

Health, Fitness & Beauty Guide

Feeling burnt out? Try these therapeutic benefits

(BPT) - Self-care is such a popular buzzword that it can be hard to understand what the term means, let alone what counts as self-care. Broadly speaking, self-care is anything you do to care for your physical, mental and emotional well-being. However, not all self-care tips can provide therapeutic benefits that promote general well-being.

That's why Dr. Karen Litzy, a licensed physical therapist and Waterpik® Partner, has shared her top five at-home self-care tips that provide real therapeutic and wellness benefits.

1. Incorporate movement and exercise throughout your day

According to the American Heart Association, adults should get at least 150 minutes of moderate aerobic exercise per week and participate in strength training exercise two times per week. These guidelines can lower risk of heart disease, diabetes, obesity, depression and pain as well as improve overall quality of life.

One option is to join a gym, but there are several other

ways to engage in aerobic exercise, like taking a brisk walk around your neighborhood, local park or sports field. As for strength training, you can do bodyweight exercises like pushups and squats or classes like Pilates or yoga.

Also, you don't even have to do your workout all in one sitting. You can schedule 10- to 15-minute breaks in your day to take a quick walk or get in a few sets of squats. If you are new to exercise, check with your health care provider before starting.

2. Get enough sleep

According to the Centers for Disease Control and Prevention (CDC), adults require seven to eight hours of sleep per night to wake up feeling refreshed, and this may also decrease chances of developing chronic conditions. The CDC also says that lack of sleep has been linked to several chronic conditions, including type 2 diabetes, cardiovascular disease, obesity and depression.

Some ways to improve sleep include:

- Shutting down all screens at least 30 minutes before bed
- Avoiding caffeine and fatty

or sugary foods before bed

- Keeping your room at a cooler temperature
- Reducing the amount of light in your bedroom
- Taking a warm evening shower

3. Get (or give yourself) a massage

Massages are a great way to increase relaxation and reduce muscle soreness after a workout. Not everyone has the time (or finances) to visit a massage therapist, but you don't have to go to a spa to reap the therapeutic benefits of a massage. Using a shower head like the Waterpik® PowerPulse Therapeutic Strength Massage shower head is an easy way to give yourself restorative wellness experience and a massage at home.

The PowerPulse Massage spray setting is unique in that it is clinically shown to help soothe muscle tension and increase flexibility. Dr. Litzy suggests hopping in the shower after a workout and using the massaging shower head to help soothe sore muscles. As a bonus, using the Waterpik PowerPulse Therapeutic Strength Massage shower head before bed

is clinically shown to promote restful sleep.

4. Engage in meditation
Meditation is a great mindfulness practice that can help you manage stress and can provide a plethora of wellness benefits, according to a 2018 study in the Journal of Psychosomatic Research.

If you're new to meditation, Dr. Litzy suggests starting with five minutes daily and working up to a consistent 20-minute session daily.

5. Stay hydrated

Water helps to eliminate waste from your body, lubricates your joints, regulates your body temperature, protects your nervous system and other vital tissues in your body, and can help with

weight management.

According to the National Academies of Science, Engineering and Medicine, adult women should consume 2.7 liters and men 3.7 liters of water daily from beverages and food to be adequately hydrated. That means in addition to drinking more water, you can increase your water intake by eating fruits and vegetables like watermelon and spinach.

Self-care shouldn't be complicated. Using Dr. Litzy's five

expert tips, you can create a wellness routine with therapeutic benefits that will have you feeling renewed even during a busy week.



Be a Hero: Give blood

(NAPSI)—The need for blood is constant—every two seconds someone in the U.S. needs blood. That's why it's important to donate throughout the year, including this fall.

Generally, donors must be aged 17 or older, weigh at least 110 pounds, be in good health, feel well and not be taking antibiotics. Eligibility varies by location, so check with your local donation center.

Why should I donate?

Donating blood helps cancer patients, accident and burn victims, transplant recipients and individuals suffering from blood disorders and chronic conditions. Plus, there is no substitute

for blood. Donors are the only way to ensure that blood is available when people need it.

Whether you choose to give through a mobile blood drive or at a donation center, the process is similar.

1. Registration: You will sign in, show your ID, and read some information.

2. Health History and Health Check: You will fill out a questionnaire about your health, travel, and lifestyle to confirm your eligibility. Someone will also check your temperature, blood pressure, iron levels, and pulse.

3. The Donation: Your arm will be cleaned and sterilized, then blood will be drawn from your arm.

4. Snack Time: You can then

enjoy a snack and a drink while waiting 10 to 15 minutes before you leave.

Are certain blood types needed?

There is a need of a wide range of people with different blood types to donate regularly.

The Office of Infectious Disease and HIV/AIDS Policy, part of the Office of the Assistant Secretary for Health, launched the new Giving = Living campaign to increase awareness of the importance of donating blood and to encourage Americans to create new, regular donation habits.

You can go to hhs.gov/giveblood to find a donation center nearby.