



THE NEXT STEP

your first step to a pain-free life



Dr. Andrew Schneider

Yoga For Runners

The more you run, the more likely you are to sustain a running injury. Thankfully, yoga can not only help center and relax you, it can also strengthen the muscles that support your running.

Yoga balances your body's strength, allowing you to distribute your weight evenly during a run and lessening the impact on your delicate feet, muscles and tendons.

Try out these moves for a stronger, safer run:

Step-forward/step-back lunges

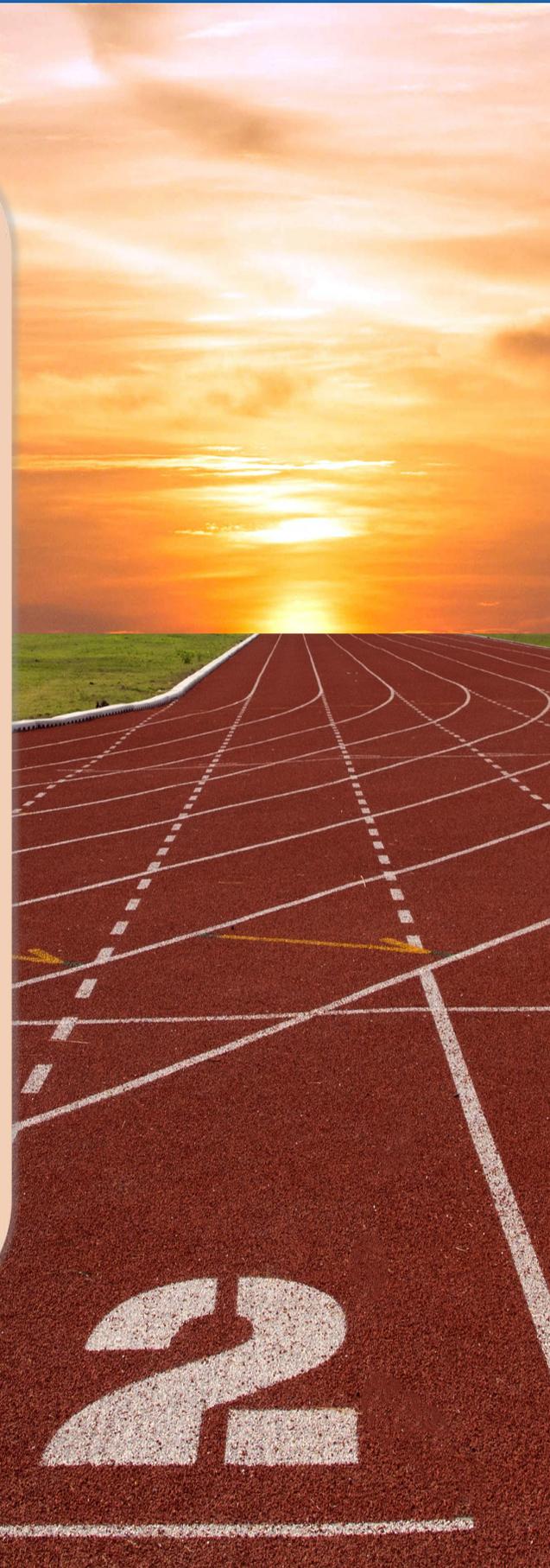
From standing, inhale and raise your arms as you step forward with your right leg into a lunge. Exhale to hold. Inhale as you step back to standing; lower arms. Repeat on left side. Once back to center, repeat on both legs, but exhale as you raise your arms and step forward, inhale on the hold and exhale to return back to standing. Next, switch to step-back lunges, incorporating the same breathing pattern; begin stepping back on the inhalation and do the second set stepping back on the exhalation.

When lunging, avoid rolling your foot in out and maintain knee alignment above the ankle. Be sure both hips point forward. Flowing bridge
Begin on your back with your knees bent and feet on the floor hip-distance apart. Be sure your feet are pointed forward and aligned horizontally. Position yourself to place your hips, knees and feet in alignment. Exhale and lift your hips. Inhale and release to the floor. Repeat eight to 12 times.

Pay attention to weight distribution in your feet and whether your hips lift evenly; you shouldn't rely on one side more.

Windshield wipers

Start in a bridge position, placing arms out to the side and feet wider than hip distance with knees dropped inward. Exhale and allow both knees and legs to drop to the right, coming as close to the floor as comfortable without pain. Inhale and bring the knees together. Exhale and take knees left. Repeat 10 times (five each side).





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SWIM4 Elise

Elise Cerami was always happy to be in the water.

