

# Staying Healthy

## Inside:

- Protect your eyes
- Avoid stress
- Tips for a better you



## Winter workouts are important

When cold weather comes, don't stay frozen to the couch

**'If you shy away from your regular exercise routine due to the cold or shorter days, you de-condition yourself and it will become harder to get back into your normal routine once the weather is nicer and the days longer.'**

Tracy Gasperik,  
Stanford Health Care-ValleyCare  
Instructor

BY DOLORES FOX CIARDELLI

**W**hen the winter weather hits and the daylight hours are shorter, the couch may beckon. The pleasant temperatures aren't calling us outside to exercise — plus winter garb covers a host of defects, so we may lose our incentive to stay toned.

But no matter what the season, we all need at least 30 minutes of moderate exercise five days a week to protect our health and maintain our weight, according to the American Heart Association. Also, it points out, working out lifts your mood to fight the winter blues, and it boosts your immune system during the cold and flu season.

"If you shy away from your regular exercise routine due to the cold or shorter days, you de-condition yourself and it will become harder to get back into your normal routine once the weather is nicer and the days longer," said Tracy Gasperik, an instructor at Stanford Health Care-ValleyCare's wellness center, LifeStyleRx.

"Try to stick to your regular routine as much as you can," she advised. "Try to

think about how much harder it would be to start over after winter if you stop working out during this time of year."

She said there is no reason for people to alter their normal workout routines during the winter.

"Now if you are a runner, then you will need to wear more layers and possibly rain gear during the winter months to stay warm and dry, or take it inside," Gasperik said. "But you can continue your normal routine during the winter the same as you would during any other time of the year."

Although she recommends a minimum of two hours of cardiovascular exercise a week and two to three days of strength training year-round, she said at LifeStyleRx they definitely see a decrease in participation at the gym when the colder weather arrives.

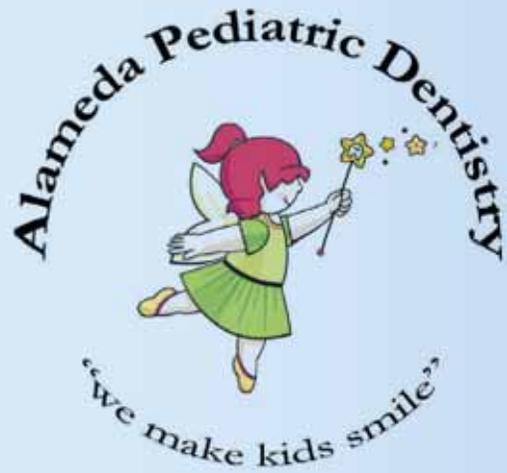
"We understand that it sounds way more appealing to stay inside on your comfy couch with a fuzzy blanket than to tie up your sneakers and go outside,

### Tips for winter workouts

- **Get motivated.**  
Low energy and gloomy weather can make it tougher than usual to get going. So if you're feeling lazy, remind yourself that working out will likely give you more energy, according to the Centers for Disease Control and Prevention (CDC).  
Get others involved. You're less likely to skip out on your sweat session if you know a workout buddy is counting on you.
- **Protect yourself from the elements.**  
Chilly temperatures can sap body heat fast, so wear layers to stay cozy and dry, starting with a moisture-wicking base layer to soak up sweat. Add a layer of fleece to lock in warmth and top with a waterproof layer to block out the elements. Finish with warm gloves, good socks and a hat.  
Even in the winter, the sun is often shining so remember to wear sunscreen. If you go to the snow on a sunny day, sunscreen is especially important.
- **Take advantage of the season.**  
Snowy winter walks or jogs can be pretty and peaceful if you can visit the mountains. Many communities set up ice skating rinks.
- **Move your workout indoors.**  
If you're not a fan of the cold, find reliable ways to stay active regardless of the weather. Indoor swimming or cycling, aerobics classes and even walking in the mall are all great ways to get your heart pumping.

—Stanford Health Care-ValleyCare website

See **WORKOUT** on Page 14



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# Protect your eyes from harmful 'blue light'

Effects of blue light exposure more intense in children



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Blue light illuminates our world today, but along with its advantages come serious concerns.

