

well being

Take a Load off Your Back

It's easy to take your back for granted — until you're hit with back pain. Here's a care plan to keep your back happy:

Tone up ➔ Strengthen the “core” back and stomach muscles stabilizing your spine. See www.acefitness.org/workouts/5/ for suggested exercises.

Reduce ➔ The lower back carries much of your body weight. Slimming down can relieve stress there.

Improve your posture ➔ Stand up straight. Slouching causes muscle strain.

Avoid injury ➔ Get help when moving heavy or awkward objects. When lifting or lowering, spread your legs for good support, get close to the object. Bend at your knees (not your waist) and let your leg muscles power the lift. Use equipment such as dollies or carts if available.

Pre-empt pain ➔ Avoid wearing high

In This Issue:

- ❖ **3 Bests:** Healthy Snacking @ Work
- ❖ **Fitness Punch:** Benefits of Boxing



heels. Wear shoes with adequate arch support or use cushioned soles.

Sleep on it ➔ Backache can occur with mattresses that are too hard or too soft. Put plywood between the box spring and mattress to stiffen a soft bed; soften a firm mattress by adding a thick mattress pad.

Apply ergonomics ➔ When standing for long periods, put one foot forward and bend your knees slightly. Chairs

should swivel, be the appropriate height for the task and have adequate low-back support — if not, use a small pillow or rolled towel.

Watch your form when exercising ➔ Don't push yourself beyond your limits with yoga for example.

Bottom line: One of the most common adult maladies is back pain. Fortunately, there are many ways to prevent or reduce the suffering.

{on your health, fitness and nutrition goals}

“And you will succeed? Yes indeed, yes indeed! Ninety-eight-and-three-quarters percent guaranteed!”

— Dr. Seuss



Wellness Trivia

Boxing for fitness burns about how many calories per hour...

- about 150
- about 250
- 300 and higher

More inside ➔

SEE INSIDE FOR ...



Successful lifestyle changes call for a plan you can live with, one that's measurable. **SET ONE GOAL TODAY** — on your own or through a nearby wellness program.



in and out: wellness

Know Your Numbers: T- and Z-Scores

A bone density test detects osteoporosis, a weakening of the bones. Although common in older women, men or women of any age can develop this condition. The test is noninvasive and yields a t-score (which compares you to healthy young adults) and a z-score (which takes into account your age, race, weight, etc.). T-scores of -1 or above are considered normal ... between -1 and -2.5 are below normal ... -2.5 and below indicate osteoporosis. A z-score of -2 or lower suggests you have a condition causing bone loss, and treating it could slow or stop the damage.



Guys, Keep the 's' Out of Health Care

Avoid a health scare. Stay on top of screenings. Your blood pressure should be checked every two years starting at age 18. If your blood pressure is more than 135/80, request a diabetes screening as well.

Get your cholesterol levels measured starting at age 35 — or as early as age 20 if you have certain risk factors such as tobacco use, obesity, diabetes, high blood pressure or heart disease.

Look into intimate partner concerns. One is HPV (human papillomavirus) and other sexually transmitted infections, which can have long-term health consequences on you and the ones you love. The CDC recommends the HPV vaccine for males 11-21. It is available through age 26.

Are you 45 or older? Talk with your doctor about whether taking aspirin might help ward off heart disease.

Are you 50 or older? Have a screening test for colorectal cancer. Those with a family history may require earlier screenings.

Prostate cancer screening, such as the PSA test and digital rectal exam, **is not recommended**, according to the U.S. Preventive Services Task Force.

Your Personal Wellness Program

Making successful lifestyle changes requires a plan with measurable, realistic goals. You can design your own wellness program. Get started today:

- STEP 1** Consider your health broadly and **select a few areas to improve.** Some examples might be cholesterol control, dental care, addictions, better stress management or social support. Next, set specific goals for the next month.
- STEP 2** **Set specific, achievable weekly goals** such as "Walk for 10 minutes at lunch." Mark these in your calendar or post them somewhere visible.
- STEP 3** **Get support** or assistance in reaching your goals. Find out if your employer or health plan offers a wellness program. Easy access to wellness includes health fairs, gym membership discounts, smoking cessation and nutritional counseling.