A POSITIVE WAVE OF CHANGE

The Foundation

The Swim4Elise Foundation was created to promote water safety and honor 13-year-old Elise Cerami who drowned during her swim practice on June 20, 2016. Elise, a competitive swimmer for over 7 years, logged over 700 races as a USA Club Swimmer and a Texas Amateur Athletic Federation (TAAF) Swimmer. On that fateful day, Elise was only 15 minutes into a club warm-up when her teammates found her unresponsive on the bottom of the pool. She was completely healthy. No medical condition was found to have caused her drowning. Ultimately, no one heard Elise drown. No one saw her drown. No one was actively scanning the water. Elise's story reminds us, that even strong swimmers can drown. No one is drown-proof and lifeguarding family and friends, particularly children, in the water can save them. In memory of our beautiful daughter, Elise Cerami, we ask that you and your family **#Swim4Elise** by helping us **#MakeWaterSafetyHappen** Learn more about Elise and our BELIEVE mission at www.swim4Elise.com

Drowning Problem

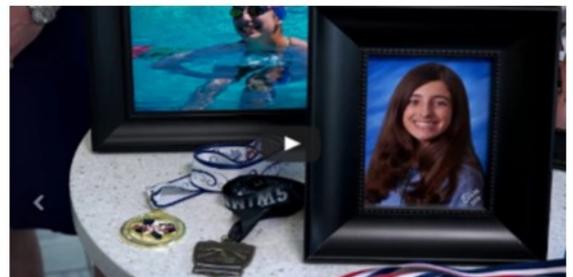
Even though preventable, drowning statistics are shocking. **Every summer, over 500 children drown in the United States, 54% of these deaths affect children ages 0-4. Even in drownings of older children, ages 10-17, 47% KNEW HOW TO SWIM.** In 2016, the year of Elise's tragedy, Texas lost over 100 children to drownings. Drowning is silent. Someone who is panicked in the water is primarily focused on breathing, therefore screaming is secondary. Regardless of age or skill, drowning can happen quickly. Within seconds, the lives of good families, including ours, are never the same – a life is lost.

In Honor of Elise

In April, over 1000 people came together to participate in the Run4Elise, a 5K-1 Mile fun run that served as a platform for water safety awareness, while raising funds for the Elise Cerami Memorial scholarship program. With the help of over 40 sponsors, \$10,000 was awarded to recipients for swim camp, college tuition and lifeguard certifications. The Foundation plans to continue this event each spring in advance of the summer water season.

Water Safety Efforts

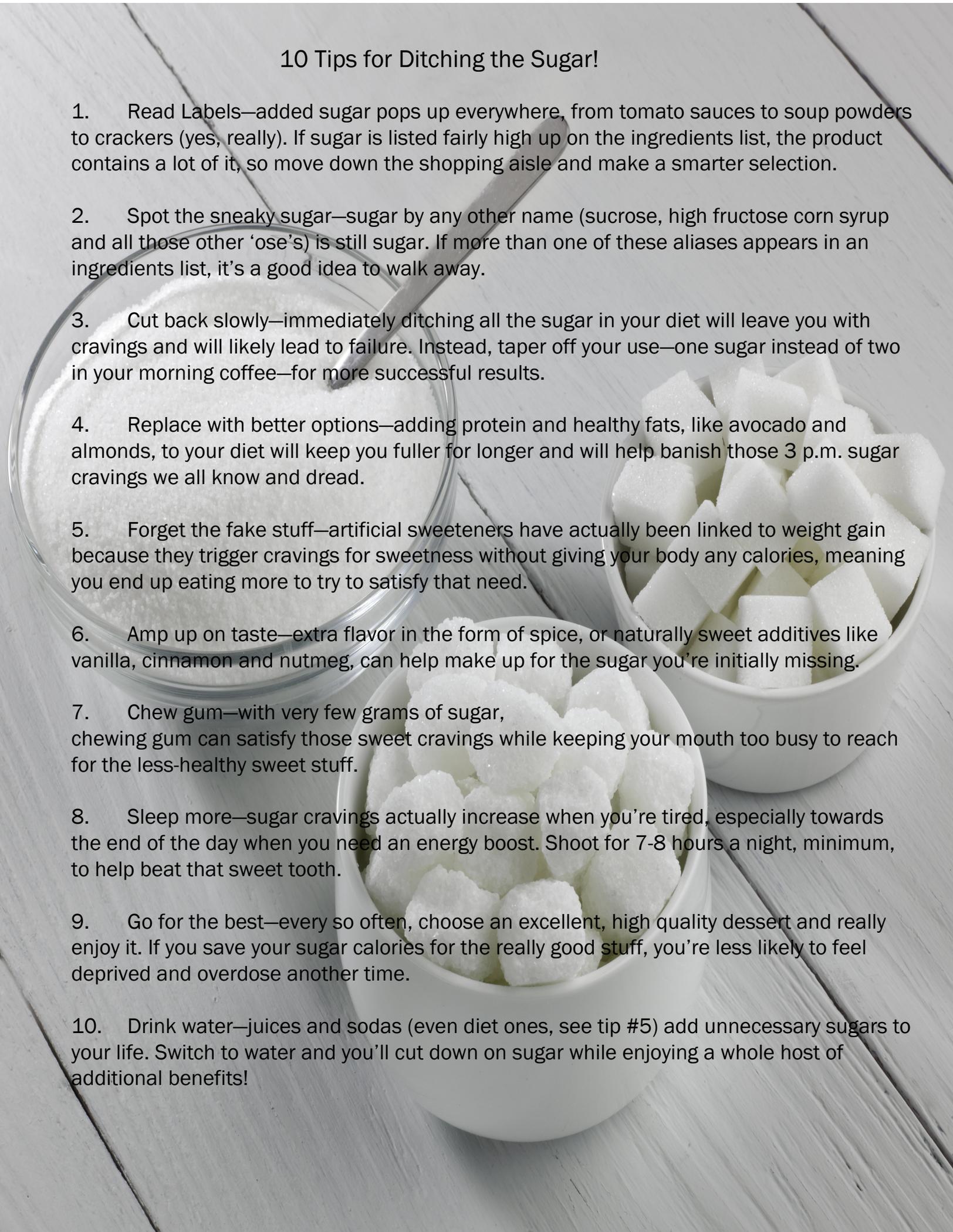
In partnership with Cook Children's Hospital, the Swim4Elise Foundation has shared its water safety message with thousands of families through social media, CBS News, Fox News, 1310 The Ticket, KRLD Radio, USA Swim events, camps and via our website www.swim4Elise.com During the week of June 20, Swim4Elise Volunteers will provide outreach education to daycare children in the highest age risk for drownings. Volunteers will read, "Clifford takes a Swim," encouraging children to only swim when an adult is watching. Kids will then bring home "watch me" bracelets and "water watcher/guardian" cards for their parents, along with a safety pledge and drowning prevention resources. We encourage parents to learn more ways to keep their families safe around water.



