Having good clean air to breathe is important to our health as an individual and as a community. (County Health Rankings and Roadmaps, 2012.)

As the leaves change colors, this is a great opportunity for everyone to get outside and feel the fresh air pumping through our lungs! Fall is one of the best times to enjoy the beauty of the environment surrounding us.

October is National Healthy Lung Month and it is bringing awareness to preventative lung health and the chronic diseases that 35 million Americans live with daily. Although lung cancer is the second most common cancer for men and women in America, it is the number one leading cause of death above prostate, breast, and colorectal cancers. (University of Iowa Health Care Today, 2007.)

According to the CDC, over 150,000 deaths were directly related to lung diseases. Click on the Lung Cancer Quiz link provided by Pro Health Care and see what you know about the prevalence of lung cancer within America.

Why are your lungs so important? The respiratory system delivers the transfer of oxygen from the outside environment into your bloodstream via gas exchange in the small air filled sacs called alveoli within your lungs. This gas exchange is a necessity for every cell in the body, especially the brain. On average you breathe about 15—20 breaths per minute and that is equal to about 20,000 breaths per day! (Pro Health Care, 2012.) Your lungs are working hard every second of the day to make sure that your body and mind are balanced and maintaining proper function. If you are interested in learning more functions of the respiratory system click the link for a web interactive activity.

Our environment plays a huge impact on your lung health. Here in Marquette we should be grateful for the excellent air quality we have. In fact, only 10% of the areas in America are measured to have better air quality than Marquette, MI.

Having good clean air to breathe is important to our health as an individual and as a community. (County Health Rankings and Roadmaps, 2012.)

Gorgeous fall colors atop Hogsback Mountain in the Marquette area.
Hiking Trails in Marquette Area

A fun and inexpensive way to maintain happy and healthy lungs is by walking around on some of the amazing trails we have within the Marquette Area. Below is some information about one of the trail heads in Marquette. The map would be an excellent tool to bring with you on your next exploration in the wondrous array of warm fall colors!

*The Noquemanon Trail is a 45k trail system with multiple trailheads.*

- Easy to difficult
- Forestville is the primary trailhead. It features facilities, and is a starting point for trails of all user levels
- Heading west is mostly uphill
- Heading east is predominately downhill

It includes 3 different Trailheads:

1. **County Road 510.** From U.S. 41 - 2 miles west of Wal-Mart, turn north on County Road 502 (Midway Drive). After 1/4 mile turn north onto County Road 510 towards Big Bay. Trailhead marker is 6 miles down on the east side of the roadway. This trailhead features more difficult terrain.
2. **Forestville Road.** Follow Wright street north off of US 41 for approximately one mile to Forestville Road. Turn left. Follow Forestville road for 3 miles. Watch for railroad tracks to the right. Turn right and cross tracks. Immediately turn left for trailhead, restroom and parking.
3. **Tourist Park.** Trails are easy for the first 5k and intermediate for the last 3k.

This map shows the hiking trails of the Noquemanon Trail Network.
(Noquemanon Trail Network, 2009).
Signs and Prevention of Lung Disease

Warning Signs

Chronic Cough - A cough that you have had for a month is chronic. If you cough up blood, please see a doctor as soon as you can.

Shortness of Breath - Shortness of breath that doesn’t go away after exercising, or that you have after little or no exertion, is not normal.

Chronic Mucus Production - If your mucus production has lasted a month, this could indicate lung disease.

Wheezing - This could mean that something may be blocking or narrowing your airways.

Chronic Chest Pain – Unexplained chest pain that lasts for a month or more – especially if it gets worse when you breathe in or cough.

(American Lung Association, 2012.)

Preventative Measures

Stop Smoking — Smoking is the leading cause of Chronic Obstructive Pulmonary Disorder. Blue Cross Blue Shield has the Quit the Nic program and may be a good resource to creating a healthier new you.

Prevent Infection — Wash your hands, avoid large crowds during flu/cold season, brush your teeth twice a day, get vaccinated

Avoid Harmful Environmental Pollutants — Scan your house for Radon, have your car and home be smoke-free, avoid second-hand smoke

Regular Check-ups — Keeping yourself and your doctor informed about your health is one of the best ways to prevent and maintain proper lung health

(Asian Lung Association, 2012.)

Perceived Rate of Exertion

A way to gauge the intensity of your workout without the mental effort!

