

## Things to Remember – by Dr. Walt Taylor

- Exercise is good!
- Make it fun.
- Have a goal.
- Everything about running holds true for walking, too.
- Stretch before exercise.
- Face traffic.
- Don't run on the canted side of the road.
- Minimize hard surfaces; concrete is the worst.
- Gradually increase speed and/or distance.
- Wear a hat.
- Use sunscreen.
- Protect your feet from sunburn.
- Use sunglasses.
- Sun protection for your ears if you wear a baseball cap.
- Eat breakfast.
- Juices are good.
- Eat slowly.
- Avoid fad diets.
- Fruits!
- Use seat belts.
- Use a designated driver.
- Don't drive too close to the car in front of you.
- Practice safe sex.
- Practice makes perfect!
- Have mammograms.
- Do breast self-exam or testicular self-exam...your choice.
- Don't smoke in bed.
- Don't smoke out of bed.
- It's ok to seek help or advice.
- Be honest with anyone trying to help you.
- Having a bad run in life?...call the Whale Foundation hot line 866-773-0773.
- Exercise is a good anti-depressant.
- Run with a friend...two legged or four.
- You're never too old to exercise.
- Cross training is good.
- Rest days at least once a week are good.
- Run or hike in new places.
- Don't wear ear-phones running alone.
- If you go to New York, run in Central Park.
- Upper body conditioning helps you run or hike more efficiently when tired.
- When it concerns the brain or the body, use it or lose it.
- Cultivate an optimistic approach.
- Be open to non-traditional theories.
- Be open to traditional theories.
- Find a doctor or other practitioner who will listen to you.
- Avoid road rage.
- Avoid river rage.

- Wear a life jacket on the water.
- Don't camp in streambeds or desert washes.
- Don't hike slot canyons in monsoon season.
- Filter your water.
- Tell someone your route and plans when hiking alone.
- Watch out for rattlesnakes.
- And scorpions.
- Get a tetanus booster shot every ten years.
- Have dental cleanings regularly.
- Brush teeth after each meal.
- Floss.
- See your dentist if you grind your teeth.
- Whole grain foods are good.
- Olive oil or canola oil is better for your arteries than butter.
- Soy is a good source of protein.
- Cranberries, oranges, apples and green leafy vegetables are good anti-oxidants.
- One can of soda daily adds up to fifteen pounds in a year.
- Support locally grown organic produce.
- Read food labels.
- Compost.
- Get into shape slowly.
- Run or hike in beautiful places.
- Stretch after a workout, too.
- Have at least two pairs of running shoes.
- Have a stress test before a major change in exercise intensity if you're over 45 or have a bad cardiovascular family history.
- Walk, run or bike at least once to raise money for a good cause...such as Team in Training.
- Be careful running downhill.
- Make sure you have comfortable shoes.
- Buy new shoes late in the day.
- Don't use running shoes over 500 miles.
- Do back exercises daily.
- Bend knees when lifting.
- Lift close to your body.
- Be especially careful rigging and de-rigging.
- Don't overdo it with machines at health clubs.
- No "ballistic" stretching.
- Kayakers can benefit from physical therapy advice on proper shoulder strengthening.
- Don't wrestle with Dan.
- Any black mole or skin lesion needs to be checked.
- Don't try to run with a stress fracture.
- If you have tendonitis or some other overuse injury, do less stretching—instead have deep massage above and below the affected areas.
- Rest during or between long runs is beneficial.
- Avoid high impact activities if you have back or neck problems.
- There's always a reason for an injury; learn from it.
- Learn to recognize poison ivy or oak.
- Practice using a throw bag.
- Watch your feet on travertine.

- Keep a clean kitchen.
- Wash hands; you know when.
- Use lotion or goop on your feet to protect them.
- Know how to call for help—on and off the water.
- Talk to old timers.
- Listen to old timers.
- Talk to kids.
- Listen to kids.
- Keep your passport current.
- If you're traveling abroad to work or play, check with the CDC or doctor or health department on current malaria prevention, recommended vaccines or meds to take.
- Know what you're allergic to and wear a bracelet if it's a dangerous reaction.
- If you're asthmatic, know your meds and have them available.
- The same with diabetes.
- The same with seizure disorders.
- Get shots to prevent hepatitis.
- Travel light.
- Never stop learning.
- Appreciate every day on the river.
- Exercise gives you more energy.
- Exercise helps you sleep better.
- Run or hike different routes.
- Don't run through pain from injury.
- Obesity prematurely ages your weight-bearing joints.
- Increased physical activity helps in many ways; blood pressure, weight, heart, bones, blood sugar and risk of falls.
- Drink lots of water.
- Be your own dietician.
- Don't drive after drinking.
- Extra calcium and vitamin D for women over forty.
- Yogurt.
- Be careful of tequila.
- Saturated fats from butter, margarine, fatty meats, high fat dairy products and fast foods are not beneficial.
- Omega 3 fats from salmon, mackerel, tuna, canola and flaxseed are beneficial.
- Too much alcohol increases the risk of breast cancer and osteoporosis as well as liver disease.
- Don't chew tobacco.
- Avoid anabolic steroids.
- Be wary of creatine supplements.
- Use antibiotics wisely.
- Eye exams periodically after age fifty.
- Ask your doctor about daily low dose Aspirin over age fifty.
- Have your blood pressure checked if you're 35 or older or have a family history of it.
- Have a pelvic exam and Pap smear periodically.
- Bone density test after menopause.
- Have blood lipids checked by age 35.
- Have a prostate specific antigen blood test at age fifty and after.
- If you take Ibuprofen or other anti-inflammatory drugs in large doses over a long period have a blood test to monitor your liver and kidney functions.

