

Health & Wellness Monthly Newsletter

May 2019



Move in May

May is National Physical Fitness and Sports Month

In 1993, the President's Council on fitness, sports and nutrition deemed May National Physical Fitness and Sports Month. This council still encourages Americans to focus on becoming more active in the month of May.

Benefits of Daily Activity

Physical activity can have many positive effects on your health and happiness. For example, exercise can help to control your weight, combat diseases, improve mood, increase energy, and help you to sleep better. The guidelines listed below explain exactly how much you should be exercising in order to obtain these benefits.

Guidelines for physical activity:

1. Children: 60 minutes of moderate-vigorous physical activity daily
2. Adults: 150 minutes of moderate-intensity activity per week OR 75 minutes of vigorous-intensity activity per week
3. Older Adults: same as adult guidelines. If you have health conditions limiting mobility, you should be as active as your body allows. Balance training should also be incorporated into the regimen of those at risk for falls.

Moderate-intensity activity requires a medium level of effort. On a scale of 0 to 10, where sitting is 0 and the greatest effort possible is 10, moderate-intensity activity is a 5 or 6 and produces noticeable increases in breathing rate and heart rate.

Vigorous-intensity activity is a 7 or 8 on this scale and produces large increases in a person's breathing and heart rate.

Risks of Sedentary Lifestyles

Most of us know that being physically inactive (sedentary) is bad for our health. However, here are some facts you may not be aware of:

- Physically active jobs make up less than 20 percent of the U.S. workforce. In 1960, that number was 50 percent.
- The average person sits down for 12 hours a day.
- Physical inactivity is the 4th leading risk factor for global mortality.



- It is a common misconception that exercise can compensate for too much sitting.
- Low intensity exercise (like standing and walking) are much more important to our health than we think.
- Research has linked prolonged sitting to a greater risk for colon, breast, and endometrial cancers.

How to Combat this issue:

Simply incorporating more standing time into your daily activities can have a huge effect on your health outcomes.

- Standing more can lower your risks of health issues including cancer and early mortality.
- Standing can increase your energy and productivity .
- Standing can improve your mood and lower your stress levels.
- Standing can boost metabolism, tone muscles, and reduce common aches and pains.
- Standing allows your body to deliver more oxygen and nutrients to the brain by improving blood flow.

Some movement is better than no movement! If the only change you make is to stand up every 30 minutes throughout the day, you are taking a positive step to improve your health.



Osteoporosis Prevention



The month of May is dedicated to prevention of osteoporosis.

Osteoporosis is a condition characterized by low bone density. People with low bone density are at a greater risk for broken and fractured bones.

One in two women and one in four men over the age of 50 will break a bone due to osteoporosis. While women are 4 times as likely to develop osteoporosis, it is common in men as well. In fact, men over 50 are more likely to develop osteoporosis than prostate cancer.

Fortunately, osteoporosis is preventable and treatable. Teens, especially teenage girls, are encouraged to build strong bones while their bodies are still developing.

The following are tips for improving bone health are from the international osteoporosis foundation.

Children and adolescents:

- Ensure adequate calcium intake as part of a nutritious diet.
- Consume enough protein
- Maintain an adequate supply of vitamin D
- Participate in regular physical activity
- Avoid any second hand smoke

* Bone mass acquired during youth is an essential determinant of the risk for osteoporosis in later life.

Adults:

- Ensure a nutritious diet and appropriate calcium intake
- Avoid undernutrition (like severe weight loss and eating disorders)
- Maintain an adequate intake of Vitamin D
- Participate in regular weight-bearing activity
- Avoid smoking and second-hand smoke
- Avoid heavy drinking

Bone loss is usually gradual and painless. This means that there are typically no symptoms indicating that someone is developing osteoporosis. If your elderly parent suffered from a fracture, you went through early menopause or took corticosteroids for several months you may be at an increased risk for osteoporosis.

If you are unsure of your risk for osteoporosis or unsure of what steps you should take to help prevent this disease, schedule an appointment with your physician to discuss this topic.

5 minute Peach Frozen Yogurt

Ingredients

- 1 bag frozen peaches or 4 cups fresh peaches frozen solid
- 3 tablespoons agave nectar or honey
- ½ cup plain yogurt
- 1 tablespoon fresh lemon juice

Instructions

1. Add the frozen peaches, agave nectar (or honey), yogurt, and lemon juice to a food processor. Process until creamy - about 5 minutes.
2. Serve the frozen yogurt immediately or transfer it to an airtight container and store it in the freezer for up to 1 month.

Source:

<https://www.justataste.com/healthy-easy-peach-frozen-yogurt-recipe/>

Source: <https://www.iofbonehealth.org/preventing-osteoporosis>