

Patty's PT Tips

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November 20th, 2024

New Newsletter produced at Stanford University's center for Lifestyle Medicine:

www.longevity.stanford.edu/lifestyle/newsletters/

Topics Covered:

Gratitude is Good Medicine**

How Relationships Impact Health**

How to Get Better Sleep**

Move Like an Olympian

Healing Benefits of Gratitude and Purpose**

The Benefits of Interval Training

Can Lifestyle Reverse Your Biological Age

Optimizing Cognitive Health**

The Microbiome

Essential Guide to Supplements

Healthful Nutrition Newsletter

Utilizing Stress to your Advantage

The Role of Activity in Successful Aging

*** Indicates areas we can work on this winter and start tiny habits with small, attainable goals*

Patty's Newest Read:

[The Tapping Solution](#)

Author: Nick Ortner

Available in audio or print

Download the Phone App off their website: thetappingsolution.com

Winter Challenges:

1. Coping with the cold
2. Reduced sunlight-sleep routines, decreased Vitamin D
3. Limited outdoor activities-using the correct assistive device or safety adaptations
4. Modifying your home exercise program-start something new vs. returning to an old routine that was successful
5. Dietary modification-comfort foods, holiday foods, boredom
6. Greater exposure to flu, RSV etc. at family gatherings
7. Using remote MD visits due to inclement weather

GRATITUDE: Everyone think of 2 things you/we are grateful for~1 obvious and 1 not so obvious

Breathing Exercise: Breathing 4-7-8

The 4-7-8 breathing may help you better manage your breathing. It involves inhaling for 4 seconds, holding your breath for 7 seconds, and exhaling for 8 seconds.