

THE SATURDAY EVENING POST

Founded A.D. 1728 by Benjamin Franklin

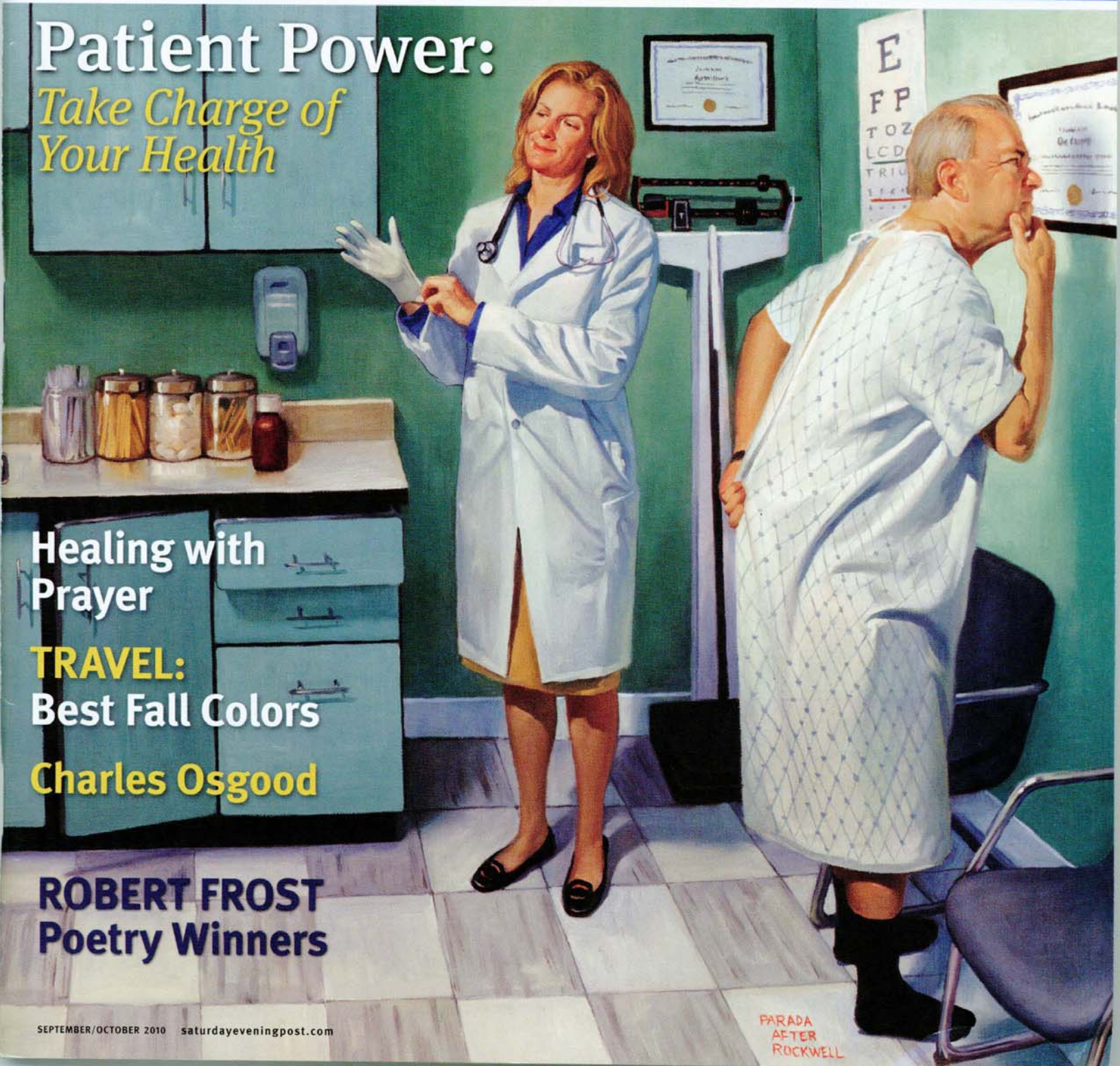
Patient Power: *Take Charge of Your Health*