You already know to protect your eyes from harmful UV light when you are outdoors. But did you know that another dangerous light emission is all around us — in our homes, our workplaces and in the palms of our hands?

New research is illuminating the dangers of blue light, a high-energy wavelength of light emitted by smartphones, tablets, laptops, LCD flat panel monitors and energy-efficient light sources. The majority of the public spends more than half their waking hours exposed to this light, which can contribute to eye strain and fatigue, macular degeneration and sleep disruption.

"Ten years is a blink of an eye in terms of human history, but will the last 10 years come to be known as the period that changed our vision and health?" wonders optometrist Gary Morgan.

A whopping 83% of VSP Vision Care eye care professionals reported seeing an increase in symptoms attributable to blue light exposure in their patients, according to a recent survey by VSP.

One of those symptoms is eye strain. Blue light is myopically defocused in front of the retina, which results in light scatter that we perceive as glare. Working in a high-glare environment causes the eyes to work overtime, leading to visual fatigue and strain.

But the impact of blue light doesn't stop there: Major university studies have shown that the light can disrupt sleep, interfering with circadian rhythms by suppressing the production of melatonin, a hormone that regulates waking and sleeping. Chronically

shifted circadian rhythms have been linked to breast cancer, prostate cancer, diabetes, heart disease and obesity.

Children are especially vulnerable to macular damage. Just as most ultraviolet exposure occurs before 18 years of age, the effects of blue light exposure are also more intense in children, since they hold devices in very close proximity to their eyes and are among the most active users of blue light sources.

"In today's world, children are looking at screens at home and increasingly also in the classroom," Morgan said. "There is a growing concern among eye doctors that we're going to start seeing long-term damage much earlier in life than ever before."

While it would be virtually impossible to escape blue light, as most people rely on it to live, work and play (and it is even emitted from the sun), there are steps you can take to protect yourself.

Try to decrease blue light exposure throughout the day, and especially in the evenings. Before bedtime, curl up with a good book instead of your smartphone. Wear protective eyewear at the office or at home when using your digital devices.

New lens enhancements for eyeglasses can provide a unique defense by absorbing and deflecting incoming blue light to help safeguard the wearer against exposure.

Blue light illuminates our world today. But along with the advantages of blue light come serious concerns. Protect your family's health now. ■

—StatePoint

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## Four simple tips for a better you

Looking and feeling healthy is a way of life

It's no surprise that making healthy choices can make you feel more beautiful.

Looking and feeling healthy is not just a trend but a way of life — because healthy is beautiful. Apply this concept to different areas of your life and focus on becoming your best self by following these simple tips.

### Strengthen your body

Cardiovascular exercise is an important part of any routine, but a workout regimen should include more than just running or using the elliptical.



GETTY IMAGES

Weight and interval training are great ways to lose fat and build muscle, and they make your workouts more interesting.

Also, consider adding in some core strengthening exercises for better posture and overall mobility with sets of crunches, bridges and planks several times a week.

See TIPS, page 13

# Avoid stress when caring for sick spouse

Six strategies to lending support during this trying time



BPT

You may become a caregiver to your significant other during the cold, cough and flu season.

When saying “I do,” the classic marriage vows, “In good times and in bad, in sickness and in health” spring to mind. However, when sickness strikes, many are not prepared for the strain it can have on the relationship.

While we may think we know our spouses well, nearly half of Americans never experienced their spouse’s “sick persona” until after they were married, according to a recent survey commissioned by Advil.

A cold or the flu can bring added stress to a relationship, and it’s not always well-received. In fact, 20% of people admit they’d rather be sick themselves than deal with a sick spouse, which is likely because almost a quarter reported their spouses complain often when they’re ill.

To help you become a better caregiver for a spouse or significant other during cough, cold and flu season, Rachel Sussman, therapist and relationship expert, recommends the following tips:

#### 1. Bring on the food for the soul

No cold or flu remedy is complete without a warm bowl of chicken soup. Whether homemade or store-bought, your partner will appreciate the loving gesture. If your partner has a larger appetite, prepare their favorite foods and serve them in bed.

