



# Wellness at DuPage

Quarterly Newsletter

Winter 2021

## Importance of Physical Activity and Exercise During the COVID Pandemic

*Michigan Medicine, University of Michigan*

For managing symptoms of depression, some research suggests that elevated levels of aerobic activity may be associated with reductions in depressive symptoms. Each day is a new opportunity to engage in physical activity and exercise that can bring short- and long-term benefits for mood, sleep, and physical health. We are meant to move and many of our body's systems work better when we are consistently physically active. Consider engaging in physical activity once or twice daily that includes brief periods of greater intensity. For some, this might be accomplished through exercise in their homes including jumping jacks, mountain climbers, and sequencing strength training exercises. For others, the use of home exercise equipment such as treadmills, elliptical machines, and stationary bikes may be helpful. Strength training has been shown to reduce symptoms of anxiety for individuals with and without an anxiety disorder. For older adults and among individuals managing chronic medical conditions, regular walks are recommended. The benefits of strength training and weightlifting may be even greater in older adults to maintain quality of life and functioning.



### Thank you, Members!

We appreciate your commitment and dedication as we navigate through these challenging times. We look forward to a healthy 2021!



### Recipe: No Knead Bread

1 1/4 c. lukewarm water  
1/4 t. active dry yeast  
3 c. bread flour      1 1/2 t. kosher salt  
3 T. cornmeal      1 T. olive oil

Gently stir water and yeast in large bowl. Add 2 c. flour, mix with wooden spoon until combined. Add salt & remaining cup flour. Continue mixing, first with spoon and then with hands, until all flour is combined and forms a ball of dough. Cover bowl with plastic wrap and let stand at room temp for 18 to 24 hours. Sprinkle cornmeal onto bottom of oven safe pot. Lightly dust work surface with flour. Pull edges of dough up and fold into center like you're making a dumpling, then push them down. The dough should form a ball with a little seam on top. Set ball seam side down into prepared pot and cover while oven preheats to 450°. Brush top of dough with oil, then score. Re-cover and bake 35 minutes, remove lid and bake 25 more minutes or until golden. Cool on rack at least 30 minutes.

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**Therapy Services:** At Wellness at DuPage, we offer Physical Therapy, Occupational Therapy, and Speech Therapy services. For more information, contact Karen Cerny, Rehab Services Manager, at (630) 784-4402