Healing with
Prayer

TRAVEL:
Best Fall Colors

Charles Osgood

ROBERT FROST
Poetry Winners



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SEPTEMBER/OCTOBER 2010

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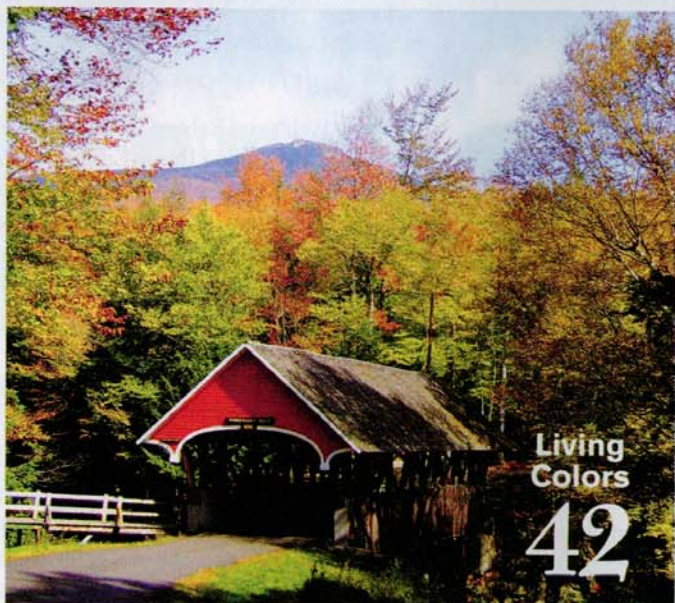
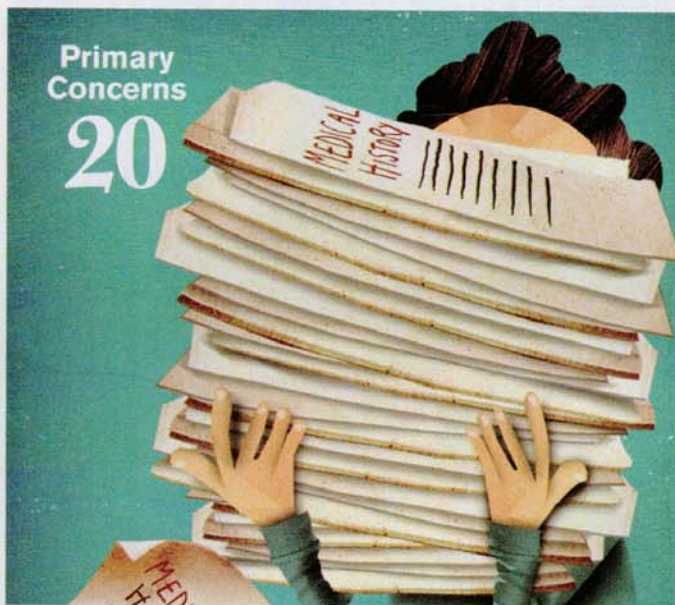
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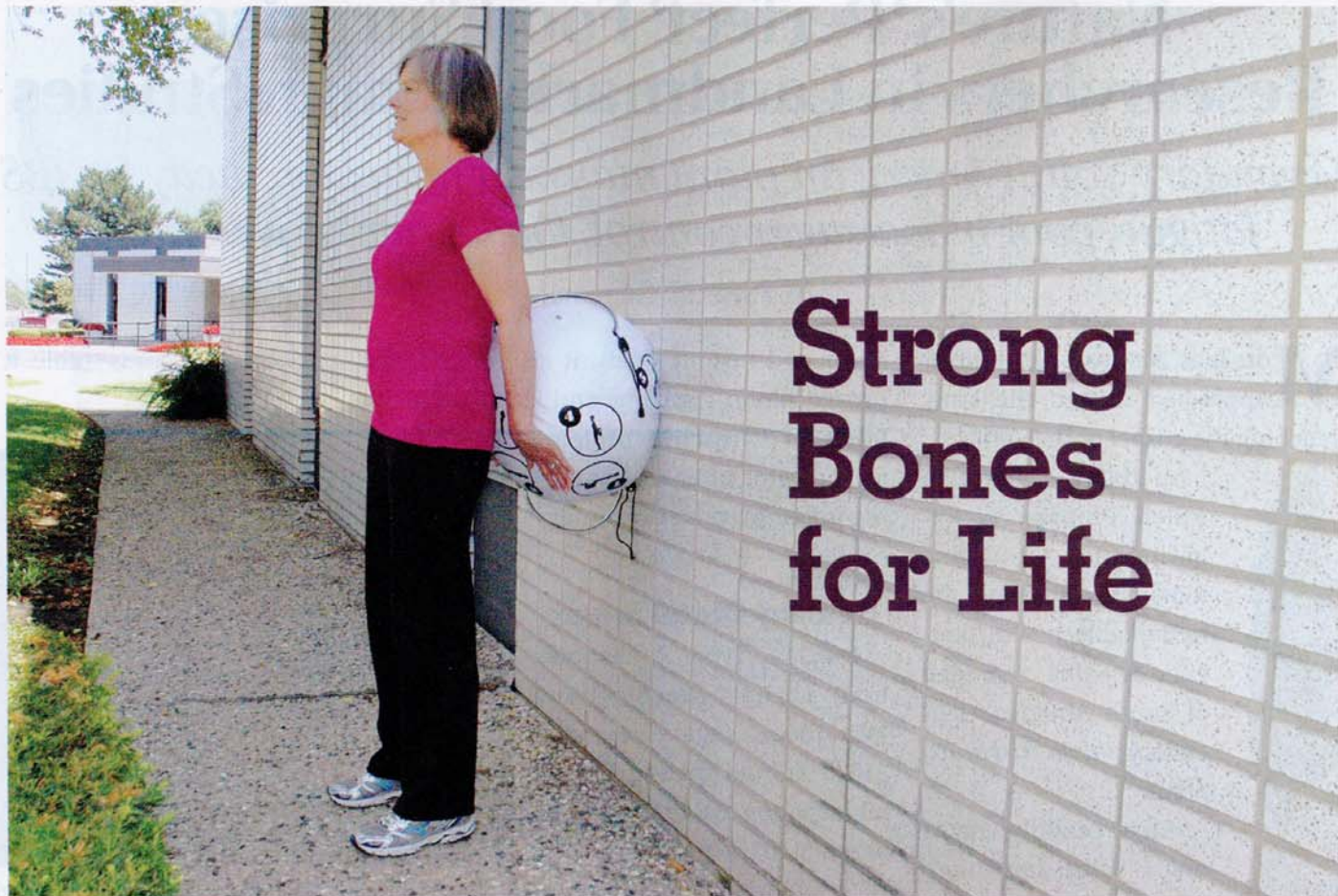
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Strong Bones for Life