#### 2. Stock the medicine cabinet

One of the most important aspects of being a good caregiver is preparation. Be sure to keep the medicine cabinet stocked with products to combat tough cold and sinus symptoms.

#### 3. Provide entertainment

Sickness can take its toll on not only physi-

cal health but also emotional well-being. Help your partner get through a long, dull day by having entertaining books, movies and magazines at the ready. For the music lover, create a personalized playlist that shows them just how much you care.

#### 4. Keep them warm

A warm, soft blanket and comfy clothes can make a big difference when feeling under the weather. Ask your spouse what their favorite comfy pajamas, cozy sweatpants or fuzzy slippers are and be sure they have them for the duration of their sickness.

#### 5. Help with chores

When someone is sick, chores and errands tend to fall by the wayside. Offer to help your partner with the small tasks, like laundry, paying bills or urgent phone calls. Has your partner been to the doctor? Almost eight in 10 married individuals report their spouse doesn’t seek professional help as soon as possible to get better. Offer to set up a doctor’s appointment to ensure your partner is on the road to recovery as fast as possible.

#### 6. Show patience and understanding

Above all, remain patient, be a good listener and show you can handle the extra stress. Listening to your partner attentively offers them a chance to unburden and vent, leading to a greater sense of calm and understanding. Couples who engage in this behavior are presented with an opportunity to achieve greater intimacy and deepen their relationship connection as a result. ■

—BPT

### TIPS

continued from page 12

#### Eat right

Outside of exercise, a healthy lifestyle should emphasize a well-rounded diet.

Avoid fad diets, which can strip your body of important nutrients and leave you looking dull and worn down. Instead, opt for well-balanced meals that include elements from every food group, and remember to keep portion sizes under control.

Also, be sure to stay hydrated to keep skin and hair moisturized and lustrous.

#### Power up your smile

A healthy smile can make you feel more confident and make a great first impression. Maintain good oral hygiene by flossing regularly and brushing at least twice a day.

Taking care of your tooth enamel is important because weakened enamel can lead to is-

suess like sensitivity pain, which can be caused by enamel loss resulting from brushing teeth directly after eating acidic foods. Protect your enamel by waiting 30 minutes after eating acidic foods before brushing your teeth.

#### Boost mental strength

Keeping a clear mind can help inspire positivity and high spirits, leaving you feeling healthier and happier. Whether you like to write in a journal, clear your mind through meditation, or practice other means of relaxation, make it a priority to carve out time every day to ease tension and keep your mind strong.

Good health promotes beauty inside and out. Making a few simple changes to your everyday routine can shape other parts of your life, helping you to feel better about yourself overall. ■

—Family Features



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## WORKOUT

Continued from Page 11

but do you want to keep up your progress you made during the rest of the year? Then you should continue your routine now as well," she said. "Exercise helps so much with keeping the stress down, helps you sleep better, keep the holiday pounds down a little and is a great overall stress relief."

If a person is sick or is recovering from a cold or coughing, Gasperik noted, it is better to rest.

"You can go on an easy walk or get on the stationary bike inside," she said. "But if you do go outside, make sure you are bundled up and keep it as easy as possible. Your body needs its strength to get better, and

if you work out, you are not giving your body the energy it needs to fight whatever is going on."

**'Something is better than nothing. As long as you move for at least 30 minutes a day...'**

*Tracy Gasperik, Stanford Health Care-ValleyCare Instructor*

When it's cold outside and the days are shorter, people tend to work out in the gym rather than outside, Gasperik observed.

"We also see a shift in when people start their workouts based on what time the sun sets or rises," she said.

If you don't want to go outside, you can get exercise by working out or dancing to a video or TV show at home.

"Anything that gets your heart rate up — and if you are more likely to do that than anything else, go for it," Gasperik said. "Something is better than nothing. As long as you move for at least 30 minutes a day, it's better than not doing anything at all." ■



## PLEASANTON PREPS

By DENNIS MILLER

### Foothill girls basketball strong in split results

Falcon wrestlers battle Monte Vista down to last match before falling 45-36

In what appeared to be a daunting week of East Bay Athletic League girls basketball, the Foothill varsity team played some amazing basketball during a win over Monte Vista and a tough overtime loss to Carondelet.

