

# The pros and cons of running



ew physical activities inspire the devotion that avid runners have for running. Millions of individuals across the globe lace up their sneakers and run for miles on end each day, and the fitness experts at Fitbit note that running is the most popular activity in

The global popularity of running suggests it's an activity that's all gravy and no grief. However, running can take a toll on a body, and individuals who can't wait to lace up their sneakers and hit the road should consider the pros and cons of running before doing so.



♦ Running and heart health:

Running generally has a positive effect on heart health. The heart is a muscle, and much like weight training can help strengthen muscles like biceps and triceps, running can strengthen the heart and make it more efficient. Cardiologists with the Copenhagen City Heart Study noted that jogging increases oxygen uptake, which makes it easier for the heart to pump a larger amount of blood and do its job more easily. In addition, various studies have found that running can reduce individuals' risk for heart disease by a significant percentage.

**♦**Running and mental health:

"Runner's high" is a well-documented yet not entirely understood phenomenon. Thought it's often associated with the release of mood-enhancing hormones known as endorphins and characterized as a routine and euphoric byproduct of running, experts at Johns Hopkins Medicine note that research indicates very few runners actually experience runner's high. Instead, runners may feel good after running because physical activity increases levels of endocannabinoids in the bloodstream. Higher levels of endocannabinoids may promote short-term responses like reduced anxiety and a greater feeling of calm. This is an important distinction, as runners who don't feel runner's high after a long run should know that they're likely still gaining some mental benefit from running, even if a long run makes them feel more nauseous than euphoric.

♦Running and brain power:

Running also has been found to benefit brain power. Researchers at the University of Ulm in Germany found that individuals who jogged for 30 minutes per day three times a week benefitted from a substantial improvement in concentration and visual memory.

◆Running and joint health:

Though many medical professionals now dispute that there's a link between running and osteoarthritis, running can

lead to wear and tear on the joints over time. It's important to note that such degeneration can occur even in non-runners, especially those who live sedentary lifestyles. Being physically active is an important part of maintaining long-term joint health, but individuals who like to run should be sure to devise a balanced workout regimen that includes strength training to make the muscles and tissues around joints stronger. Running without strength training could contribute to unhealthy

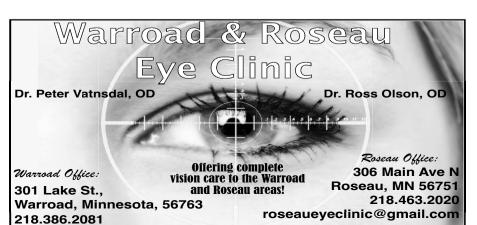
◆Running and injury risk:

All physical activities involve some measure of injury risk, but it's still worth noting that runners are not immune to such risks. The Cleveland Clinic notes as many as 60 percent of runners will experience injuries that sideline them for several weeks or months. Plantar fasciitis, runner's knee, shin splits, and Achilles tendinitis are some injuries commonly suffered by runners. Common running injuries can make it hard to perform any cardiovascular exercise, which can have a significant and adverse effect on runners overall health.

Though medical experts generally suggest the rewards of running outweigh the risks for healthy individuals, it's still important that men and women weigh the pros and cons before lacing up their running shoes.



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Health & Wellness

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## Health & Wellness



#### **Nuggets of health, safety**



200,000

sports-related eye injuries occur in children each year, according to the Vision Council.

Concerned parents should know that estimates from Boston Children's Hospital suggest that as much as 90 percent of sports eye injuries can be prevented with protective eyewear.

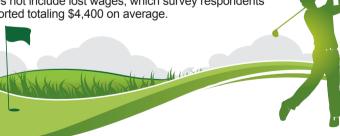




\$6,500

#### That's the cost of a first-offense DUI.

A survey from DrivingLaw.org asked readers in various parts of the country who had been arrested for a first-offense DUI how much they paid to resolve their case. The survey found that the average cost was \$6,500. However, that figure does not include lost wages, which survey respondents reported totaling \$4,400 on average.



## **Peaches**

are naturally free of fat, cholesterol and sodium. These are some of the reasons why the lowa **Department of Public Health cites peaches** 

as a worthy addition to any diet. Want more? Peaches are also a good source of vitamins A and C.



#### Golfers can rest assured that their time on the course is as healthy as it is fun.

A recent experiment from Dr. Steve Otto, director of research and testing at The R&A, found that the average distance golfers walked during a round of 18 holes at the Royal County Down Golf Club in Northern Ireland was

#### **6.6 miles** or **10.62 km**.

That's great news, as walking has been linked to a host of health benefits, including improved cardiovascular fitness.



A message from the Lake of the Woods Area Suicide Awareness and Prevention Committee



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and speak anonymously with a Crisis Counselor



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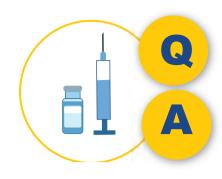
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#### Can the HPV vaccine protect against cervical

The National Cervical Cancer Coalition human papilloma virus (HPV) vaccines can protect women against the types of the virus that cause cervical cancer. The HPV vaccine produces a stronger response when it is administered during the preteen years, which is why the Centers for Disease Control and Prevention recommends all boys and girls get vaccinated at age 11 or 12.



## 80 million

#### glaucoma cases

The BrightFocus Foundation reports that glaucoma is the leading cause of irreversible blindness across the globe. About 80 million people worldwide have glaucoma, and estimates suggest that figure will increase to more than 111 million individuals by 2040.