Pressing an OsteoBall against a wall helps strengthen hand, arm, shoulder, and back bones.

3 exercises to tone your bones.

BY Wendy Braun, R.N.

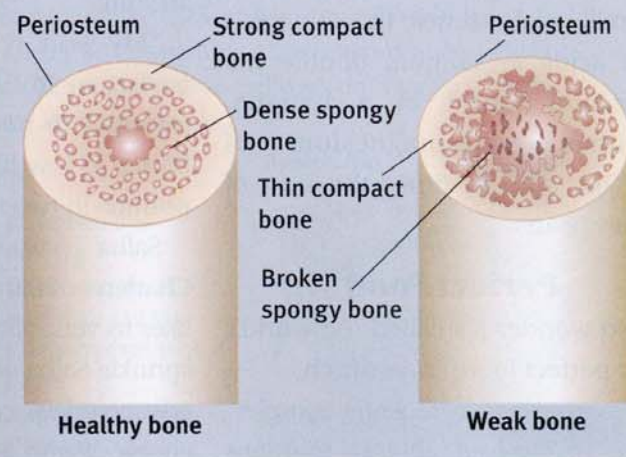
WITH 206 BONES AND WEIGHING IN at just about 20 to 25 pounds, the adult human skeleton provides a remarkably durable and resilient framework that is stronger than reinforced concrete—when it's healthy.

"Think of the skeleton as the center pole of a circus tent," says physical therapist Patrice Winter, M.S. "When the pole is solid and vertical to the ground, the radiating guide wires work as designed, and the entire tent can withstand the worst of storms. Likewise, a sound and properly aligned skeleton is a very sturdy structure capable of supporting our muscles, blood vessels, nerves, and internal organs."

Appearances can be deceiving. Bones that look dry and dormant are actually living tissue that can get stronger with exercise. Research shows that new bone cells develop in areas where muscles tug at bones and when body weight impacts the ground with more than usual force.

