

Exercising the Unexpected!

So here I am in Halifax, Nova Scotia, beginning a summer vacation with the family, "to relax" from the hectic world of work, home life, kids, and now renovations happening at the soon to be "New Location" for Fitness that Fits!

To some the idea of going on a summer trip away includes getting away from all that is stressful...such as: itineraries, work and health appointments, and exercise. For others booking everything in advance is less stressful such as planning ahead with reservations for meals, scheduling to see the sights, and even arranging the down time such as just chilling on the outdoor patios. Then there are times that being thrown into unexpected situations like what happened on our trip, which required, "going with the flow" is a total challenge all on its own!

It was only our 2nd day in Halifax on our family vacation, when we end up in a Halifax Hospital! We were on a harbour hopper truck/boat tour and half way through the tour just before the boat was about to enter the water, my 17 year old son, Daniel, was complaining of severe upper back and shoulder pain that radiated down to his chest. Then he had trouble taking a deep breath. This time his symptoms was worse cause he started to taste blood and couldn't hear out of his ear. He leaned on me as he started to black out, so we stopped the tour immediately. The ambulance arrived in minutes and Daniel was taken to hospital. His left lung had collapsed!!! (last year his right lung had collapsed then a month later it recollapsed) He had same surgical procedure done where they inserted a small tube into his chest cavity. Re-inflation of the lung was slow so they attached a suction machine and then transported Daniel to Victoria General Hospital where they specialize in Thoracic medicine. After 3 days of many chest x-rays, clamps on and off, and the suction machine attached and removed, Daniel's lung kept deflating. Daniel ended up having a Video-Assisted Thoracoscopic Surgery (VATS) on his Left lung.

To improve the recovery, the specialist prescribed "exercise". Now you must see the smile forming on my face! Daniel needed to exercise his lungs and his heart to speed the recovery from lung surgery.



As a personal trainer/fitness instructor and studio owner, exercising is my specialty! Of course, I put my runners on and my workout gear and I demonstrated different exercises to help Daniel. While he was laying in the hospital bed we did some shoulder shrugs and arm lifts and leg lifts as high as Daniel could tolerate. Daniel also did some foot flexion, extension and ankle circles. Then we practiced getting up and down out of bed. Before we ventured up to standing for a short walk with his tube and suction machine in tow. Every little bit of movement made a difference to improve his quality of life in the hospital and would lead to getting out of the hospital quicker too!

A lesson learned is that even when unexpected situations arise there is always a role for exercise whether in the form of a treatment plan or to enhance the quality of life while sickness prevails. It's never too late to get moving. If you are looking for a helping hand then reach out to Nadia for some loving care to get you moving too!



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