

This month I am attending a course to be certified to teach Nordic pole walking.

HEALTHY HABITS

Benefits of Exercise for Cancer Treatment

Exercise is prescribed during cancer treatment because it has been shown to be effective in reducing nausea, fatigue, pain, anxiety as well as depression. For the past decade, the exercise prescription for cancer survivors has been aerobic and strength training. Research has demonstrated the following benefits from an exercise program:

- The aerobic training reduces fatigue, improves quality of life and increases endurance
- Strength training has a positive affect on fatigue and quality of life but has the added benefit of improving strength
- Exercise has also been linked to increased survivorship. For certain cancers, such as breast and colorectal, exercise was shown to improve survival rates

A new study recently released shows that there are benefits to moderate-intensity resistance and impact [jump] exercises on preventing bone loss usually associated with cancer treatment.

Adults aged 65 years and older should take part in a least 2.5 hours of moderate to vigorous intensity aerobic activity each week. Spread out the activities into sessions of 10 minutes or more. Aerobic activity is continuous movement that makes you feel warm and breathe deeply. On a scale of 0-10, moderate-intensity activity is a 5-6. You should be able to talk but not sing.



WALK TO HEALTH

The Burning Pain of Metatarsalgia

Numbness, tingling and burning pain—these are all symptoms that you might experience as a result of metatarsalgia. This can make daily actions such as walking, standing or wiggling the toes excruciatingly painful.

Metatarsalgia occurs when there is a change in the mechanics of the foot. Research has found that the cause is due to several factors: intense activity, hammertoes and bunions, excess weight or poorly fitting shoes. Each of these factors can disrupt normal function of feet. During normal gait, any imbalances or misalignments that the metatarsal heads experience will cause inflammation and pain. Certain metatarsals may undergo more or less pressure depending on the gait of the person. As a result, calluses form on the pressure points of the bones.

Treating metatarsalgia is easy—plenty of ice and rest can usually clear up the problem. *Preventing* metatarsalgia from returning can be tricky. Good shoe choices are important. Avoid wearing high heels - the foot is forced into an unnatural position and this puts crushing amounts of force on the forefoot. In conjunction with good shoes, an analysis for the use of orthotics to adjust the mechanics of the foot can often be the best defence against returning metatarsalgia.