



## WELLNESS NEWLETTER

March/April 2009

### Sore Muscles

Spring is the perfect time to begin your exercise routine. Many people avoid it in order to prevent suffering sore muscles. Following are some ways to minimize and ease sore muscles:



- Stretch your muscles before and after you exercise
- Breathe deeply. This can help take your mind off the pain
- Strengthen muscles with squats, lunges, step exercises and weights
- Pace yourself when exercising. Avoid pushing yourself past your limit
- Use cold or heat therapy to relieve pain naturally
- Drink plenty of water to hydrate your body
- Avoid strenuous activity as long as you are in pain
- Keep your body in shape with regular physical activity instead of random exercising

- Put cancer fighting foods in your diet. Some of these foods include apples, berries, artichokes, potatoes, nuts, beans, oregano, cinnamon, cloves.

### Nighttime Leg Cramps

Most people agree that one of their goals is to get more shut-eye. Many of us are not able to do this because of leg cramps. Here are some suggestions for preventing leg cramps before they happen:



- Wear good shoes during the day. Good footwear can help
- Loosen the covers. Tight covers can press down and tighten muscles in the calf and the bottom of the foot.
- Stretch your calf muscles before going to bed.
- Stay hydrated. Drink plenty of water, especially if you are active. Dehydration causes cramps.

### Reduce Your Risks for Cancer

Cancer is one of the most dreaded diseases. Did you know that you can take steps to control your risk for cancer? Three things you can do are:

- See your doctor for a checkup and find out what tests are recommended for your age group and sex. These tests may include colonoscopy, mammogram or a PSA test.
- Add activity to your life. If you don't exercise now, you need to add 10 or 15 minutes daily. Participate in your favorite sport. Start walking up stairs, park farther away from work, or work in your yard.

### SportsMetrics:

SportsMetrics is an injury prevention program geared towards the prevention of knee injuries. This program analyzes jumping/landing techniques. It includes stretching, strengthening, agility and form jumping to help educate the athlete on preventing an ACL injury. For more in depth information on the program, the times and days Sports Metrics is offered, and the cost to participate in the program please contact your nearest Community Rehab Physical Therapy to talk to a physical therapist.

## Accidents Happen

With the change in seasons comes more outdoor activities. This means more bicycle falls, sunburns, poison ivy encounters and accidents with the grill. It's time to refresh your basic first aid techniques. Clean minor scrapes and protect



them with bandages. Apply an ice pack to bumps and bruises to reduce swelling. Sunburns can be prevented by using sunscreen. If you get a sunburn it can be treated by

applying aloe or a soothing lotion. If blistering occurs, see your doctor. Treatment for poison ivy or other poisonous plants includes taking a cool oatmeal bath for relief. Also take an over-the-counter antihistamine and apply an over-the-counter anti-itch cream. If the rash doesn't improve see a doctor. For a minor burn from a grill, place the burned area under cool running water for five to ten minutes to relieve pain. For serious injuries go to the hospital.

## Donating blood

Donating blood is good for everyone. Not only does it benefit those who receive it, but there are benefits for those who give it too. According to the Central Florida Blood Bank, donors receive a mini health check for blood pressure, cholesterol, temperature, pulse and hemoglobin. It is reported that men who give blood three times a year reduce their risk of heart attack. Other studies indicate that donating blood may also reduce the risk of certain types of cancer. Let's all reap the benefits of donating blood.



## Healthy Recipe of the Month

### Gazpacho

Makes 12 small servings, ½ cup each



- 1 medium red bell pepper, seeded and finely diced
- 1 medium green bell pepper, seeded and finely diced
- ½ cucumber, peeled, seeded and finely diced
- ½ small red onion, finely diced
- 2 tomatoes, finely diced
- 1 ½ cups V-8 Juice
- 1 ½ cups tomato juice
- 1 Tbsp. white wine vinegar
- 1 clove garlic, minced
- 1 tsp. Tabasco
- ¼ cup chopped fresh basil
- ¼ tsp. cumin
- 1 tsp. creole seasoning

Combine ingredients. Chill. Serve cold.

From Pamela Smith's *Eat Well, Live Well*

Each serving contains: 22 calories, 0 gm.

Fat,

0 mg cholesterol, 5 gm carbohydrates