



# Bat-Zion Susskind-Sacks

*The art of living well*

## Newsletter



Issue 12: October 2008



### In this month's issue:

- Foot care
- Dancing, a fun way to work out
- Be optimistic



**"Autumn is a second spring where every leaf is a flower"**

- Albert Camus

### Foot Care

**"When our own feet hurt, we hurt all over"**

- Socrates



Our feet take the weight of our whole body and are subjected to pressure and tremendous mechanical support on a daily basis.

These, in turn, make our feet more susceptible to fatigue which can lead to discomfort, affect the way we walk, cause knee, hip and back pain and even injury.

Additionally, feet must also resist various infections which if left untreated can spread throughout the body.

Foot problems intensify as we grow older. Our feet tend to lose their protective

Here are some tips for to keep our feet healthy and happy:

- Dry your feet thoroughly after washing them.
- Moisturize them by using a foot cream containing natural, health promoting ingredients.
- Remove callouses and hard skin on a regular basis.
- Shop for new shoes in the afternoon as our feet swell during the day. This way, you can ensure that the shoes will always be comfortable.
- Change your socks daily.
- If you have to wear high heels, try to limit it to those very special occasions.



### Dancing, a fun way to work out



I love dancing. I have been dancing for years starting with the entertainment unit I served with in the Israeli army and continuing with dancing for fun whenever I have the opportunity.

Dancing has kept me slimmer, healthier, with a lot more energy and vitality.

Some benefits of dancing:

- Strength training. Depending on the dancing style, relevant muscle groups will get stronger and more toned. For instance, Irish dancing will give us leg workout, African dance will give us spine work and in ballet we get a total body workout. Belly dancing will help us improve our core muscles influence backbone positively, train inner muscles of pelvis and is an excellent way too prepare for childbirth. Belly dancing also helps regain our figure after childbirth.

## Dancing, a fun way to work out (continued)



- Aerobic workout. A lot of dances incorporate fast paced movements causing us to huff and puff. These include the Latin American dances with their energetic, sensual and fiery motions
- Better coordination. It helps overcome clumsiness.
- Improves our balance
- Contributes to better suppleness and greater flexibility



More importantly, it is said that couples who dance together "live long and prosper" together.

So what are you waiting for? - Go and join a dance class!

## Be Optimistic

Excerpted from "Leadership Courage" by David Cottrell and Eric Harvey



Some people think that optimism is about living in a Pollyanna world where everything is nice and bad things never happen to good people. Well, nothing could be further from the truth. Optimism really is a courageous state of mind - one that comes from a person's desire, effort, and choice to accept and make the best of difficult situations. Certainly, the road of optimism is not without its potholes. And that's especially true from those in leadership positions.

If you serve as a leader long enough, you'll undoubtedly come face to face with setbacks and unexpected events that have the potential to be devastating. People and situations change, and your ability to remain optimistic will surely be tested against fear of the unknown. Refusing to engage in the all-too-common "woe is me" lament takes courage.

The optimistic leader believes that defeat is a temporary setback – isolated to a given situation. He or she wants the best possible outcome and therefore concentrates on finding something positive and hopeful in what appears to be a hopeless situation. This is a leader who understands a basic principle of human nature: You usually see whatever it is you are looking for.

There is an endearing story about how optimistic people look at situations differently – seeing the potential that others fail to realize. It goes like this: Two researchers were independently dispatched to one of the world's least developed countries by a large shoe manufacturer. Their task was to assess the business possibilities within that country.

When the first report came back to the manufacturer's headquarters, the message read: "No market here. Nobody wears shoes!" A few days later, the second report came back from the other researcher. It read: "Great market here. Nobody wears shoes!"



*Ktiva v'chatima tova!*

**Yours in Health, Happiness and Success**

*Batzi*

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