

Disclaimer: This newsletter is not a substitute for medical advice.

Watch the RBG challenge on this link: <https://www.youtube.com/watch?v=Xx4QHOEbngt=1s>

THE RBG CHALLENGE

By ROXANNE FISHER

This article was inspired by the book "The RBG Workout," written by Ruth Bader Ginsburg's personal trainer, Bryant Johnson. Regardless of your personal political and/or personal opinions about Ruth Bader Ginsburg and her career, I think it's easy to agree on the fact that Ginsburg had a lot of stamina. After multiple rounds of cancer and broken ribs, she was still able to sit on the bench for many hours at a time listening to lawyers drone on, now that is stamina! Lisa Fisher described how inspired she was by her stamina: "I met her once, and she was tiny, much shorter than me! She has clearly put a lot of effort into being in shape. An article I read said that she did fifty sit to stands per day with a medicine ball when she was already in her eighties."

Here is our monthly challenge: The RBG Challenge You should be able to take this simple exercise and incorporate it into your daily routine. Your first goal is to determine your baseline number of repetitions. Put on a timer for thirty seconds and see how many times you can get in and out of a chair. Note whether you have to use your hands or not. Once you have your baseline you should try to improve the quality and the repetitions of the movement. With a commitment of thirty seconds a day for thirty days you should see an improvement in your strength.

1. If you need your arms to stand, start with 5 repetitions with hands

and trying to gradually reduce how much you rely on using your hands. By practicing every day you should be able to increase your reps to 10. Then, gradually stop relying on your hands before adding repetitions. (A not-so-fit adult may struggle to get out of a chair at all - or rely on their hands so much they develop shoulder problems.)

2. Begin in a seated position and then move into a standing position. While moving into a standing position, hold your arms straight out in front of you and do not grab onto the chair or any other surface to help with balance. This is the basic version of this exercise, but there are many other modifications you can do listed below.
3. To increase the difficulty level, you can do this same exercise with weights. Hold one dumbbell in each hand. Hold the weights close to your chest.
4. Another way to increase the difficulty level is by looping a resistance band around your legs. You can even combine a couple of these techniques by wrapping a resistance band around your legs while holding the dumbbells. Put the resistance band just above your knees.
5. Another way to increase the difficulty is to do the motion from sitting to standing while balancing on only one leg and holding the other leg straight in front of you. Keep your arms straight in front of you.

PRODUCT REVIEW: PILATES RINGS AND RESISTANCE BANDS

By ROXANNE FISHER

Some of Lisa Fisher's favorite pieces of home exercise equipment are Pilates rings and resistance bands. Although they can be used for similar exercises, Pilates rings and resistance bands have a few differences. A Pilates ring is a circular loop of rubber with soft pads on opposite sides to cushion your hands or thighs. It is intended to provide resistance when you squeeze it. A resistance band is an elastic band that can also be used for resistance training. Unlike Pilates rings, the elastic bands can stretch into any shape instead of staying in a circle.

Resistance Band Exercises:

1. The stretchability of the elastic bands can be useful because you can increase the difficulty level of a standing or walking exercise by putting it around your legs.

Pilates Rings Exercises:

1. A pilates ring is better for isometric exercises such as shoulder internal or external rotation (shifting your shoulders in or out.) An isometric exercise is an exercise in which the sides of your body are not symmetrical.
2. This exercise can be done either sitting or laying down. With your

knees bent place the pilates ring between your knees and squeeze. This is a useful exercise to activate your hip muscles.

PROS/CONS

1. Both pilates rings and resistance bands activate similar muscles.
2. One problem with the resistance bands is that they do not have a standard resistance. Different brands come in many different colors and it's easy to mistake the colors for a logical system of how much resistance they provide but there is no logical system. So, a benefit of pilates rings is that they have a more reliable resistance level.
3. Another advantage of a pilates ring is that because it is more rigid it can easier to put on your knees.
4. On the other hand, an advantage of using a resistance band is that the greater flexibility allows for more dynamic motions and is better for exercises that involve walking. However, this greater amount of flexibility also makes it easier to misuse. For example, I see a lot of people who are basically just using resistance bands as decoration because they aren't stretching the band to the point of any actual resistance.

Disclaimer: Consult with a medical professional before making any of these purchases on your own.

the Street from Little River Physical Therapy, located at 7028 Columbia Pike, Annandale, VA 22003. As well as being a coffee shop, Beanetics is the only independently owned roasting facility in Annandale. When you step in the door you are greeted the smell of truly fresh roasted coffee and the soft hum of the round machines churning coffee beans. To the left is a glass room where you can witness the coffee beans actually being roasted. Straight ahead are a handful of tables each with two chairs and a cozy couch. The decor is homey and a bit retro. An old fashioned radio sits in the corner and in front of the couch is a coffee table with shelves containing small toys such as a tic-tac-toe game and a few childrens' picture books. I was able to spend time writing on my laptop when I was there because it wasn't too loud. It is a good place to get work done if you need to, but also can be a place to socialize. While I was there I noticed a couple of men who didn't seem to know each other begin chatting. Even though they didn't seem to have previously known each other they connected over a mutual love of coffee shops where the baristas remember you and music from the fifties and sixties. The coffee itself was very tasty as well. They have lots of options for putting flavoring and extras into your latte, so you get to build your own personalized latte. I had a peppermint latte which was sweet and comforting. If you are looking for a new coffee shop to try out after your PT appointment, I would definitely recommend Beanetics.

1. read the following step and make sure you are prepared to perform it without opening your eyes in the middle. if you are reading this aloud to someone else there is no need to read this step aloud, but make sure to say that step 2 is step 2.
2. close your eyes and imagine two things: your expression when you are trying to solve a puzzle (do you bite your lip? look up? in which direction?) and your favorite movement of impatience (do you jiggle your leg? tap the ball of your foot on the ground? run the front of your knuckles over each other?). if you cannot remember any such habitual expression or movement or are not a physically expressive person, imagine the movement a bad actor would use to convey puzzlement and impatience.
3. open your eyes and do not perform the movements just imagined. notice that you are not performing them and admire your self-control.
4. make the gesture of blowing a kiss, letting your hand drift slightly out straight in front of your mouth before closing it gently, catching your kiss for yourself in the rebound action of a yo-yo.
5. repeat step four until you are satisfied with the gesture.

NEIGHBORHOOD REVIEW:

BEANETICS

By ROXANNE FISHER

This week I had the pleasure of visiting Beanetics, a coffee shop just across

A SEATED POEM

By GRACE FISHER

Dr. Fisher's daughter, Grace, is studying dance and literature in Philadelphia. This poem is one of four 'movement poems' she wrote to share with friends and anyone else who'd like to try them out.

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