The Cerami family explains why fatal drowning is possible for even competitive swimmers.



10 Tips for Ditching the Sugar!

1. **Read Labels**—added sugar pops up everywhere, from tomato sauces to soup powders to crackers (yes, really). If sugar is listed fairly high up on the ingredients list, the product contains a lot of it, so move down the shopping aisle and make a smarter selection.
 2. **Spot the sneaky sugar**—sugar by any other name (sucrose, high fructose corn syrup and all those other 'ose's) is still sugar. If more than one of these aliases appears in an ingredients list, it's a good idea to walk away.
 3. **Cut back slowly**—immediately ditching all the sugar in your diet will leave you with cravings and will likely lead to failure. Instead, taper off your use—one sugar instead of two in your morning coffee—for more successful results.
 4. **Replace with better options**—adding protein and healthy fats, like avocado and almonds, to your diet will keep you fuller for longer and will help banish those 3 p.m. sugar cravings we all know and dread.
 5. **Forget the fake stuff**—artificial sweeteners have actually been linked to weight gain because they trigger cravings for sweetness without giving your body any calories, meaning you end up eating more to try to satisfy that need.
 6. **Amp up on taste**—extra flavor in the form of spice, or naturally sweet additives like vanilla, cinnamon and nutmeg, can help make up for the sugar you're initially missing.
 7. **Chew gum**—with very few grams of sugar, chewing gum can satisfy those sweet cravings while keeping your mouth too busy to reach for the less-healthy sweet stuff.
 8. **Sleep more**—sugar cravings actually increase when you're tired, especially towards the end of the day when you need an energy boost. Shoot for 7-8 hours a night, minimum, to help beat that sweet tooth.
 9. **Go for the best**—every so often, choose an excellent, high quality dessert and really enjoy it. If you save your sugar calories for the really good stuff, you're less likely to feel deprived and overdose another time.
 10. **Drink water**—juices and sodas (even diet ones, see tip #5) add unnecessary sugars to your life. Switch to water and you'll cut down on sugar while enjoying a whole host of additional benefits!
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Sudoku Corner

8	7		1				9	
				9	7			
9	3	1	6	5		2		
			2					
		6					8	
			9	1	6		4	
7	1	9			8	5		
	2	8	4		9			3
			5				2	9

May's Answers:

3	8	9	5	6	4	1	2	7
5	6	7	1	9	2	8	3	4
1	2	4	7	3	8	5	6	9
4	9	6	2	8	5	7	1	3
7	3	5	6	1	9	2	4	8
2	1	8	4	7	3	6	9	5
9	7	3	8	2	1	4	5	6
6	4	2	3	5	7	9	8	1
8	5	1	9	4	6	3	7	2



From the desk of Dr. Andrew Schneider: Thank you for taking the time to read this month's newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along to a friend or loved one who you think may benefit from the information. Have a wonderful 4TH of July!

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