Category	Date
Weight Loss	6/1/12
Current Status	Goal
175 lbs	171 lbs
Actions	
Attended Cardio Class Walked 2 miles	

- STEP 4** **Track your progress** and review your goals regularly. Change takes time, so be patient. To keep motivated, remind yourself of your reasons for changing. Finally, check off the goals you've accomplished and reward yourself for progress.



Water Park Precautions

- Know your limits. It's hard to beat the fun of feeling like a kid again. Some attractions can test an unfit body, so play it safe.
- Use the buddy system at all times.
- Stay hydrated. That's easy to forget when you're in the water all day.
- Apply sunscreen often and seek shade. Raise your awareness of medication factors that could take the fun out of your special day.

Are Marathons Deadly?

Food for thought: Long-distance races have increased in popularity in the last 10 years. Sudden death during long-distance running races is rare but is most common among male marathon runners. The increasing rate in men may suggest more participation by men with underlying heart disease, whether known or unknown. Consider seeing your health care provider and understanding your fitness capacity beforehand.

Eating at Work | 3 Bests

best bites

Eating while working may save time but might not be so good for your health. This habit can lead to eating too much without even enjoying your food. How can you overcome these pitfalls?

Best Environment

Break from your workspace. Go to the cafeteria or outdoors and savor your meal. If you eat in your office, set aside your work during lunch at least a few times a week.

Best Choices

Low-calorie, low-sodium soups are a best bet. Low-sodium, high-fiber vegetable juice can serve as a tasty snack drink.



Easily portable dairy.

String cheese comes prewrapped in individual portions. Yogurt offers numerous choices. Choose part-skim varieties with less than 6 grams of fat per serving. Eyeball the sodium counts in cheeses and pick one with the lowest per serving. Check the sugar in yogurt and aim lowest there too.

Fruits or nuts. Apples, pears and oranges are easy to pack and provide fiber and essential nutrients. Choose dried fruits without added salt, sugar or preservatives. Almonds and walnuts deliver filling, heart-healthy fats and essential minerals. Serving size for nuts is 1 ounce — that's about 23 almonds or 14 walnut halves.



Whole grains such as cereal, popcorn and oatmeal are fiber-filled, whole-grain foods. Check the fat, sodium and sugar content and see how they fit into your best choices for the day. Pass up the products featuring "enriched" as part of the first ingredient.



Best Advice

Snack calories count. Eat no more than three snacks and limit total calories to no more than 100-200 calories per snack. And remember, sometimes thirst can feel like hunger, so you can possibly curb your appetite by drinking water or some herbal tea before reaching for food. And don't forget, calories in drinks count too.



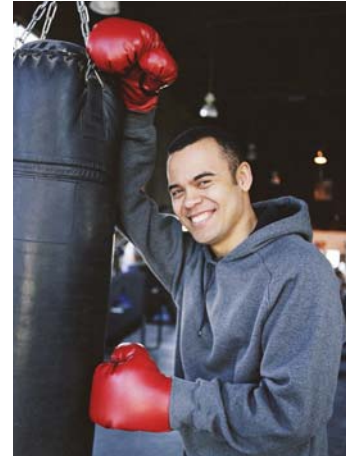
How to Make Kale Chips

Looking for a way to eat more greens? Try preparing them as crunchy "chips." Chop 1 pound of kale leaves (discard stems) and place in a bowl with 1 tablespoon of oil. Season lightly with salt, pepper or other spices. Toss the kale well to coat the leaves evenly with oil. Place on cookie sheets lined with parchment paper and bake at 300°F for about 25 minutes or until crispy.

fit in fitness

Benefits of Boxing

Boxing is a great at-home exercise too, requiring little space and no equipment. Start with basic shadowboxing moves in front of a full-length mirror: head facing forward, body facing at a 45-degree angle with your left arm and leg in front. Clench your fists and keep them near your face. Throw two jabs with your right fist aimed at your face's reflection, followed with a jab from your left. Repeat this sequence for 1 minute, take a brief break and repeat with your other side facing forward.



