10 Ways You Can Protect Your Joints

May is National Arthritis Month, here are some ways to be aware and help yourself!

Osteoarthritis (OA) is the most common form of arthritis, with nearly 27 million Americans living with it today. No longer considered just a consequence of aging, researchers now have several candidates when looking for a cause: musculoskeletal defects, genetic defects, obesity, or injury and overuse.

While you may not be able to control a genetic trait or knock knees, there are some definite actions you can take to protect your joints and help prevent OA.

1. **Maintain your ideal body weight.** The more you weigh, the more stress you are putting on your joints, especially your hips, knees, back and feet.

2. **Move your body.** Exercise protects joints by strengthening the muscles around them. Strong muscles keep your joints from rubbing against one another, wearing down cartilage.

3. **Use the big joints.** When lifting or carrying, use largest and strongest joints and muscles. This will help you avoid injury and strain on your smaller joints.

4. **Pace yourself.** Alternate periods of heavy activity with periods of rest. Repetitive stress on joints for long periods of time can accelerate the wear and tear that causes OA.

5. **Listen to your body.** If you are in pain, don’t ignore it. Pain after activity or exercise can be an indication that you have overstressed your joints.

6. **Don’t be static.** Changing positions regularly will decrease the stiffness in your muscles and joints.

7. **Forget the weekend warrior.** Don’t engage in activities your body for which your body isn’t prepared. Start new activities slowly and safely until you know how your body will react to them. This will reduce the chance of injury.

8. **Wear proper safety equipment.** Don’t leave helmets and wrist pads at home. Make sure you get safety gear that is comfortable and fits appropriately.

9. **Ask for help.** Don’t try to do a job that is too big for you to handle. Get another pair of hands to help out.

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Source: http://www.arthritis.org/protect-your-joints.php

A Final Farewell to NMU!

I would like to take this opportunity to say thank you to everyone this year for your support and participation in the wellness programs here at NMU. It has truly been my pleasure this past year to serve as the Wellness Coordinator and have the opportunity to work directly with the faculty and staff. I have enjoyed helping support a healthy working environment and hope that you all will continue to use the information and advice I have provided throughout the coming years.

I would like to wish everyone a safe and happy summer! We all really know that summer is the best time here in the UP and something I will truly miss!

Thank You, Best Wishes and Good Luck NMU! GO WILDCATS!

Anna B. Herman
GA Wellness Coordinator 2007-2008
“Say ya to da UP, EH!”
**Summer Sun Protection**

With the longer warmer days of spring and summer around the corner, many people increase their exposure to the sun, increasing the risk of sunburn and sun-related damage to the skin. Consider a few alarming facts related to the dangers of ultraviolet (U.V.) light exposure this summer:

- U.V. radiation is the most important environmental factor in the development of skin cancer.
- More than 1 million cases of basal cell or squamous cell cancer will be diagnosed annually.
- One blistering sunburn can double a child’s lifetime risk of developing skin cancer.
- Concrete, sand, water, and snow reflect 85% to 90% of the sun’s U.V. rays which can cause sun injury, even without direct sun exposure. You can sunburn even on a cloudy day.
- In the summer at mid-day, sunburn of unprotected skin can occur with as little as 30 minutes of exposure.

**Preventing sunburn and skin damage.** Skin cancer and sunburn are largely preventable problems when sun protective practices and behaviors are consistently applied and utilized. The American Cancer Society has offered the following recommendations to avoid sunburn and reduce the risk of skin cancer:

- When possible, avoid outdoor activities during the hours between 10 AM and 4 PM, when the sun’s rays are the strongest.
- Always wear a broad-spectrum (protection against both UVA and UVB) sunscreen with a Sun Protection Factor (SPF) of 15 or higher.
- Be sure to reapply sunscreen frequently, especially after swimming, perspiring heavily or drying off with a towel.
- Wear a hat with a 4-inch brim all around because it protects areas often exposed to the sun, such as the neck, ears, eyes, forehead, nose and scalp.
- Wear clothing that protects as much skin as possible. Long-sleeved shirts, long pants, or long skirts are the most protective. Dark colors provide more protection than light colors by preventing more U.V. rays from reaching your skin. A tightly woven fabric provides greater protection than loosely woven fabric.
- To protect your eyes from sun damage, wear sunglasses that block 99 to 100 percent of UVA and UVB radiation.
- Consider wearing cosmetics and lip protectors with an SPF of at least 15 to protect your skin year-round.
- Swimmers should remember to regularly reapply sunscreen. U.V. rays reflect off water and sand, increasing the intensity of U.V. radiation and making sun protection especially important.
- Some medications, such as antibiotics, can increase your skin’s sensitivity to the sun. Ask your doctor or pharmacist about the medicine you take and learn more about extra precautions.
- Children need extra protection from the sun. One or two blistering sunburns before the age of 18 dramatically increases the risk of skin cancer. Encourage children to play in the shade, wear protective clothing, and apply sunscreen regularly.

**Cycling Safety**

With warm weather coming and longer days, get out and enjoy some biking! What more could you want in a sport? Biking offers fun, travel, scenery and group support, as well as fitness gains. It helps you burn calories, strengthen muscles and improve heart health. And it’s relatively easy on your joints. But when you get on your bike, don’t forget safety.

Biking injuries send more than half a million Americans to emergency rooms and result in hundreds of deaths each year. Most serious bike accidents involve a collision with a motor vehicle.

**Know the factors that raise bike injury risk:**

- Age 16, and/or of male gender
- Drug and alcohol use
- Racing or doing stunts
- Unsafe bike conditions
- Not wearing a helmet
- Not observing traffic laws

Most cycling deaths and disability result from head injuries. Scrapes, bruises, broken bones and overuse injuries are also common. Before you pedal, practice prevention:

**Wear protective gear.** A properly fitted helmet is essential; it should sit level on your head (not tilted backward) with pads and straps adjusted for a snug fit. Also consider goggles, cycling shoes, gloves, shorts, bright or reflective clothing, a cushioned seat and handlebars.

