

MAKE YOUR  
MOVE IN  
JUNE

2024



Dear Reader,



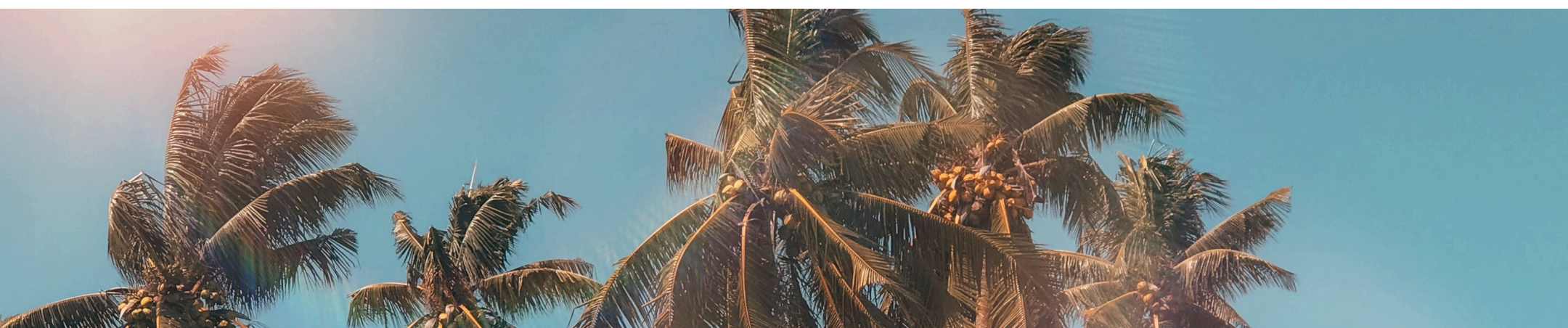
Welcome to our June newsletter! Sunny, summer days are ahead and with that comes the opportunity to spend some much needed time outside. Trips to the pool, farmers markets, festivals, camping, and more await us in the coming months. Keeping our bodies healthy is so important so we can enjoy all of those activities to the fullest!

This month, we're diving into another pillar from the Functional Medicine five pillars of health- *movement*. Whether you're a fitness enthusiast or just starting your journey - physical activity plays a crucial role in maintaining and enhancing our overall well-being. From boosting mental health and improving cardiovascular fitness to enhancing immune function and aiding in weight management, the advantages are vast.

Keep reading for more useful tips from our wonderful staff on how you can optimize your fitness routine this summer, and as King Julian says in Madagascar- “We like to...MOVE IT!” 😊

Best In Health,

The Teggatz Clinic Staff



# Movement as Medicine

Movement and exercise is one of the five pillars of Functional Medicine. A sedentary lifestyle decreases your life expectancy. "Two decades of a sedentary lifestyle is associated with a two times risk of premature death compared to being physically active, according to results from the HUNT study." <https://shorturl.at/NeNob>

As we age, we do not have to decrease our mobility or agility!  
Movement IS medicine! Movement and exercise in combination with all 5 pillars (nutrition, stress management, sleep, relationships) is the best way to assure a long, healthy, and vibrant life free from dis-ease!

Exercise, though not very supportive of weight loss like many believe, has MANY other wonderful health benefits:

- Increasing energy
- Mental health support
- Mobility and flexibility
- Increased bone density
- Decrease risk of falls and fractures
- Increased sex drive
- Improved sleep
- Decreased pain
- Heart health



- Lung health
- Supports weight management
- Improved blood pressure
- Improved blood sugars
- Increased Muscle Mass - Did you know one of the most striking effects of aging is the natural loss of muscle mass? Our muscle mass begins to decrease approximately 3–8% per decade after the age of 30, and even higher after the age of 60! This does NOT have to be your story. You are in control! However - this does require the *active* work of strength training to continue to maintain, or even GAIN, muscle mass.



Increased muscle mass has it's own health benefits:

- Improved metabolism
- Joint flexibility
- Improved mental health
- Prevents weight gain
- Improved balance
- Better posture
- Blood sugar control
- Slows aging



If you are looking for a place to start, I recommend 150 minutes of moderate cardiovascular activity weekly as well as strength training every muscle group each week.

Take a look at Linnea's Health Coaching article for more inspiration on starting a new movement routine!

