

Be patient with exercise results

Getting started with an exercise plan is a big step toward a healthier life. But, sticking with that exercise program can be tough when you're not seeing results as quickly as you want. When many exercise plans promise fast, dramatic results, being patient can be frustrating.

Some people may find that they work hard but aren't seeing weight loss or feel like they aren't getting as fit as they want. This can lead to exercise burnout and quitting. Don't give up! Find ways to push through the tough times. If you keep it up, the benefits of exercise are worth the effort.



TIP #1: STEP OFF THE SCALE.

Although you may be losing some weight with exercise, it's not always obvious right away. This can happen when someone gains muscle, which weighs more than fat. Instead of worrying about a number, look at how your clothes are fitting or how you are feeling overall. Weigh yourself once a week to check in, but don't let it be the only way you are measuring your progress.

TIP #2: DON'T COMPARE.

People gain and lose weight in different ways and at different rates. A friend may drop pounds or get fit faster than you. That can be upsetting if you're working hard. Try not to worry about how much progress someone else has made. Focus on yourself and what you have accomplished each day.

TIP #3: TRACK PROGRESS.

Use a notebook or an app on your phone to record your positive changes, no matter how small. Perhaps you did two more pushups, or walked for 10 extra minutes. Maybe you felt more energy than usual today. Whatever it is, record it so you can go back and see all of the ways exercise is boosting your health.

TIP #4: BE MINDFUL OF YOUR DIET.

Exercise can increase your hunger. It can be easy to overeat after a workout and consume more calories than you burned. Prepare a healthy snack before you work out, such as a banana with peanut butter or yogurt and fresh fruit. Having something ready can reduce the chances of grabbing something quick but unhealthy.

You may not see "instant" results from exercise. But, believe that you are doing something great for your body. With time, you will improve your health and well-being.

Opioid addiction and overdose



Emergency overdose treatment

Opioid misuse is one of the biggest health problems facing the U.S. today. The National Institutes of Health says about 2 million people in the U.S. have an opioid misuse disorder.

Opioids are powerful medicines used to treat pain. They may be prescribed to people after they have surgery or get injured. Some of the most common prescription opioids are oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine and morphine.

Opioid medicines affect the brain and can make the user feel relaxed and happy. When used for short periods and as directed, they are considered safe. But sometimes, people can become addicted to them. They may also build up a tolerance over time, which means they need higher and higher doses of the medicine to feel its effects.

If a person builds a tolerance and/or becomes addicted, they can overdose on opioids. This can lead to brain damage, coma and death. About 30,000 people die each year from opioid overdose in the U.S.

Treating opioid use disorder

Help is available for people who are addicted to opioids. Two medicines, buprenorphine and methadone, work to lower cravings and withdrawal symptoms. Another medicine, naltrexone, blocks opioids from working and can reduce cravings for the medicine.

Behavioral therapy for addiction to prescription opioids can help, too. It works by changing people's thoughts and behaviors about opioid use. Behavioral therapy is a proven treatment, especially when used with medicines.

When someone overdoses on opioids, their breathing may slow down or stop. Their pupils may be small like pinpoints. A medicine called naloxone (Narcan®) can reverse an opioid overdose and save their life.

Naloxone is a prescription drug that stops opioid overdose if given in time. Paramedics, emergency room doctors and other first responders have naloxone available to treat people with opioid overdose. In some states, you may need a prescription. Other states will sell naloxone without a prescription. It is available in nasal spray and a shot (injection).

If you or a loved one has an opioid misuse disorder, don't wait. Talk to a doctor today to get help.

Sources: National Institute on Drug Abuse, World Health Organization