- Have someone to share feelings with.
- Don't obsess over things you can't change.
- If you feel isolated, depressed or unable to cope, tell someone.
- Remember Whale Foundation's help line: toll free 866-773-0773.
- If you're stopping an anti-depressant such as Prozac or the like, taper down over two weeks or more.
- Avoid bar fights.
- Stay out of jail.
- If you're in jail, get a corner bunk.
- Learn cpr and other levels of emergency medical care.
- Wear layers when it is cold.
- Be careful on ice.
- Don't shovel heavy snow in cold weather.
- Be leery of motel jacuzzis.
- Avoid cat litter exposure if pregnant.
- Avoid deodorant vaginal sprays.
- Cut toenails straight across.
- Cut toenails before long downhill hike or run.
- Don't go in a sauna if dehydrated after strenuous exercise.
- Don't use decongestants or drying agents for sinus infections in our dry climate.
- Blow your nose in the shower to clear your sinuses.
- Sleep is good.
- Try to make your sleep schedule consistent.
- Use bedroom only for sleep and sex.
- Ski under control—sort of.
- Don't set bindings too tight.
- Don't take golf too seriously.
- Avoid exposed open areas during a lightning storm.
- If you can't, hike with someone taller than you.
- Get in a low hollow place during lightning.
- Avoid real heavy weight lifting.
- Lighter repetitive lifting is better.
- Don't do sit-ups with legs out straight.
- Never sit more than two hours-in car, plane or raft.
- Wear ear protection when shooting.
- Be careful with real loud noise.
- Country music is good.
- Make sure your ergonomic set-up is good at your computer.
- Don't pass over a solid yellow line.
- Don't dive into unknown water.
- Be cautious around dogs you don't know.
- Don't put your body in the middle of a dogfight.
- Don't run or hike in the woods during hunting season.
- Oil in the ear canal if a live bug is driving you crazy.
- Watch for black widow spiders in woodpiles or basements.
- Read the fine print and learn how to utilize your health insurance.
- Have the courage-and determination-to change.
- You're never too old to change habits or try to be healthier.
- Seek diverse friendships.

- Gut feelings are usually worth listening to.
- Make sure the cure isn't worse than the disease.
- "Do unto others as you'd have done unto you".
- Pick your battles.
- Listen to your body.
- Accomplish something every day.
- Exercise for your needs.
- Remember rest, ice, compression and elevation for acute sprains or strains.
- Leg cramps when hiking or running can result from lack of conditioning, dehydration or electrolyte problems.
- Ice sore joints after exercise.
- Use arch supports or shoes with a good arch if you have foot pain,
- Wiggle feet up and down on arising to stretch Achilles' tendons.
- Walking is excellent-especially at a brisk pace.
- Exercise with a good friend-human or canine.
- Exercise at least thirty minutes at least four times a week.
- Good posture habits.
- Yoga.
- Massage.
- Glucosamine/chondroitin can help degenerative arthritis.
- Don't rely on water alone in extreme heat; electrolytes help.
- Don't forget the ultraviolet exposure to your eyes and skin on water or snow.
- Apply sunscreen twenty minutes before exposure.
- Keep an eye on your skin for changes.
- Moderate aerobic exercise can lower blood pressure and elevate hdl (good) cholesterol levels.
- Minimize greasy foods.
- If you're a vegetarian, be a conscientious one—make sure you're getting enough protein, iron, vitamin sources, etc.
- Wash fresh fruits and vegetables.
- Use vegetable oils for cooking.
- Cook with a pal.
- Visualize positive outcomes.
- Do good deeds when you can; you'll benefit from it.
- Share feelings, that means you, guys.
- Moderation in all things—except moderation.
- Healthy is more fun than unhealthy!