

In A Nutshell
June 2018

Fitbit and Me

A few months ago my husband bought himself a Fitbit (activity tracker). We spent some time together discovering how it works and how it can be uploaded to the MVP fitness center. I instantly became jealous of this new find. I don't belong to any gym so I didn't need a tracker that can upload. Although I do not walk on terra firma I can walk in a pool. I use water weights in each hand. They give me the stability I need to stay standing in water. We all know that water provides the bounciness that makes movement much easier. The Fitbit Flex 2 model can be used in water. That sold me. I have had this for about 6 weeks and it has challenged me to do more each day. I wear it on my left wrist. The first thing that I did was to set goals for: number of steps/day; activity minutes; hours of sleep; and number of days of exercise. My water routine is to do 10 minutes of stretching and 45 minutes of aerobics. The aerobics include: cross country skiing, jumping jacks, mogul, jogging, jump rope, skip rope and jumping legs out and jumping legs in. I must also add that I use a manual wheelchair at home and because when I wheel myself it has the arm motion of someone walking it is captured as steps. I am so glad that the effort of wheeling is given credit on the Fitbit. I read a recent article that talked about the benefits of strengthening large muscles.

Lesser time spent exercising and using large muscles (legs, glutes, quadriceps, back, chest and hamstrings) can result in serious alterations in the metabolism of brain stem cells and their ability to generate new nerve cells. Health benefits of physical activity are widely recognized. Exercise bolsters blood flow and triggers chemical releases that improve a person's mental health by easing anxiety or depressive symptoms, and improving self-confidence. But it can also change our body's metabolism and overall immune system response, significantly reducing the risk of fractures, cardiac diseases, and other conditions. The use of large muscles like those of the legs, particularly in weight-bearing exercise, triggers signals to the brain that are essential to supporting the health of neural stem cells required for a healthy nervous system.

https://multiplesclerosisnewstoday.com/2018/05/25/how-limited-muscle-use-like-in-multiple-sclerosis-affects-brain-health-detailed-in-mouse-study/?utm_source=Multiple+Sclerosis&utm_campaign=449bb30c21-RSS_US_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_b5fb7a3dae-449bb30c21-71589013

Just For Fun

I encourage everyone to go out and find the nearest pool with a lift and take the plunge. Make sure that you are safely equipped.

This link will take you to a website where you can compare the different Fitbit models to choose the one best for you.

https://choiceschoices.com/quizzes/fitbit-comparison-quiz/?utm_source=bing&utm_medium=cpc&utm_campaign=Fitbit%20Quiz