

**Choosing an exercise plan that's just right for you!**






We all know that exercise is good for our health. But the right kind for one person might not be ideal for another. Some people are taking up exercise for the first time. Some are trying to recapture the athletic glory of their youth. Some are trying to lose weight. And some are constrained by health problems like arthritis or heart disease.

***If you have a chronic illness...***

Physical exercise is good for practically everyone, so don't use sore joints or even heart disease as an excuse not to exercise. Just be sure to do it safely to avoid exacerbating your condition. Start by consulting with your doctor about any precautions you should take, especially if you have heart disease. Also ask for a referral to a physical therapist with expertise in your condition. This month the condition we will focus on is: **Arthritis**

Condition	Exercises that help	Exercises to avoid	Precautions
Arthritis	*Low-impact activities such as walking, biking, or swimming *Strengthening and stretching exercises such as aquatic calisthenics and tai chi. *For knee arthritis, quad exercises to strengthen the front thigh muscles	*High-impact activities like jogging or aerobic dance. *When strength training, don't push beyond your range of motion.	*stop activities that cause an increase in joint pain. *Lose excess weight to ease stress on your hips and knees. *Don't exercise an inflamed (painful, reddened, swollen, or warm) joint.

**Cold treatment tool kit\*\*\*\*\***

Rest  <small>QuickTime and a decompressor are needed to see this picture.</small>	Drink warm fluids 	Try nasal irrigation  (let's not show a picture of that)	Gargle 	Suck lozenges 	Use honey 	Humidify 
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**Symptom Check: Is it a cold or the flu?**

People often confuse the cold and the flu, because the symptoms can overlap and be eased by the same self-care measures and over-the-counter medications. But it's important to distinguish between the two, for several reasons. First, people who could become seriously ill from the flu—including young children, adults, age 65 and older, and people with chronic illnesses or weakened immunity—may need a prescription antiviral drug, which can shorten the duration and severity of the illness if started within 48 hours of the first symptoms. And it's especially important for people with the flu to limit contact with others, since it can cause severe illness or death in vulnerable people. The table below can help you determine whether your symptoms indicate the common cold or a potentially more serious case of the flu.

	COLD	FLU
<b>ONSET</b>	Gradual	Sudden
<b>SYMPTOMS</b>	Sore or scratchy throat, progressing to sneezing, a runny or stuffed nose, and finally a cough	Chills, dry cough, headache, muscle aches, stuffed nose, sore throat, extreme tiredness.
<b>FEVER</b>	Low or none	100 F (38 C) or higher
<b>SEVERITY</b>	Less severe	More severe
<b>DURATION</b>	A week to 10 days, though the cough can linger for several weeks after you've recovered	One to two weeks