

# HEALTHY LIVING

Shared with you by Wholehearted Counseling, LLC & Sheryl Brickner PhD



## HEALTH TIP: Exercise

Exercise is critical to good health. Our bodies need several types of exercise: stretching, aerobic, weight bearing, and core strength. Pilates and yoga are great for stretching, balance and core strength. Walking is the easiest form of aerobic and is also weight bearing. Gardening is wonderful exercise. I, Sheryl, have done a few series of PT after retiring and moving to Ohio. Although the physical therapists tell us to do these exercises twice a day, seven days a week, I found that not working for me. I designed a program that was much less intense but still covered all the exercises. Choose something you know you can accomplish. Start small, be consistent, and know it's okay if you miss your routine occasionally. Just pick it up as soon as you can. Park a distance from the grocery store or your work and get in some extra steps. Get up and move and stretch during the day. Sitting too long can be a disaster for the heart. Get engaged in sports. Find an accountability partner to keep you on track. Recent research described two groups of hotel workers who make beds, vacuum, and do all the duties of cleaning. One group was told to think about each activity as building muscle strength while the second group was not. At the end of the study, the first group showed significant muscle gain. Even focusing on good outcomes makes a difference. Find something you enjoy and get started. Your body will thank you.

## BEMER TIP: for B-Pad

Some BEMER users recommend using the b-pad across the gut every day to improve digestion and gut health. Since the gut contains more serotonin than the brain, we are helping improve our mood as well.

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## BEMER TESTIMONIAL

"I HAVE BEEN USING BEMER INTERMITTENTLY FOR A FEW MONTHS AT MY THERAPIST'S OFFICE. AS I REFLECT, I REALIZE THAT IN ADDITION TO THERAPY, USING THE BEMER HELPS ME REST AND FEEL MORE RELAXED AFTER EACH SESSION. DEFINITELY GOING TO STAY A PART OF MY WELLNESS JOURNEY."

MK- 26 yo



# GARLIC-DILL SHRIMP ROLLS

From The Happy Sandwich by Jason Goldstein

## INGREDIENTS:

- 5 Tbsp mayonnaise
- 1 Tbsp apple cider vinegar
- ½ tsp salt
- 1 tsp pepper
- ¼ tsp red pepper flakes
- 1 stalk celery, finely chopped
- ½ red onion, chopped
- 2 cloves garlic, grated
- 2 Tbsp fresh dill
- ½ lemon juice
- 1 lb. cooked shrimp (peeled and deveined)
- 4 hot dog buns
- 4 large lettuce leaves

## CHEF NOTE:

**FOR A HEALTHIER VERSION,  
PILE SHRIMP MIXTURE ON  
TOP OF A GREEN SALAD.**

## INSTRUCTIONS:

1. In a bowl, whisk together mayonnaise, vinegar, salt, pepper, red pepper flakes, celery, onion, garlic, dill, and lemon juice.
2. Add shrimp and stir gently to coat.
3. Line each bun with lettuce and divide shrimp mixture evenly in each.



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