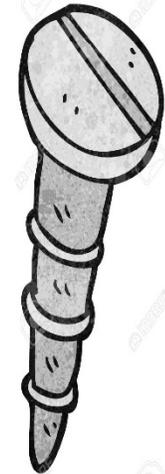


Don't Get Screwed By Your Diagnosis

Vanessa O'Connell LOPD Patient





- “It’s very hard to accept that the things I used to be able to do I just can’t anymore.”

Studies show that 10% of Americans are affected by some form of Depression and 70% more women than men are likely to experience depression in their lifetime.

Wellness Program



8 Central Florida locations
FHSportsMed.com

Wellness Program specializing in **Medical Fitness** by creating **individualized exercise programs** for a wide range of populations:

- Post-Rehabilitation
- Heart Disease
- Diabetes
- Chronic Diseases
- Parkinsons

What is offered?

- Assessment of current fitness levels specific to gender and age.
- Goal setting
- Orientation to an individualized exercise plan
- 3 month follow up to re-evaluate goals

- Monthly memberships and Individual one-on-one training
- Supervised gym (clinical staff at all times)

Exercise and Stress Page 1



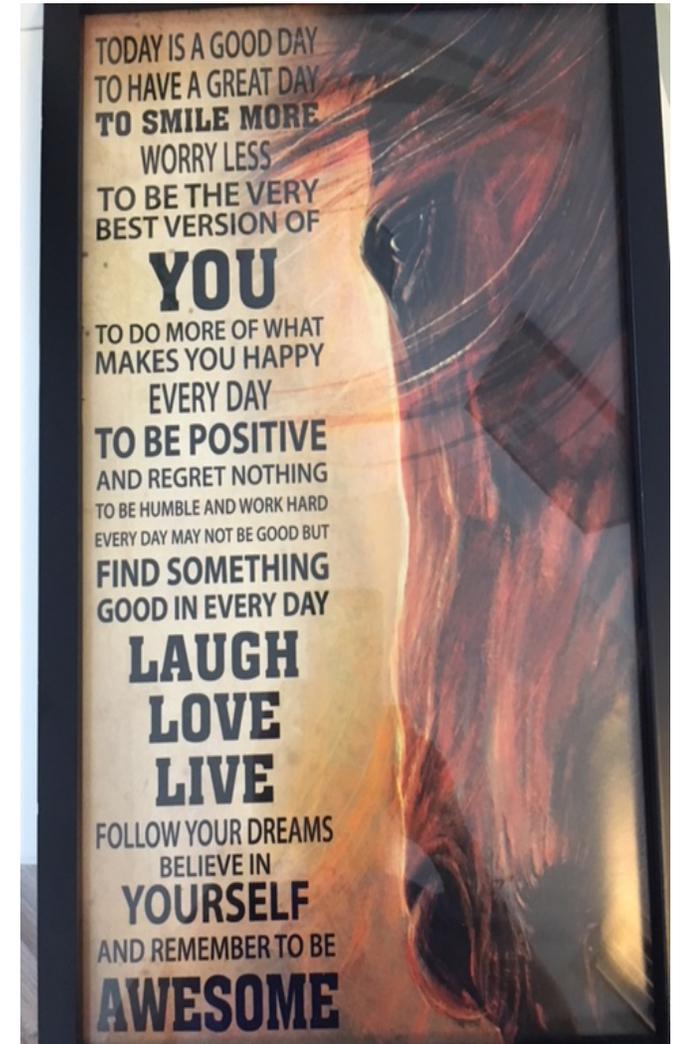
Did you ever notice how your body feels when you are under stress? Your Muscles tense, especially in your face, neck and shoulders, leaving you with back or neck pain or painful headaches. You may feel tightness in your chest, a pounding pulse or muscle cramps. You may also experience problems such as insomnia, heartburn stomach ache, diarrhea or frequent urination. The worry and discomfort of all these physical symptoms can in turn lead to even more stress, creating a vicious cycle between your mind and body.

Exercising is an effective way to break this cycle, as well as releasing endorphins in the brain. Physical activity helps to relax the muscles and relieve tension in the body. Since the body and mind are so closely linked, when your body

