

SPRING CLEANING SAFTY TIPS



With the weather changing people are likely to get their homes and yards ready for the warm seasons ahead. Here are some safety tips that will help prevent injuries from happening.

- Lift heavy objects the proper way.
 - Feet shoulder width apart, keep back upright and bend at the knees.
 - Use leg muscles to lift the heavy objects.
- Use step stools when trying to reach tall places such as dusting.
- Don't overreach when on a ladder. Keep your belly button between the sides of the ladder.
- Keep away from **extended** repetitive motions when digging, planting, trimming, etc.

Here are the safety tips that will keep you happy and healthy while Spring Cleaning.

WALKING WITHOUT PAIN

Walking is one of the most low impact exercises a person can do, but each year nearly 250,000 people hobble due to walking induced pain or old exercise injuries. What is even worse is most people stop walking and exercising creating weight gain and loss of muscle. A few helpful hints before starting a walking routine are:



- Wear proper tennis shoes that are comfortable and supportive (*orthotics or proper insoles may assist in comfort and support*)
- Light stretching before walking
- Walk on softer surfaces (*tracks, gravel, and grass*)
- Stride it out: remember opposite arm swings with opposite leg
- Walk at a good and steady pace
- Stop walking if at any time painful and consult with a doctor/physician

SLEEP HABITS DO'S & DON'TS

DON'T'S

- Watch TV, eat, or work in bed
- Drink fluids after 8pm (*prevent getting up to use the restroom*)
- Consume caffeine, coffee, tea, soda, or meds 6-8 hrs before bedtime



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- Smoke 4 hrs before bedtime
(nicotine is a stimulant)
- Exercise 5hrs before bed



DO'S

- Have a bedtime ritual/routine
(meditating or reading)
- Get outside for at least 30min per day
- Bedding should be natural fibers
(cotton/silk)
- Bedroom temperature should be slightly cooler than the rest of the house
- Stretching before bed can help relax the body

BACK PAIN & THE FACTS

- Lower back pain is usually caused by a combination of overuse, muscle strain, or injury to muscles and/or ligaments that support the spine.
- 50% of all back pain patients will have another back pain occurrence with in one year of their first injury
- 80% of Americans have back pain at some point in their lives
- If back pain occurs call a doctor/physician
- Rest for a day or two but know more than two days (getting up periodically and stretching/ moving around is recommended)
- Ice is always a good idea for any injury

RECIPE

FIESTA SALAD

- 2 cups lettuce (torn)
- $\frac{3}{4}$ cup frozen corn (thawed)
- $\frac{1}{3}$ cup canned black beans (rinsed & drains)
- 1 med. Tomato (chopped)
- 1 celery rib (chopped)
- 1 med. Carrot (thinly sliced)
- $\frac{1}{3}$ cup salsa
- 2 TBSP reduced fat sour cream
- 2 TBSP ranch salad dressing
- 2 TBSP taco seasoning

In a salad bowl, combine the first seven ingredients. In a small bowl, combine the salsa, sour cream & ranch dressing. Drizzle over salad & toss to coat. Serve immediately.

PREP/TOTAL TIME: 10 min

YIELD: 4 serving

NUTRITION FATS: $\frac{3}{4}$ cup equal 100 cal, 3g fat (1g sat. fat), 5mg cholesterol, 235mg sodium, 16g carbs, 4g fiber, 4g protein