

THE HEALTHY Perspectives



"Your Source For Hope, Health and Happiness"



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INSPIRE TO MOVE

Strengthening Your Core To Prevent Back Pain

The cycle of pain, medications, and doctors can be avoided. Weak core muscles often cause most back pain, especially in the lower back. Your core muscles include the muscles of the back, abdomen, buttocks and quads, all of which support the spine. Strengthening these muscle groups by exercising leads to greater balance, stability and less pain.

Our abdominal muscles are the most important area of the core to exercise for preventing back pain. When they are weak, it affects your posture, putting unnecessary strain on your back and neck. Abdominal exercises such as crunches, can strengthen this area for good support.

*"The aim of the wise is not to secure pleasure, but to avoid pain."
- Aristotle*

EXERCISE THE BACK MUSCLES so that they can work in conjunction with your strong abdomen for proper support. You will find the back and abdomen work together to take strain off the areas that cause pain.

STRETCHING EXERCISES also alleviate and prevent back pain. Stretching loosens up your soft muscle tissue and gives you a greater range of movement that can help avoid painful episodes.

GOOD POSTURE, STRONG CORE MUSCLES, AND STRETCHING to loosen your ligaments and tendons will help you avoid, and maybe even take away, your back pain for good.



NOURISHING YOU



Fabulous Fiber!

Can you imagine what special food you could eat more of while it helped you to both lose weight and reduce your risk of many chronic diseases? This magic mystery food is fiber. So why don't people get more excited about eating fiber? Just the term 'fiber' can conjure up the image of eating cardboard in many people's minds. However, that's a false image as fiber is found in many delicious foods such as, whole grains, beans, nuts, fruits and vegetables. Fiber is the part of the plant that the body can't digest, but is an important part of any healthy diet. Fiber helps you feel full faster and longer which is how it helps you better control your weight. It aids in digestion and helps the body absorb nutrients, plus helps to prevent constipation. It's truly a wonder food.

Try these simple ideas to add more fiber to your meals:

- Start off the day with a high fiber breakfast. Choose old-fashioned oatmeal or whole grain and high fiber cereals. Add fresh berries or bananas to ramp up the fiber content.
- Eat fruit at every meal. Apples, oranges, pears and berries are all excellent fiber sources.
- Exchange white bread and white rice for whole grains like wheat, corn, rice, oats, barley, quinoa, rye and even popcorn.
- Add beans to soups, stews and salads.
- Read food labels carefully and buy items showing high dietary fiber gram contents.

Start slowly when adding more fiber to your diet. Incorporating more fiber into your diet too fast can cause discomfort, bloating or gas. Drinking more fluids helps your body to better digest fiber so aim to drink 8 glasses of fluid (preferably water) each day. Fill up on fabulous fiber for winning good health!



Click ON THE ARROW
for a slideshow of
high fiber super foods!



Limiting Salt!

A low salt diet can help to control high blood pressure. Current recommendations are to consume less than 2.4 grams (2,400 mg) of sodium a day. That equals 6 grams (about 1 teaspoon) of table salt a day. The 6 grams includes all salt and sodium, including what is already in foods plus any added at the table.

Most of the salt we eat comes from processed foods, not from the salt-shaker. To reduce your salt intake you can eat fewer processed foods and focus on fresh and frozen foods. Also read the product labels to see how much salt is included and opt for those with less sodium.

COOKING FOODS AT HOME is a solution to save money and reduce intake of both sodium and saturated fats. Saturated fats have a chemical makeup that keeps the fats solid at room temperature. Foods that contain saturated fats come mainly from animal sources like meats and dairy products. Ways to reduce these fats are to remove skin from poultry, eat less fatty cuts of meat and choose low-fat or fat free dairy products like skim milk.

TRY FRESH HERBS or if you don't have any on hand, dried herbs work great. Replace foods high in saturated fats with foods made with liquid

vegetable oil, but not tropical oils like palm oil, or coconut oil. **TRY EATING MORE FISH AND NUTS** and replace some of the meat you would have eaten with beans or legumes for protein.