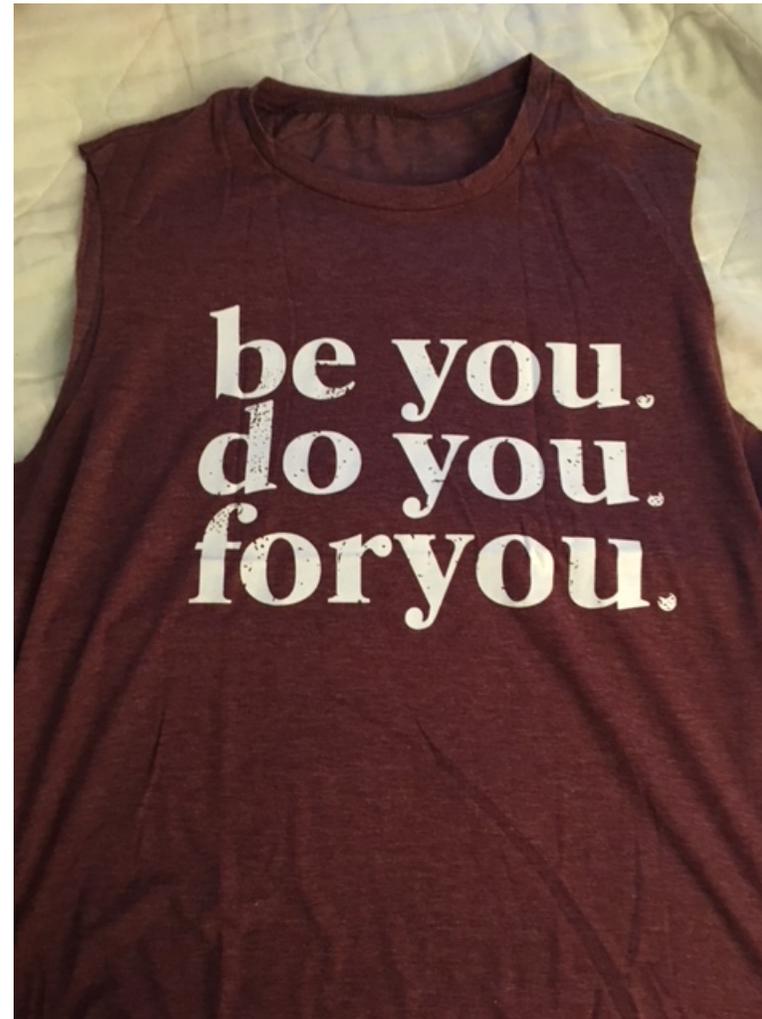
Anything that gets your moving can help, but you'll get a bigger benefit if you pay attention instead of zoning out. Try to notice the sensation of your feet hitting the ground or the rhythm of your breathing, or the feeling of the wind on your skin. By adding this mindfulness element-really focusing on your body and how it feels as you exercise-you'll not only improve your physical condition faster but you may also be able to interrupt the flow of constant worries running thru your head.

From the Authors at [Helpguide.org](https://www.helpguide.org)

Signs in my house that I see every day



Some of my T-Shirts



A DREAM written down with a date becomes a
GOAL

A GOAL broken down into steps becomes a PLAN

A PLAN backed by ACTION becomes REALITY

My Daily Goals from the Dash Diet



2-3 servings of low fat Dairy (for Calcium)

2 cups of Fruit

2 ½ cups of Vegetables

6 oz of Meat (leaner red meats usually have the word LOIN in them or ROUND)

I try to eat only Fish or Chicken on a daily basis and 8 glasses of Fluid per day.

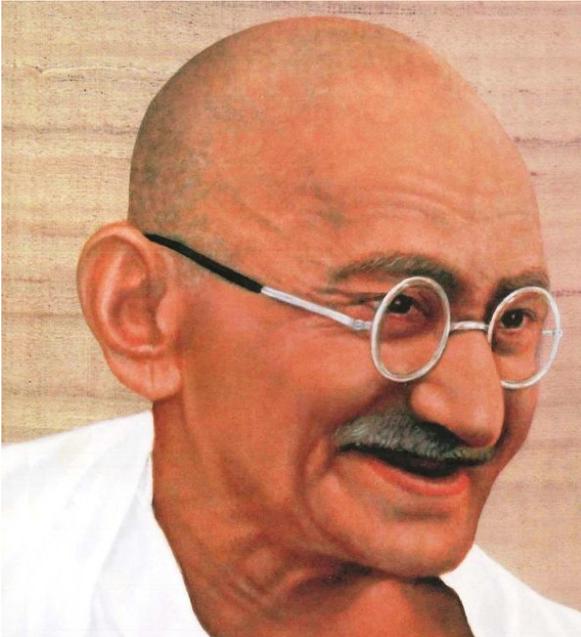
I also seem to have more energy during the day if I have no carbs in the morning or at lunch (bread, rice, potatoes, etc.) Replace those with protein and save the carbs for dinner time.

Fish 2-3 times a week and 4-5 servings of nuts and beans per week.

Proper nutrition and physical activity combined allow the body to work at peak performance. This allows you to not only feel more energized but more confident when taking on daily challenges.

Former Pitcher for the Met/Dodgers and Puerto Rico National Team Manager

Quotes from Ghandi



“Strength does not come from physical capacity. It comes from an indomitable will.”

“The future depends on what we do in the present.”

“A man is but the product of his thoughts; what he thinks, he becomes.”

THE END