A small study from researchers at University College London found that black tea drinkers had significantly lower levels of the stress hormone cortisol than non-tea drinkers within 50 minutes of experiencing a stress-inducing event. The study also found that black tea drinkers expressed themselves in a more relaxed way than non-tea drinkers within 50 minutes of a stressful experience.



lower "bad" cholesterol levels

The European Food Information Council notes that beta-glucan, a dietary fiber found in oatmeal, has certain properties that can help individuals lower levels of cholesterol in their blood. In fact, the

EUFIC cites research that consuming 3 grams of dietary betaglucan each day may reduce "bad" cholesterol levels by as much as 10 percent.

## **Budget-conscious** home cooking

Less expensive cuts of meat tend to taste a little tough when cooked over an open flame or in the oven. However, the "slow and low" method employed by slow cookers tenderizes less expensive cuts of meat, ultimately contributing to a finished product that's as mouthwatering as more costly cuts.



#### **BUCKLE UP FOR SAFETY**

#### The Facts:

- · Seat belts reduce the risk of serious injury and death by 40% to
- · A seat-belted driver has a better chance of maintaining control of the vehicle during and immediately following a collision, protecting passengers and others on the road.
- . If you are in the back seat and not belted, your body becomes a lethal weapon, moving forward with enough force to break the back of someone riding in the front or to cause serious brain injury



- All children up to age 13 are safest in the back seat.

  • By Minnesota law, a child who
- is both under age 8 and shorter than 4 feet 9 inches is required to be fastened in a child safety sea that meets federal safety standards. Under this law, a child cannot use a seat belt alone until they are age 8, or 4 feet 9 inches tall. It is recommended to keep a child in a booster based on their height rather than their age.

A message from the Lake of the Woods County Sheriff's Office

206 8th Ave SE # 300, Baudette, MN 56623 218.634.1143

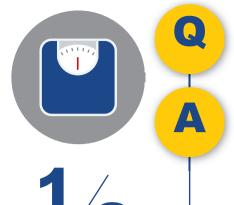




Nuggets of health, safety and well-being wisdom

80% experience acne

The National Institutes of Health notes that roughly 80 percent of people between the ages of 11 and 30 experience acne at some point. Various factors are believed to be related to the formation of acne, including genetics, an increase in sex hormones called androgens, and hormonal changes related to pregnancy or to starting or stopping the use of birth control pills.



#### **Does childhood obesity** present health risks in adulthood?

A recent study found that overweight and obese children who achieved a normal weight by their 20s had the same risk for high blood pressure and high cholesterol as those who were never overweight. However, the study, published in 2018 in the European Heart Journal, found that patients who lost weight still faced increased risk for unhealthy arteries and type 2 diabetes later in life.

#### of child injuries and deaths occur at home

According to KidsHealth.org, more than one-third of child injuries and deaths happen at home. The Centers for Disease Control and Prevention notes that most incidents at home occur where there is water. such as in the bathroom or kitchen; heat or flame, like in the kitchen or around the grill; toxic substances, like those found in medicine cabinets or beneath kitchen sinks; and in places where kids can fall, such as on staircases.







Nuggets of health, safety and well-being wisdom

#### Watermelon

## Fruit + Vegetable Watermelons are considered both a fruit and a

vegetable because they contain seeds, but are classified as a type of gourd



The water content of a watermelon

#### **1200 Varieties**

of watermelon are grown in 96 countries around the world



#### **350.5 Pounds** (159 kg)

The heaviest watermelon ever grown, according to Guinness World Records (as of 2021)

Source: watermelon.org

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#### The five-year survival rate for childhood cancers has increased dramatically in recent decades.

According to the American Cancer Society, the five-year survival rate for childhood cancer was about 58 percent in the mid-1970s, but 84 percent of children with cancer now survive five years or more.



## **Mushrooms**

contain about 15 vitamins and minerals, including folate magnesium, potassium, vitamin B6, and zinc, according to the Academy of Nutrition and Dietetics. They're also low in calories and rich in antioxidants, which can help to lower risk for inflammation.





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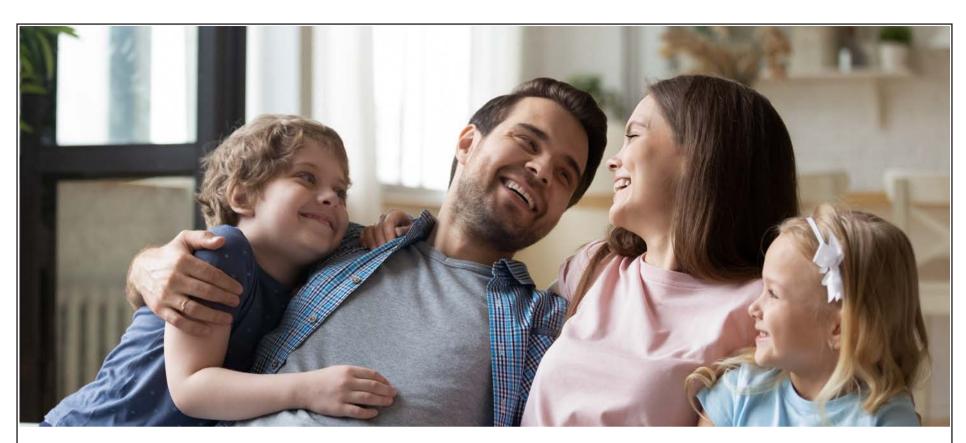
Watermelon rinds can be

pickled, juiced or stir-fried.

while the seeds are best

enjoyed roasted or sprouted

## **Health & Wellness**



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