*"Give neither counsel
nor salt till you
are asked for it."
- Italian Proverb*

Asian Summer Slaw

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|-------------------------|--------------------------------------|
| 2 Tbsp canola oil | 6 Cups Napa Cabbage, thinly sliced |
| 2 Tbsp orange juice | 1 Cup red pepper, cut into strips |
| 2 Tbsp rice vinegar | 1 Cup snow pea pods, cut into strips |
| 1 Tbsp brown sugar | 1 cubed apple |
| 1 1/2 tsp ground ginger | 1 Tsp toasted sesame seed |

Mix oil, orange juice, vinegar, brown sugar, and ginger in a bowl until blended. Mix Napa cabbage, bell pepper, snow peas, and apple in a separate large bowl. Add dressing, toss and cover in the refrigerator 1 hour or until ready to serve. Then sprinkle with the sesame seeds before serving. Serving Info: 97 calories, 5g fat, 11g carbs, 0mg cholesterol, 100mg sodium, 2g fiber, 2g protein.



HEALTH HARMONY



Taking An Active Role In Your Health Care

You play an urgent roll in your health care. Make good medical decisions by asking questions and learning the right questions to ask. Getting the information you need can lead to better health outcomes. There are many resources available to help you learn about your health, give you information to make decisions, and help you follow your treatment plan.

PREPARE FOR PROVIDER VISITS

Make a list of concerns and questions and bring it with you. Bring a friend or family member if needed.

LEARN ALL YOU CAN ABOUT YOUR DIAGNOSIS

Ask questions and understand your options so you are making the best choice for yourself.

BE A SMART HEALTHCARE CONSUMER

Understand your health insurance or know where to go for the information you need regarding your plan and your care.

[CLICK HERE](#) for information about and link to The Medical Library Association's "Top Ten" Most Useful Consumer Health websites.

*"Medicines are not meant to live by."
- German Proverb*



Pain Relievers

Pain relievers are medicines that reduce or relieve headaches, sore muscles, arthritis or any number of other aches and pains. There are many different pain medicines, and each one has advantages and risks. Some types of pain respond better to certain medicines than others. Each person may also have a slightly different response to a pain reliever. Over-the-counter (OTC) medicines are good for many types of pain. There are two main types of OTC pain medications: acetaminophen (Tylenol) and non-steroidal anti-inflammatory drugs (NSAIDs). Aspirin, naproxen (Aleve) and ibuprofen (Advil, Motrin) are examples of OTC NSAIDs. If OTC medicines don't relieve your pain, your doctor may prescribe something stronger. Many NSAIDs are available at prescription doses. The most powerful pain relievers are narcotics. These drugs can have serious side effects. You must use them only under a doctor's supervision.

- OTC Facts To Pay Attention To:**
- ✓ Some interact with other medications, supplements, foods or drinks.
 - ✓ Can cause problems for people with certain medical conditions.
 - ✓ Should never be taken longer, or in higher doses, than the label recommends.
 - ✓ If your symptoms don't go away, it's time to see your health care provider.

GOOD DECISION\$

Power of Positive Self-Talk

The ability to turn negative thoughts into positives can be a powerful tool for overcoming stress. It allows you to take control of your thoughts, beliefs and attitudes to influence the outcome in a more positive way.

Short positive affirmation like, "I can do this", can build confidence to overcome stress. Make a commitment to yourself to control and practice positive self-talk and be the change in your attitude. This skill can help you avoid major health problems, both mental and physical.

Challenge yourself to view stress whether positive or negative, as an opportunity for new learning.

With practice you can learn to turn negative thoughts into positives. Examples are:

NEGATIVE

"I can't do this."

"Things always go wrong."

"I can't do anything about this."

"Things will never change."

"Why does this always happen to me?"

"She's always better than me."

POSITIVE

"I will do the best I can."

"I can handle this one step at a time."

"I can make a difference."

"I am can impact those I love and care about."

"I am not alone, others go though the same thing and have overcome this and so can I."

"I measure myself against my progress."



[CLICK HERE](#)

for A Positive Self-Talk Video

"Oh, my friend, it's not what they take away from you that counts. It's what you do with what you have left."

- Hubert Humphrey



Live Healthy!

LIVE HEALTHY!

[CLICK HERE](#) and take a few minutes to visit our on-line Wellness Library located in the Wellness section of the Lay Employees' benefits website.

Enjoy more resources to help you Live Healthy!



The information in this publication is meant to complement the advice of your health-care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor. ©2011 Inspired Perspectives LLC.