



Functional Fitness Personal Trainers (from left) Amy Owens, Barb Comstock, Paul Brune (the owner), and Laura McGovern.

## Your Health Care and the Best “Preventive Medicine”

START A DISCUSSION about healthcare or soaring healthcare costs at the next friendly gathering, and it will likely end up a heated socio-political debate. Rightly so, considering that this issue impacts every person in the United States.

Here are just a few statistics that affect insured and uninsured alike, both fiscally and physically:

- 36.5 percent of American adults are now considered obese
- Obesity is linked to heart disease, stroke, type 2 diabetes, cancer, dementia, and premature death
- Approximately \$200 billion per year is spent on obesity related diseases
- 40 percent of American children are pre-diabetic
- 72 million Americans have high blood pressure
- \$290 billion per year is spent on prescription drugs in this country
- Net costs of private health care insurance have more than tripled since 2000
- Americans spend more than \$10,000 per capita per year on health care

### THE CHALLENGE

How did this great country reach what appears to be a critical crossroads? There are many complex elements contributing to the current health care cost situation. The primary groups





involved include: Health care providers, insurance companies, drug companies, the federal government, the legal system, an aging population that lives longer, and uninsured and unhealthy individuals.

It appears that without each of these groups bearing some responsibility and helping to coordinate a health care “budget”, as well as the health care and insurance systems providing less incentive to reach high deductibles and more incentive to living healthy, this country will continue to experience soaring hospital and patient care costs, unaffordable insurance premiums, deductibles, and limited coverage, and unregulated, high costs for prescription drugs.

### A POSITIVE SOLUTION

Short of becoming involved in changing political policy, the only reasonable and affordable option for an individual’s “health care” is to take control of what can be controlled—your lifestyle.

Considering the statistics listed previously, along with the fact that 10 percent of American adults die from inactivity (sitting too much), the answer lies in adopting a healthier lifestyle that includes regular exercise. This is the number one risk reducer for premature death, and the only true form of preventive and restorative medicine (according to Mayo Clinic).

### YOUR EXERCISE PRESCRIPTION

Try this “exercise prescription” to begin the journey to a healthier you:

1. 150 minutes of moderate exercise per week; 90 minutes of higher intensity exercise.
2. Decreased “back side” time—sitting has become a major contributor to obesity. Movement truly is medicine; get up and move every hour.
3. Quality and quantity of nutrition: Americans eat too much and make poor choices. Acquiring an

understanding for caloric and nutrient intake is important to a healthy lifestyle.

### THE IMPACT OF EXERCISING

- Improved health, mood, bone and muscle strength, energy, and reduction of almost all debilitating and life-threatening diseases. Exercise is preventive medicine (American College of Sports Medicine).
- Decreased individual health care costs (CDC).
- Eventual decrease in overall insurance and health care costs.

Here are some stories of Barrington residents who chose exercise as preventive medicine:

Person 1: A highly successful 95-year-old who still works daily by being a believer in exercise and movement. He strengthens and stretches with his trainer 2-3 days per week and walks and continues to stay active between.

Person 2: A middle-aged woman wanting more out of the rest of her life; weak and injured, she decided to apply herself. Her equestrian skills improved along with her ability to be active and vital in her everyday life.

Person 3: A gentleman with polio committed to three rehabilitative strengthening sessions per week as prescribed by his Mayo Clinic physician; his

strength improved from 25–100 percent, his ability to utilize a cardio vascular machine increased from 5 to 30 minutes, and his abilities at home have become easier and less fatiguing.

Reach your fitness and health goals with the help of a personal training professional to determine your exercise prescription, assist with the proper use of training equipment, and help keep you on track and motivated. [U](#)



*Paul Brune is a personal training professional and the owner of Functional Fitness located at 400 W. Northwest Hwy. in Barrington. He has owned and operated three successful fitness and rehabilitation businesses*

during the past 25 years, including Functional Fitness. With the recent addition of the equipment showroom, Functional Fitness has achieved an important link between the purchasing of quality fitness equipment, proper equipment demonstration, and safe and effective fitness instruction.

His experience includes thousands of hours of rehabilitative strengthening, working directly with physicians and PTs to design and implement patient/client protocols. His academic and business background includes: Graduate degree from the University of Illinois in Chicago (School of Kinesiology); long active certifications and memberships in the National Strength and Conditioning Assn., American College of Sports Medicine, and the National Academy of Sports Medicine. He is a published author; college level kinesiology instructor; and corporate fitness and wellness presenter. To learn more, visit [www.functionalfitnessofbarrington.com](http://www.functionalfitnessofbarrington.com), email [info@functionalfitnessofbarrington.com](mailto:info@functionalfitnessofbarrington.com), or call 847-381-2108.

