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consult the experts

health and
wellness edition

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topic:

How can I keep from getting bored with my workouts?

advice: Your workouts are consistent, focused, driven...and then something happens. Your desire to workout decreases and the couch feels great. What is happening? You may be bored with your workout. It's normal. Common reasons are lack of motivation or not seeing the results you hoped for.

How can you prevent boredom? Try something new. Your body gets used to doing the same thing all the time. Here are some ideas to change it up:

- **Try new classes.** Work your muscles in a different way (if you don't like the class, try another!)
- **Add variety.** Divide your hour into 20 minutes of treadmill, bike, elliptical, and jump rope.
- **Get outside.** Take a walk and catch up with a friend or add a jog to the mix.
- **Go play.** Kickball and relay races were not exercise when you were a kid, they were fun!

Stay committed to remaining active. Contact me for more suggestions on staying motivated.



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topic:

Influenza vaccine

advice: Influenza/Flu is caused by a virus, which can be spread by coughing, sneezing, or nasal secretions. The flu can occur at any time, but most occur from October - May.

There are two types. LAIV is sprayed in the nostrils and is a live, attenuated (weakened) influenza vaccine. The second is the flu shot injection which is inactivated (killed) vaccine. It takes up to two weeks for protection to develop after the vaccination and lasts about a year.

Some people should not receive LAIV but instead get the flu shot:

- adults 50 years of age and older or children from 6 through 23 months of age
- children younger than 5 years with asthma or one or more episodes of wheezing within the past year
- pregnant women
- people with long-term health problems including heart disease, lung disease, asthma, kidney or liver disease, diabetes, anemia, other blood disorders
- people with certain muscle or nerve disorders
- anyone with weakened immune system
- anyone in close contact with someone with a weak immune system, requiring care in a protected environment
- children or adolescents on long-term aspirin treatment



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