

Health Highlights: Oatzempic + Prepping for golf
Tim Ditman | Media Relations Coordinator
Audio Version

INTRO:

A GRAINY SMOOTHIE HAS BECOME THE LATEST SOCIAL MEDIA CRAZE – PLUS – HOW TO PROPERLY PREPARE IF YOU'RE PLANNING TO HIT THE GOLF COURSE. TIM DITMAN SHARES MORE IN TODAY'S HEALTH HIGHLIGHTS.

<<(A NEW SOCIAL MEDIA TREND IS PUTTING A TWIST ON THE OZEMPIC WEIGHT LOSS FORMULA – ONLY WITH THE USE OF OATS INSTEAD.

IT'S REFERRED TO AS "OATZEMPIC." IT'S A SMOOTHIE MADE UP OF REGULAR OATS... WATER AND LIME JUICE... MAYBE WITH A LITTLE CINNAMON ADDED AS WELL. THOSE PUSHING OATZEMPIC SAY YOU CAN LOSE 40 POUNDS IN 2 MONTHS BY DRINKING THE SMOOTHIE EVERY MORNING. IT'S A QUICK RECIPE THAT CAN BE BLENDED EASILY. IN THE END – THE GRAINY DRINK AIMS TO KEEP YOU FULL LONGER.

WHILE OATS DO COME WITH HEALTH BENEFITS – JENNY REAY (**RAY**) – A REGISTERED DIETITIAN AND WEIGHT MANAGEMENT COORDINATOR AT OSF HEALTHCARE... SAYS THIS IS NO "MIRACLE SMOOTHIE."

JENNY REAY | REGISTERED DIETITIAN, WEIGHT MANAGEMENT COORDINATOR | OSF HEALTHCARE

"This smoothie is just going to keep you full for a couple hours until your next meal. It's just a recipe, there's nothing magical about it. There's no literature that shows it's going to actually cause that amount of weight loss in that short a period of time."

WHEN COMPARING "OATZEMPIC" TO MEAL REPLACEMENT SHAKES... REAY SAYS THE MEAL REPLACEMENTS HAVE KEY INGREDIENTS THAT THE SOCIAL MEDIA CRAZE IS MISSING LIKE PROTEIN... FIBER... CARBOHYDRATES... VITAMINS AND MINERALS.

SPRING HAS ARRIVED – WHICH MEANS ANOTHER GOLF SEASON IS IN SWING. AND THAT HAS MANY GOLF ENTHUSIASTS HITTING THE LINKS.

BEFORE TOSSING THE CLUBS IN THE CAR – THE PRIORITY IS GETTING YOUR BODY READY FOR THE LONG SEASON. HOPEFULLY – YOU'VE MAINTAINED SOME LEVEL OF FITNESS DURING THE WINTER. BUT... IF YOU SPENT THE PAST FEW MONTHS BEING A COUCH POTATO – EXPERTS HAVE SOME IMPORTANT ADVICE TO KEEP YOUR BODY INJURY FREE... ESPECIALLY TO START THE SEASON.

MATTHEW DAVIDSON | PHYSICAL THERAPIST | OSF HEALTHCARE

"I would just start a stretching routine. Start there, work on flexibility a little bit, range of motion, try and do what you can to counteract that stiffness that you seem to get over the winter months."

DAVIDSON SAYS CARDIOVASCULAR EXERCISES LIKE RUNNING... SWIMMING AND CYCLING ARE GREAT BECAUSE THEY IMPROVE BLOOD FLOW AND HELP WITH WEIGHT MANAGEMENT. HE ALSO SUGGESTS STARTING WITH 9 HOLES BEFORE WALKING 18... AND BEFORE STARTING A ROUND – GIVE YOURSELF TEN TO FIFTEEN MINUTES TO PROPERLY STRETCH YOUR BACK... HAMSTRINGS... ABDOMINALS... ARMS AND SHOULDERS.

WITH TODAY'S HEALTH HIGHLIGHTS – I'M TIM DITMAN.)>>