



Wellness Newsletter

Good Exercises for Bad Backs

When your back hurts, getting off the couch may be the last thing you want to do – but you should probably make it the first. New research shows that exercise is exactly what you need, provided it's the right type.

Researchers at UCLA studied 610 men and women with a history of chronic lower-back pain. After

1 1/2 years, they found that patients who exercised regularly were 31% less likely to experience an increase in pain and disability than their sedentary counterparts. Surprisingly, those who regularly did *back* exercises—such as stretches and strength training routines often recommended by physical therapists—were more than twice as likely as those who

didn't do those moves to complain of an increase in pain.

Study author Hal Morgenstern, PhD, suspects that many people do those back exercises incorrectly, which exacerbates their pain. Your best bet, a daily half-hour of aerobic activity, such as brisk walking or swimming, most days of the week.

Prevention 3/06



Cardio

Competition

We're off and running

As of today, we have at least 19 teams and over 200 employees competing in the Cardio-Competition between departments. This competition, consisting of at least 10 minutes of some type of cardio exercise (walking, biking, exercising, etc.) per day, will run March 15th through April 30th. It's not too late to join or form a team!

Good Luck to all participants—results will be e-mailed out weekly to all team members. **Keep Moving !!!**

Family Pool Night

Sunday, April 2nd
6:30—8:00 pm
Hartland High Pools, waterslide, current channel, diving board, splash & play area, etc.
Call Terry Lee to reserve your spot at x8792 by Monday, March 27. Space is limited.

Lunch & Learn—Office / Computer Stretches

To help reduce muscle strain and stiffness due to extended periods at your desk or computer, call ext. 8792 to reserve your spot at a lunch & learn on Friday, March 24th from noon—1pm / Judicial Center, Jury Room A.

Donate a Life—

Organ donation can bring the gift of life to the more than 89,000 people on the waiting list in the U.S.

Sign your driver's license to show you are an organ donor and tell your family. Download and print a donor card at www.organdonor.gov



Exercise At Your Desk

Hamstring Hug

Sit back and place your hands under your right thigh. Pull your knee toward your chest then extend the leg straight in front of you as far as you can. Repeat with left leg. Do 3-5 times on each leg.



Cat Stretch

Helps relieve stress in your back—stand and place your hands on your desk at about shoulder-width. Slowly arch your back like a cat, dropping your head toward your chest while tucking your pelvis inward. Hold for 3-5 seconds, release and arch your back slightly while pushing your buttocks backward & raising your head upward.



Do the Funky



Chicken

(Either sitting or standing) Place your fingertips on your shoulders, elbows pointing out to the sides. Pull your elbows back as far as you can and then forward and try to touch them. Now, keeping your fingertips on your shoulders, lift your elbows up and then push them down to your sides.

Recipe Corner

Pizza Soup

10 oz. gr. turkey
1 c. sliced celery
4 sliced zucchini
1/2 c. chopped onion
1 c. chopped carrots
3 1/2 c. chopped canned tomatoes
3 cloves garlic chopped
1 teas. sugar or Splenda
1 teas. each Italian seasoning, oregano & basil

Brown meat in dutch oven. Drain well. Add celery and cook 10 minutes. Add all other ingredients and simmer, covered one hour. Divide into 8 portions and sprinkle each with 1 oz. mozzarella cheese. Weight Watchers Exchanges: Protein:2 Vegetable: 2.5 5 cal.exchanges or 2.5 pts.

Upcoming Events:

- ⇒ Lunch & Learn / Office Stretching
- ⇒ Family Pool Night
- More info. to follow:**
- ⇒ Healthy Cooking Classes
- ⇒ Kensington Park Walk / Events
- ⇒ Smoking Cessation Program

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✓ *The next Wellness* ✓
✓ *Meeting will be held* ✓
✓ *on Friday, April 21st* ✓
✓ *from noon-1:00 pm at* ✓
✓ *the East Complex / B* ✓
✓ *Bring your lunch—* ✓
✓ *low-cal dessert will be* ✓
✓ *provided.* ✓
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Notice: Our goal is to provide you with accurate information to help your general wellness. We are not health care professionals. All items should be considered informational only and should not be used as medical advice. You should consult a health care professional before embarking on any exercise or health program.