If those seem too adventurous for you, try ice-skating or snowshoeing. Both are great cardiovascular workouts.

The equipment for these activities, however, can get expensive. So, if cost is an issue for you, or the sheer idea of plunging into the snow makes you

want to dive under the covers, you may choose one of the many indoor workout options. Following are just a few ideas: walk at an indoor location, like a mall, climb the stairs in your house, find a local pool and try swimming or water aerobics, take up a dance or yoga class create a home-gym using water bottles as weights, jump ropes and an exercise ball or join your local health club. Remember Warner Park Community Recreation Center.

Before trying any of these activities, however, remember to keep safety in mind. Always warm-up properly to loosen tight muscles and reduce the risk of injury. If choosing to exercise outdoors, wear bright clothing or reflective strips on your arms and/or legs to ensure that you are visible to motorists. Most importantly, remember to drink up. The human body is

less effective at regulating body temperature in cold weather, so it is very important to stay hydrated while exercising in winter. Water is the fluid of choice.

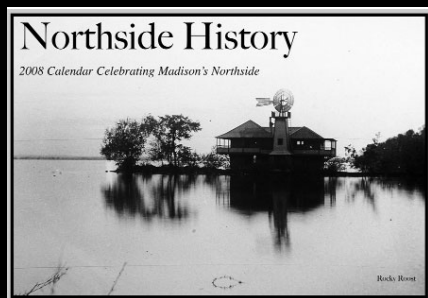
Exercising just one half hour on most days of the week can help you lose weight, reduce stress, prevent some illnesses and promote an overall sense of health and well-being. So this winter, don't hibernate, activate!

Remember to eat as well as you can as often as you can.

Margaret Gilbert, Dietetic Intern, contributed to this column.



**THE 2008
NORTHSIDE HISTORY CALENDAR
Is Here**



See page 13 for more info about this perfect holiday gift

Join Northside Discuss
- an e-mail listserve for the Northside community-
and keep on top
of your neighborhood issues
Email info@northsideplanningcouncil.org to join.

Madison Chiropractic
Quality Care Close to Home LLC.

244-0044

Drs. Brent McNabb, Ross Royster,
Dan Soderholm
2205 North Sherman Avenue, Madison, WI 53704

Ryan

FUNERAL HOME

Serving Families Of All Faiths Since 1938



Crematory on premises.

Burial Pre-Arrangements
Trusts Cremation

249-8257

2418 N. SHERMAN AVE.

CHEROKEE PARK, INC.

Specializing in New and Previously Owned
Luxury Condominium Homes

Buy direct from the builder and SAVE!

Building Quality & Value Since 1974

Trades Always Considered
Financing Available

13 Cherokee Circle, Madison, WI 53704

249-6417

Open Mon-Fri 8:30-5 Sat & Sun 10-3