Video: Basic moves are at www.youtube.com/watch?v=2q6nQr31lzk. Some video "exergames" also have boxing options — they may be less intense than traditional boxing, but they provide fun exercise and are an easy way to start.

DELIVERS 3 KNOCKOUTS

- 1) **Burns 350-450 calories per hour** (great for people trying to bring their weight down).
- 2) **Builds strength in arms and legs** and improves muscle definition, flexibility, balance and reflexes.
- 3) **Instills a feeling of inner strength** and confidence and teaches self-defense.

Eat before exercise?

"If you don't eat, you won't have the energy to exercise as long, so you will burn fewer calories, not more," says Nancy Clark, MS, RD, author of Sports Nutrition Guidebook. Clark recommends eating about 200 to 300 calories within the hour before you exercise. So if you are exercising at four in the afternoon, you should have your calories between 3 and 4 p.m.

What if you exercise first thing in the morning? Clark says, "Even eating a piece of fruit five minutes before you exercise to get your blood sugar back up to normal would be helpful. You need energy to get yourself moving and to make your workout more enjoyable and sustainable."

Stay in Touch

Keep those questions and suggestions coming!

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Green Beans and Grape Tomatoes



- 3 tbsp olive oil
- 1 lb fresh green beans, trimmed
- 2 tbsp fresh lemon juice
- 2 tbsp fresh oregano, chopped (or 1 tsp dried)
- 2 tsp Dijon mustard
- 2 tsp minced garlic
- 1-2 tsp freshly ground black pepper
- 1 cup red onion, thinly sliced
- 2 cups red grape tomatoes, halved

- 1] Heat oil in large, deep skillet over medium heat; add beans and cook 8-10 minutes or until fork tender.
- 2] Blend lemon juice, oregano, mustard, garlic and pepper; stir into beans.
- 3] Add onions and cook 3-4 minutes.
- 4] Stir in tomatoes and cook about 1 minute. Serve hot or at room temperature.

MAKES 6 one-cup servings. Per serving:

111 calories | 3g protein | 7g fat | 1g sat fat | 0mg cholesterol | 11g carbs | 5g sugar | 4g fiber | 49mg sodium

EASY | RECIPE

Q: After a serious injury or a long absence from work, you should:

- A. Start right back where you left off.
- B. Meet with your physician and your employer before returning to work to discuss your abilities and your work schedule.
- C. Return with a vengeance: after all, you have a lot of work to make up.
- D. Exercise vigorously at the beginning of each workday.

B. Always meet with your physician to determine any restrictions you may have. Ideally, meet with your employer and physician at the same time. If not, get a note from your physician describing or detailing your limitations, if any.

ANSWER

top safety

5 Ways to Merge Safety with Wellness

When we are without injury, we are, in one sense, well. Top safety strategies serve you well and help keep you out of the emergency room, day in and day out.

❶ **Personal protective equipment.** This may sound like a fancy term reserved for your safety program, but it's to be remembered during home projects too. Safety goggles, gloves, machine guards and more ... don't take chances; don't take shortcuts.

❷ **A safety refresher course.** Basic lifesaving procedures can make the difference between handling an emergency calmly and feeling panicked. Be a star student at your at-work safety training courses too.

❸ **The clear path.** Got a few minutes? That's all you need to make sure the next step you take at work or at home doesn't end in a slip, trip or fall. Clear it, clean it, cover it or tack it, and keep walkways and stairs hazard free.

❹ **Readiness.** Develop (or be familiar with) your emergency response plan and practice it. Keep a kit packed with nonperishable foods, water, medication and personal information, and battery-powered communication devices.

❺ **Distracted driving.** Be a part of the no-distracted driving movement. Keep electronic devices off and put them away in the car so you can keep both hands on the wheel and your eyes (and your full attention) on the road.