While you are enjoying your hikes along the beautiful trails in Marquette, use the table to the right to gauge the intensity of your workout without weighing yourself down! This table is based off of Borg’s Rating of Perceived Exertion scale and the Talk Test. Both of these tools are used to gauge the intensity of one’s physical activity at an individual level. It is important to understand what your body is telling you while you are partaking in physical exercise. It is a win-win situation; be good to your body and it will be good to you.

The Borg’s RPE scale has a range of 6—20; it is set up to where one could multiply the number corresponding with their intensity level by ten and it would be close to the individual’s estimated heart rate for that specific activity. The Talk Test can be defined as one being able to hold a conversion while he or she is within the target range of 12-16 on the Borg’s RPE scale. If you can’t speak clearly while exercising most likely you are working too hard.

Not only is this an easy concept to understand, but now one will not have to check his or her heart rate during exercise, unless otherwise told by their doctor. You’ll be surprised to see how your body will give you feedback to whether you are pushing yourself too hard or not hard enough. Please remember that this isn’t a competition, this is a tool that is individualized for each person. One person’s 12 - 14 could be a 18 - 20 for another.

Enjoy listening and honoring your body from a different perspective!

(ACSM’s Resources for the Personal Trainer, 2010.)

Rating of Perceived Exertion (RPE)

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Laying in Bed</td>
</tr>
<tr>
<td>7</td>
<td>Sitting</td>
</tr>
<tr>
<td>8</td>
<td>Using little effort</td>
</tr>
<tr>
<td>9</td>
<td>Very Light</td>
</tr>
<tr>
<td>10</td>
<td>Fairly Light</td>
</tr>
<tr>
<td>12</td>
<td>TARGET RANGE You should be able to hold a conversation while exercising at this level.</td>
</tr>
<tr>
<td>13</td>
<td>Somewhat hard</td>
</tr>
<tr>
<td>14</td>
<td>Hard</td>
</tr>
<tr>
<td>15</td>
<td>Maximum Work</td>
</tr>
<tr>
<td>16</td>
<td>Do Not work this hard without supervision!</td>
</tr>
<tr>
<td>17</td>
<td>Very Hard</td>
</tr>
<tr>
<td>18</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Very, Very Hard</td>
</tr>
<tr>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

"To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”

William Londen
Healthy Fuel for out on the Trails!

When taking preventative care of an automobile, usually the more one invests into it the smoother the vehicle runs. You wouldn’t want to put diesel fuel into your car when it calls for Regular Unleaded fuel! Why not look at your body in the same way? Invest in healthy nutrition for the benefit of helping your body function smoother. Keeping your body fueled with healthy and nutritious snacks when you are out hiking is vital to keeping your machinery working efficiently.

One of the best ways to fuel your body and mind on the trails is with a healthy and nutritious Trail Mix. There is no one perfect trail mix because of the different allergies and preferences individuals have, but there are five different categories that one can pick and choose from to create their own ultimate fuel package.

5 Nutritious Categories for a Fuel Packed Trail Mix:

1. Almonds
Almonds are full of heart-healthy monounsaturated fats, muscle-building protein, vitamin E, and dietary fiber. Almonds are an excellent source of energy and can be included whole or sliced. Try to stay away from the salted almonds because they can make you extra thirsty on the trails.

2. Dark Chocolate
Believe it or not, dark cocoa (60-85%) chocolate has a healthy dose of antioxidants for you! The sugar in chocolate can help raise your blood sugar sooner, helping your body get energy faster. A little bit goes a long way, so try not to put too much into the mix. Finding a healthy balance is key to keeping this snack hearty and healthy.

3. Seeds
Seeds offer a wide variety of nutrients, but one of the most important is Omega 3 fatty acids. The human body cannot produce Omega 3 fatty acids, so we need to get these essential nutrients from food sources. Besides being beneficial to our hearts, they also help our brains. Some good examples of healthy seeds are chia, flax, pumpkin, and unsalted hulled sunflower seeds.

4. Unsweetened Fruits
Dried fruits provide vitamins and minerals, but also contain natural sugar. They are naturally sweet and satisfying; added artificial sugars are only adding empty calories. Check ingredient labels to make sure sugar is not listed.

5. Oats
Oats are high in fiber and have been shown to help reduce cholesterol and protect the body from heart disease. If you’re making your own trail mix, toast rolled oats in the oven on a baking sheet to cook. Flavor with a few drops of vanilla extract or a sprinkle of cinnamon.

So next time you are heading out the door for a hike or even for work, remember to bring this healthy snack with you! Fuel your body with the right kind of nutrients to keep yourself going all day!

(Visit the following website to look up information about other foods you eat! www.nutritiondata.self.com)

References:


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