

# PASTIMES

## SITTING AND HEALTH

FITNESS PROFESSIONAL



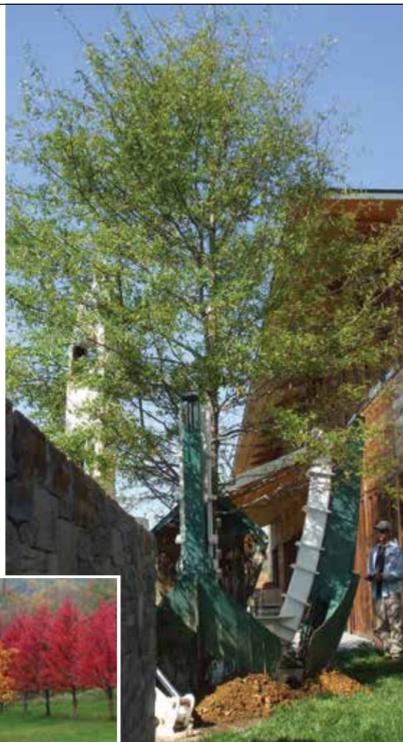
### Transform your yard

Plant mature, landscape-size trees and gain the immediate impact of shade, flowering accents, privacy screening, and definition of space.

At Shade Tree Farm we grow and install BIG trees (i.e. specimen trees) that can transform your property overnight.

With over 30 years of experience, our staff members are trained professionals who will assist you or your designer in selecting the best trees for your project.

We also have one of the largest fleet of tree spades in the Mid-Atlantic Region and specialize in challenging transplant projects, large or small.



**Shade Tree Farm**  
Where The Trees Live

Trees locally grown in Upperville, Virginia.

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KAY COLGAN  
CERTIFIED FITNESS PROFESSIONAL

**S**itting has been named by many as one of the most dangerous things we can do to our health. Excessive sitting leads to a sedentary lifestyle that directly affects balance, well being, and longevity.

Consistently sitting for long periods will shorten the muscles of the hip region in length. After sitting for an extended time, stiffness occurs, and the ability to stand up becomes difficult. Every day sitting can accumulate tension in the hips and spine, creating tight muscles. Over the years, this can lead to tight hamstrings and a tight back, resulting in deep pain in the groin and hip region. This all becomes a dangerous cycle that is becoming widespread in the sitting population.

The good news, you don't

have to quit your job or completely stop sitting. Buying an ergonomically designed chair for your desk, taking walking breaks throughout the day, and stretching your hamstrings and quadriceps during the day are all ways you can help your body during and after sitting. The standing desk is becoming more and more popular as people see the benefit of standing. Engaging in exercise programs that develop strength, balance, and flexibility will lead to a happier body. No matter your limitations, moving your body during the day increases circulation throughout the body, leading to a happier and healthier body.

*For more information about fitness, please contact Kay Colgan at Middleburg Pilates and Personal Training, 14 S Madison Street, Middleburg, Virginia, or call 540-687-6995.*

## THE HOLIDAYS

AROUND THE TOWN



HAZEL SWEITZER

**I**t's that time of year again! There soon will be a frost on the pumpkin, and my human, Tom, LOVES to decorate. This year will be different for sure since we are still surviving the Pandemic, but I cannot think of a better time for your human world to have a reason to celebrate, be grateful and connect with people you love. Of course, you will have to be careful this upcoming season by staying vigilant about the virus. Aren't you

impressed that a dog knows how to use the word; vigilant?

Anyways, for most of you, these coming months have the potential to either be sad or joyous. I think it comes down to two things -

### Expectations

#### What do you imagine?

Expectations are at the core of most disappointment. Take some time to figure out how you see your holiday and how this year may be different. Understand that

not everybody in your life knows what expectations you have, nor have the same expectations.

We all can imagine how we see a celebration or an event that is meaningful to us. This year it is essential for you to use your imagination when you foresee your holiday. Imagine how you can keep old traditions alive and create new ones that make sense in today's environment. There might be many new opportunities that you may have never thought about.

In this time of uncertainty and confusion, we can use these next few months to connect to family and friends and allow the child inside of us to come out or the puppy.

This could be hiking in the fall or carving a pumpkin, or Thanksgiving dinner, decorating the tree, buying, or making gifts for someone you love. The hardest part of living with the virus for all of us has been the loss of human connection. I feel it as well. I am sad when I go with Tom to work, and

there are not families and children there. Tom has been sure to safely visit people because he becomes very sad without other humans. I think it is vital for all of you humans to reconnect this holiday season. You have had a year full of uncertainty and fear. I hope for all of us the end of this year brings us positive surprises, unexpected beautiful moments, and feelings of LOVE! Start decorating!