The Falcons led from start to finish to beat Monte Vista 61-43 on Jan. 12. Audrey Goodman had 14 points and six rebounds to lead the Falcons. Caroline McMorrow added a double-double with 13 points and 12 rebounds. Madison Baxter rounded out the night with 11 points.

Two nights later, the Falcons faced Carondelet, one of the top teams in the state. A total team effort was turned in as the Falcons battled throughout before losing 61-60 in overtime.

McMorrow had another big game with 18 points and seven rebounds. Sophia Brown finished with 15 points, six rebounds and four steals.

#### Wrestling

It was another busy week for the Foothill wrestling program as it competed in a dual meet, as well as a pair of tournaments last weekend.

In their dual meet Jan. 13, the Falcons battled Monte Vista down to the last match before falling 45-36.

A pair of Foothill freshmen came up with pins on the night. Seyong Chang (113) and Carter Pierce (195) both got max points for the Falcons with pins in their matches. Cameron Ghodoucy (152) was another Foothill wrestler that came through with a pin.

When the weekend rolled around, the Falcons sent the varsity to the Clayton Valley tournament while the junior varsity team ventured to the Joe Camelleri JV Tournament at Granada.

Senior Dustin Dukleth, one of the top wrestlers in the area, took first

place at 220 pounds. Ghodoucy was second in his weight class and Alex Nielsen was fifth in his division to lead the Falcons to a sixth-place team finish.

In the JV tournament, Pearce claimed top honors in his class, while Camden McFarlane, Laithe Omran and Gabriel Bongiorno all wrestled to second-place finishes. Elijah Blockmon, Matt Bevan and Blake Betten-court were third.

#### Soccer

It was a tough week for the Foothill girls soccer team as the Falcons posted one loss and one draw last week.

In their first match, on Jan. 12, the Falcons traveled to Granada looking to get back in the win column. The Falcons started slowly, as has been the case in many contests this season.

Foothill fell behind off a set piece from distance early in the match and ended the first half down 1-0. Throughout the half, the Falcons had trouble possessing the ball and creating good opportunities in the scoring area.

In the second half, the Falcons were able to tie the score off a cornerkick and scrum in front of the net and finally finished off by Julia Densmore. Shortly after, Tami Kwong was fouled in the penalty area and converted the penalty kick to put Foothill in the lead 2-1.

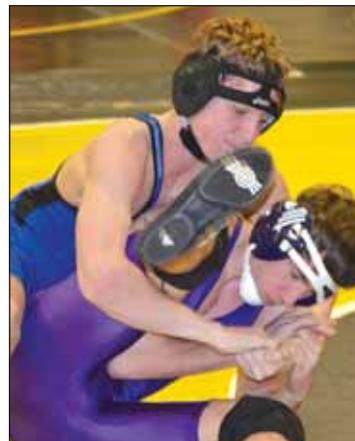
This lead was short-lived, with Granada soon converting on a counterattack to knot the score at 2-2. Over the last 15 minutes, Foothill created significant pressure and had a number of opportunities to take the lead but had to settle for a 2-2 draw.

Two days later, Foothill looking to get back on the winning track, played host to San Ramon Valley but fell 3-0 in an overall lackluster performance for the team.

The Wolves were the aggressor and possessed the ball much better than the Falcons throughout the contest, eventually scoring in the 25th minute off a cross to a wide-open SRV player stationed off the back post who easily finished to make it 1-0.

The second half continued to be a struggle for the Falcons as SRV scored in the 47th and 52nd minutes of the match. As a sign of dominance in the match, San Ramon Valley out-shot Foothill 7-0. ■

*Dennis Miller is a contributing sports writer for the Pleasanton Weekly. To contact Miller or submit local high school sports scores and game highlights for his weekly Pleasanton Preps column, email him at acesmag@aol.com.*



COURTESY OF FOOTHILL WRESTLING  
Camden McFarlane (left) wrestled well for Foothill last week, taking second place in a tournament.



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