

YOUR DENTIST CAN SAVE YOUR LIFE

Winter exercises to keep you fit and healthy!

When I look outside, I am just not sure. But, yes, Spring is coming!

But right now, winter's chilly temperatures and the risk of viral exposure can discourage even the most active people from outdoor exercising. Don't let this happen to you. As we all know, staying active helps reduce stress, boosts our energy level, helps us sleep better, and even improves our attitude.

To this end, there are so-called "winter" or more specifically "indoor exercise" routines fitness experts recommend that are ideal when it's cold, gloomy, wet, and you either can't or don't feel like being outside. (Also, for the time being group activities are not recommended.) To keep it simple here are interesting options that are easy to incorporate into your schedule, take little time, and do not require equipment or membership fees. Plus, you get immediate benefit:

1. Stretching. Flexibility is one of the

most neglected components of fitness, and one of the most important, especially as we



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get older. Beginners should start with simple static stretching. Get into a stretch position, and hold it for 15-30 seconds, without bouncing. A good stretching routine requires only five minutes a day. This small investment can

make a huge difference. You will look leaner, stand taller, and have better posture which can take years off your appearance.

2. Dance. Why not have fun! Whether it is free-form movement to your favorite pop song, a choreographed hip-hop routine, or even waltzing around your living room with a partner. Dance does wonders for your mental health too. Plus, you can burn a lot

of calories per hour dancing, depending on the style.

3. Wall Chair. Ok. This is a little different. Buy try it. It is often used to improve stamina and lower body strength by health-care providers who work inside for long hours on their feet. Place your back against the wall – lower yourself into a sitting position – and hold. Feel the burn!

4. Plank. Considered the gold-standard for developing core strength. Stretch out holding your body off the floor with feet and elbows. To start out you can try a plank with your knees bent, and on the floor, rather than with your legs straight. Since I am a confirmed walker, I must add that on nice days I try to get outside for a brisk walk. If you have space, you can certainly walk indoors. Truly, there is no better overall exercise. The point is there is a lot we can do right inside our homes to improve our emotions, our vitality, and our appearance – and warm weather is coming! If you

have any questions, call us. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809 or visit grandoaksdental.com or facebook.com/GrandOaksDental.

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