

## E-X-E-R-C-I-S-E



We all know exercise is good for our health. But the right kind for one person might not be ideal for another. Some people are taking up exercise for the first time. Some are trying to recapture the athletic glory of their youth. Some are trying to lose weight. And some are constrained by health problems like diabetes. The table below offers exercise advice for those who have diabetes.

Condition	Exercises to help	Exercises to avoid	Precautions
Diabetes	*aerobic and strengthening exercises, which improve blood sugar control and facilitate weight loss.	*High-impact workouts if you have numbness in your feet or blood-vessel problems in your eyes *When strength training, don't strain or hold your breath during exertion, since that can provoke bleeding in diseased eyes	*If you inject insulin, choose a site that won't be exercised and wait an hour before working out *check blood sugar levels before and after workouts and adjust your diet or insulin dose to prevent a drop in blood sugar

### Computer germs...

Give your keyboard and mouse a periodic cleaning with a swab or cloth moistened with rubbing alcohol to remove bacteria and other bugs that cause illness.  
(unplug the components first.)

### Ken's Korner...

Just a thought...

***"God demonstrates his own love for us in this: While we were still sinners, Christ died for us."***-The apostle Paul, Romans 5:8 (NIV)

February brings Valentine's Day and thoughts of love, let's reflect on what Ovid said. He said, ***"Love and dignity cannot share the same abode."***

Actually, as short as that saying is and as simple as it sounds, it is very deep. And it rings with truth.

A young husband buying those feminine products for the first time, a mother changing a diaper, a wife cleaning up the tissues from around her husband's sick bed, a husband visiting his near comatose wife and wiping the spittle from her mouth-not much dignity, but a lot of love.

Oh, and since I'm writing this for the Parish Nurse News...If you do any of these undignified but loving things, don't forget to wash your hands!

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