



June 2016

### June: Preserving Joint Health

Ankles, knees, hips, spine and shoulders – these are a few of the joints that allow us to move freely for the activities we need and want to do.

joint health



Taking care of these joints throughout our lives increases the chances they will not let us down.

#### What Can I Do To Keep My Joints Healthy?

Proper diet and exercise is key to bone and joint health. Excess body weight can have bad effects on the health and growth of bones and muscles. These changes can cause lifelong problems like pain, limited mobility and decreased quality of life.

- Keep at a healthy weight. It's the most important thing you can do to keep your joints healthy.
- Strengthen the muscles around your joints and in your core.
  - If muscles are not strong, the joints absorb more of the shock life delivers.
  - Strong muscles help keep joints in proper alignment.
- Flexibility – stretching correctly helps joints:
  - stay flexible and maintain range of motion
  - by increasing the flow of fluid in and around the joints
- Work on good posture – good posture keeps joints aligned properly, so excess stress is not put on them.
- Avoid injuries – this is easier said than done. But try to make smart decisions about what activities you do, and how you do them.

#### What Type of Exercise Is Best?

- Aim for a balanced routine that includes aerobic, strength, flexibility and balance exercises.
- Exercises done on your feet, supporting your weight, are **weight-bearing exercises**. Weight-bearing exercise helps keep bones strong.

- If you already have damage to your joints, ask your doctor what type of aerobic exercise is best for you.
- Just starting an exercise program? Build up the time and intensity of your exercise slowly.



#### Diet and Supplements

- **Calcium** – eating enough calcium rich foods and drinks helps keep bones strong.
- **Vitamin D** – needed to absorb calcium. If you get enough calcium, but not enough D you won't absorb the calcium and your bones may suffer.
- **Protein** – get this from vegetables and lean meats to help maintain and build muscle.
- **Vitamin C** – some studies show antioxidants may help with joint health.
- **Glucosamine/Chondroitin** – Glucosamine may stimulate cartilage to form. Chondroitin may keep it from deteriorating.
  - Research results are mixed. They may help Osteoarthritis once it has started, but the evidence is inconclusive.
  - **Shark cartilage** - no evidence shark cartilage is beneficial in treatment of joint health.

#### Calcium Rich Foods



### Nutrition Nook

Add strong herbs like rosemary, oregano, and thyme early in the cooking process, and delicate herbs like basil, dill and cilantro at the end, or as a garnish.



## National Lightning Safety Awareness Week - June 19<sup>th</sup>-25<sup>th</sup>

### Things to remember:

- ▶ If thunderstorms are in the area there is ***NO PLACE OUTDOORS THAT IS SAFE!***
- ▶ If you can hear thunder, lightning is close enough to strike you.
- ▶ Hear thunder? Move quickly to a safe shelter like a solid building that is enclosed or has electricity or plumbing, or a metal topped vehicle with the windows rolled up.
- ▶ Remain in a safe shelter until 30 minutes after you hear the last rumble of thunder.



### If you are outside and can't get to a safe shelter, here are some tips:

- 1) Get off elevated areas like hills or mountain ridges. 2) Never shelter under an isolated tree.
- 3) Stay away from objects that can conduct electricity such as metal and standing water.
- 4) Crouch low in a ball; do not lie on the ground.

Want more information? Check out these links:

<http://www.lightningsafety.noaa.gov/> <http://emergency.cdc.gov/disasters/lightning/safetytips.asp>

## Recipe of the Month - Fruit Salad with Lemon-Mint Dressing

Serves 4 (1/2 cup) | Calories 66 | Saturated Fat 0 g | Protein 2 g | Sodium 26 mg | Sugar 12 g

### Ingredients:

- ◆ 1/2 cup fat-free vanilla yogurt
- ◆ 1/2 cup blackberries
- ◆ 1 Tbsp. chopped fresh mint
- ◆ 1/2 cup raspberries
- ◆ 1 tsp. honey
- ◆ 1/2 cup fresh or canned pineapple chunks, packed in their own juice, drained
- ◆ 1/2 tsp. lemon zest
- ◆ 4 sprigs fresh mint
- ◆ 1 Tbsp. fresh lemon juice
- ◆ 1/2 cup cantaloupe balls

### Directions:

- 1) In a small bowl, whisk together the dressing ingredients.
- 2) In a medium bowl, gently stir together the salad ingredients except the mint, being careful to not crush the berries. Spoon onto small plates.
- 3) Drizzle with the dressing. Garnish with the mint sprigs.



## Safety Tips for Hot Weather Exercise



*Exercising outside in the hot and humid weather of summer puts extra stress on your body and can lead to serious heat-related illness. Here are some tips to reduce this risk:*

- ▶ **Keep an eye on the temperature** – watch the forecast and take note of heat alerts. Aim to exercise in the morning or evening to avoid mid-day heat.
- ▶ **What is your fitness level?** – if you are just starting an exercise program or not very fit, be careful. Your body may have more trouble with the heat.
- ▶ **Get used to the heat** – if you normally exercise indoors or in cooler weather, allow your body one to two weeks to adapt with a slow increase in the time and intensity of your workout.
- ▶ **Drink plenty of liquids** – dehydration is a big factor in heat illness. Don't wait until you are thirsty. Stay hydrated by drinking water. If exercising intensely, think about using a sports drink.
- ▶ **Wear the right clothing** – aim for light weight and loose fitting clothing. Avoid dark colors.