-Tanya Teggatz, MD



*Dr. Tanya Teggatz received her medical doctorate (M.D.) from the Roy G. Carver College of Medicine at the University of Iowa in 1997 and completed a residency in family medicine at the Cedar Rapids Medical Education Foundation, affiliated with the University of Iowa, in 2000. She has been practicing family medicine in Cedar Rapids, Iowa since 2000, and is board-certified in integrative medicine. Dr. Teggatz is an IFM Certified Practitioner (IFMCP).*

# Let's Get Moving

Yes, yes, yes - you KNOW that you should be exercising. You know it's important for your health. You've heard it over and over. But KNOWING what to do and ACTUALLY DOING it are two very different things.

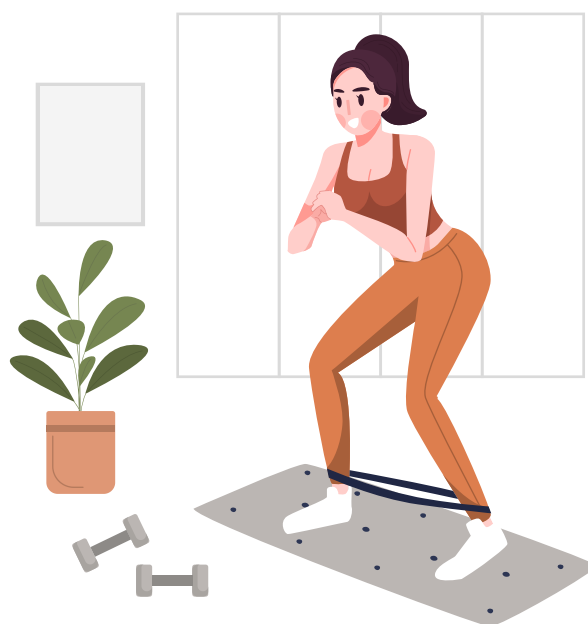
That's where Health Coaching comes in!

As a health coach, it's my job to help you establish your goal(s) and dig into the deep intrinsic WHY of this goal. Without that, following through will always be a challenge. Then using coaching for support and accountability are key! Having accountability while establishing a new goal such as an exercise routine is an integral part of success.

The second part of finding success with exercising - is finding exercise that you actually ENJOY doing! There are so many forms of movement and exercise - sometimes it takes a brainstorming session to talk through your options then try out what sounds FUN! Once you find a routine you enjoy - it will be easier to stick to it.

When setting new exercise goals I highly recommend making that goal *SMART!*

- S** - Specific
- M** - Measurable
- A** - Attainable
- R** - Realistic
- T** - Timebound



An example of a smart goal with a new walking routine:

"I will walk Monday - Friday for 30 minutes after lunch at 12:30pm for the next two weeks and track my days with a checkmark on the fridge calendar."

- Specific - yes, specific days and times are all listed
- Measurable - if the 30 minute walk happens on that day, a check will be made on the calendar
- Attainable - this is dependent on each person's calendar and commitments at the time set
- Realistic - this is dependent on each person's starting stamina and physical capability
- Timebound - made this commitment for 5 days/week for 2 weeks - after this timeframe you can keep going or maybe make adjustments if something isn't working OR if you want to challenge yourself

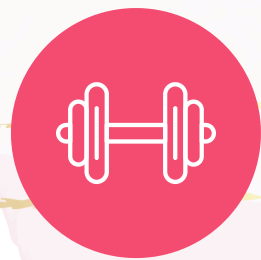
If you're ready to start, restart, or expand your movement routine and want support and accountability - I'm here to help health coaching you through your goals!

**Linnea Offerman**  
Nurse Health Coach



# Resources We Love:

## Apple Watch



**Measure all the ways you move.**

**“From strength training and HIIT to Pilates and yoga, Apple Watch offers a healthy range of ways to track your workout. And it shows your progress with advanced metrics and views like Heart Rate Zones, Power, and Elevation.”**

Link to purchase from our website: <https://theteggatzclinic.com/resources-we-love/>



# Review Us!

Are you a past or current patient of The Teggatz Clinic?

Leave us a **FIVE** star review on Google (with comment) and receive **15% off your next supplement purchase** or **10% off your next Functional Medicine visit** with Dr. Teggatz!

Your choice!



Thank  
you!