"The body is ever changing," explains the therapist, who also teaches and conducts research at George Mason University. "Exercise that 'loads' or puts extra pressure on bones causes new bone cells to grow—not as efficiently as when we were young, but enough to make a significant difference. Strong muscles mean stronger bones, and having stronger bones reduces the risk of osteoporosis

Comparing Bone Health



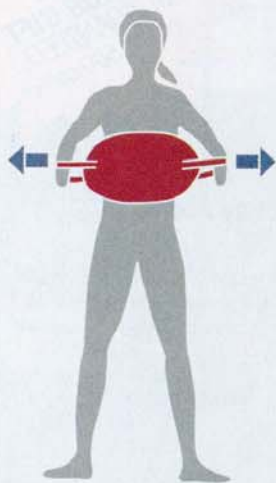
and life-limiting fractures and improves your balance."

For optimal benefits, set aside 30 minutes five days per week to boost heart, lung, and bone fitness. Move slowly at first, gradually building endurance and intensity.

"Pay attention to your level of exertion," Winter advises. "If you can sing while exercising, consider bumping up the intensity. But if you can't talk, back off."

Depending on your health and fitness level (and with your doctor's permission), consider these exercises to help bones stay strong as you move through life. ➤

OsteoBall Exercises



What: Arm puller
How: Grab OsteoBall handles and hold ball at waist level with elbows bent. Pull handles away from the ball. Slowly count to five and then relax. Repeat.



What: Neck toner
How: Raise the OsteoBall to the front of your forehead and hold in place. Do not hold the handles. Push ball with increasing force into your forehead while resisting with your head. Slowly count to five and then relax. Repeat.



What: Abdominal toner
How: Lie on the floor and place OsteoBall on your lap. Cross arms and place elbows and fists against ball. Stabilize back and bring knees up against the ball. Gradually squeeze ball between arms and thighs. Slowly count to five and then relax. Repeat.

Mind Games

Change daily habits for mental fitness. Write with your non-dominant hand, draw an object upside down, or shop at a farmers' market instead of the usual grocery store.

Solving number puzzles is challenging, too. This one from Ralph Colao is called OneWay. To play, find the unique path between two darkened squares using addition, subtraction, multiplication, or division.

The last answer of each calculation is the first number of the next one. No diagonal moves allowed!

Answer on page 87.

ONE WAY

5	26	8	4	32	21	11	20	23
15	32	16	3	7	17	12	22	4
19	25	24	= 4 x 6	24	23	6	17	
21	16	25	31	33	32	34	15	14
13	2	26	13	23	9	4	27	31
9	14	28	7	26	32	5	23	32
4	19	15	3	5	5	20	9	27
7	26	7	23	5	27	28	29	26
28	6	22	16	25	7	18	11	10

© Ralph Colao

1. Brisk walking: Walk faster than usual on a hard surface, without overdoing it. Advanced walkers: Place light weights (bags filled with sand or beans, for example) in hip pockets. For reference only, walking one mile in 17-20 minutes is considered a moderate pace for women; a moderately vigorous pace is one mile in 15 minutes. End each walk with standing push-ups against a wall or tree. Going up and down stairs at home is also good exercise, but treadmills and certain stair climbers don't allow full motion through the hips and ankles, according to Winter.

2. Chair squats: Sit on the edge of a hard chair. Keep back straight and move to standing position, placing hands on legs if necessary. Then, slowly return to seated position. Advanced: Perform exercise with arms crossed at chest, or while holding light weights on shoulders. Work up to 12 repetitions three times a week.

3. Fitness ball: A series of 10 exercises using the OsteoBall (\$30 for seated or standing workouts at bonefitness.com or 800-860-3949) strengthens muscles and



Chair squats help boost hip bone fitness.

bones in 10 minutes a day. Pushing hands against the ball (as shown on page 66) works the upper body. **X**

For more bone builders and to find a physical therapist near you, visit saturdayeveningpost.com/bone-therapy.

Special Offer

Wearing a pedometer to count your steps is a fun way to stay motivated and keep your walking program on track. To order this \$20 unit from The Saturday Evening Post Society, visit shopthepost.com or call 800-558-2376.