**Perform safety checks.** Make sure your bike fits your body, with handlebars and seat adjusted correctly. Keep your reflectors, lights and bicycle in proper repair. Test your brakes before every trip.

Source: www.edocamerica.com/healthtip/Archive/EDocAmerica%20-%20Summer%20Sun%

Source: http://personalbest.com/2008/aug.htm
**Healthy Food Shopping Dos & Don’ts**

**DO read nutrition labels.** Tip: Any food called “healthy” must contain at least 10% of the Daily Values per serving for several important nutrients, (in addition to being low in trans fat, saturated fat, sodium and cholesterol).

**DON’T forget fibers finest.** Load up on whole-grain breads, rolls and cereals, as well as brown rice and dried beans. When shopping, look for the word “whole” at the top of the package ingredients list.

**DO pick the greenest.** When buying salad greens, select those deepest in color—dark greens and reds. Why: The dark color means higher concentrations of antioxidant vitamins A, C and E, folic acid, calcium, and other nutrients.

**DON’T dismiss frozen produce.** Some frozen fruits and vegetables contain as many nutrients as fresh produce—sometimes more. One study found that frozen green beans had almost twice the vitamin C as fresh beans that sat on display and in a refrigerator for nearly a week.

**DO select “TV” dinners carefully.** Choose frozen meals that contain less than 10 grams of fat and the least amount of sodium and cholesterol.

**DON’T pass up pasta.** It’s high in protein and contains B vitamins and iron.

**More DO’s:** Avoid shopping on an empty stomach; choose fruit “juices” instead of “drinks”; buy skinless poultry; remember that a standard serving of red meat should be the size of a deck of cards.

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The Local Scene
Healthy Living in the NMU Community

Upcoming Events
For wonderful summer activities visit:
http://www.marquette.org/
And
http://www.marquettecountry.org/
Get moving and Enjoy!

“Yesterday’s the past and tomorrow’s the future. Today is a gift— which is why they call it the present.”
~Bill Keane

Fad-free advice: Hormones or no, keep drinking milk

When Wal-Mart announced last week that its private label milk would be produced exclusively from cows that had been given no artificial growth hormones, it sparked nationwide concern about how milk is produced and how its production may affect your health.

Milk is a key source of calcium, a mineral that's critical for helping prevent osteoporosis and keeping teeth strong. While scientific studies have proven inconclusive, it’s important to focus on what we do know. Milk has nutrients that are essential to your health, so whatever you do, don’t stop drinking it. Here’s why:

1. **You probably aren’t getting enough**
   On average, American adults consume only half of the three daily servings of milk recommended by the Food Pyramid. According to the U.S. Department of Agriculture, only 10 percent of women consume the three recommended servings.

2. **Strong bones...and more**
   Milk is a top dietary source of calcium, a mineral that’s critical for helping prevent osteoporosis and keeping teeth strong. Calcium and other nutrients in dairy also help keep your blood pressure stable, have been linked to lowered levels of LDL (“bad”) cholesterol, reduced risk of certain cancers, and even weight loss. For more on what calcium can do for you, read the full story.

3. **You need calcium all day**
   Your body can absorb only about 500 milligrams of calcium at a time. That’s why it’s best to obtain calcium from a variety of foods all day long. Milk and dairy products, such as yogurt or cheese, make it easy to get small portions throughout the day. (You can also obtain some calcium from non-dairy sources.)

4. **All milk is fortified with vitamins**
   Fortified milk is one of only a few dietary sources of vitamin D, a nutrient that helps your body better absorb calcium and one of the nutrients that women need most. A cup of milk contains 100 International Units (IU) of vitamin D, half the amount currently recommended for adults under age 50 and a quarter of the amount needed for those age 51 to 70. Milk is also fortified with vitamin A, a key nutrient for vision and a healthy immune system.

**What you should do:** If you’re under at 50, you need 1,000 milligrams (mg) of calcium daily. Those over 50 need 1,200 mg. Meeting this amount is easy. Consume three of the following (each contains 300 milligrams of calcium, a third of your daily requirement):
- One cup of milk
- A cup of yogurt
- One-and-a-half ounces of cheese (about six playing dice)

* You can choose from the list of Top 12 calcium-rich foods.

Finally, be sure to choose low-fat milk and dairy products. Lowering your intake of saturated fat helps lower your risk of heart disease. Learn more about differences in milk varieties to help you make smart choices.


3 Cheers for Family FUN

Whether it’s just you and your significant other, or the kids are there too, make some time for family fun! And if it’s just you, friends are your family and good for lots of fun!

**Play Like Kids**
Fly a kite, draw a cartoon, build a scrapbook or go to a ball game. Be sure each family member has a chance to choose activities, try new things and explore hidden talents. The options are endless, SO HAVE FUN!

**Enjoy Fitness, family style**
Leave the TV and get physical for a change. Take bike rides after dinner; hike, skate or kayak together on the weekends. Be adventurous! The best fitness activities are those you want to do often. Get pedometers so you can all track your steps. Big bonus for kids: An active childhood opens up a lifetime of exercise and good health!

**Meet for Dinner**
Children welcome ways to connect with their families for fun and support. Sharing meals and conversation daily tells people you care and you want to stay connected. Keep meals simple so young ones can help out. Turn off all distractions and just enjoy one another.

REMEMBER: Everyone needs recess.
Fitting in quality family time is vital to a happy household. Take regular breaks from work and school to have some fun together!

Source: Personal Best, August 2008 Calendar