

EMPLOYEE WELLNESS

Volume 5, Issue 4

Inland Northwest Wellness Coalition (509) 232-8142

June 2006

Aim for Health

AVOID BASKETBALL INJURIES

Anyone who plays sports can be injured. Children and adolescents, middle-aged athletes, & women—are particularly vulnerable. Common injuries include sprains, strains, bruises, fractures, scrapes, dislocation, cuts, and dental injuries. Ankles, knees, and shoulders are most vulnerable.

Prevention:

- Get in shape before engaging in a new sport with strength training and aerobics.
- Safest playing with: Eye protection, elbow and kneepads, mouth guard, athletic supporters for males, proper shoes, and water. If playing outdoors, add a hat and sunscreen.
- When jumping, land with your knees bent.
- Do warm-up exercises and stretches before any activity. Stretch the Achilles tendon, hamstring, and quadriceps. Hold the positions; don't bounce.
- Don't overdo. There is never a good reason to try to "work through" the pain of an injury. When you have pain from a particular movement or activity, STOP! Continuing the activity only causes further harm.
- Cool down following vigorous sports. For example, walk for five minutes so your pulse comes down gradually.
- Wear properly fitting shoes that provide shock absorption and stability

Source: www.niams.nih.gov



Your Safety

PLAY SAFE IN THE SUN

From professional athletes training long and hard for high-profile sporting events to children at play in schools, parks and backyards, no one is immune to heat-related illness, stress and death.

Symptoms of heat-related illness may include:

- Weakness
- Dizziness
- Nausea and vomiting
- Headache
- Dry mouth
- Irritability, agitation, impaired judgement, loss of consciousness

To reduce heat-related illnesses and deaths, sports participants, competitive athletes and individuals seeking to improve and maintain health and fitness through sports should:

- Seek appropriate advice from a physician before beginning an athletic program;
- Drink at least 16-32 ounces of water or other cool, non-alcoholic fluids per hour (note: although sports beverages can replace salt and minerals lost in sweat, people on a low salt diet should drink such beverages only after consulting a physician to determine which if any is appropriate); Athletes should stay well hydrated not just during training and performance but also in the time following athletic activity.
- Increase exposure to heat slowly in the beginning of training, then gradually increase exposure for longer periods of time;
- Wear loose-fitting clothes that "breathe" to facilitate circulation and cooling;
- Wear light-colors to reflect the sun's heat;
- Be sensitive to messages from your body that say a heat-related illness may be developing (weakness, dizziness, nausea, headache, dry mouth).
- Rest and drink water when you feel you need to.

Additional information about heat-related conditions can be found on the web site of the Centers for Disease Control and Prevention: www.cdc.gov/nceh/hsb/extremeheat.

http://www.fitness.gov/heat_related_illness_stress.htm

YOUR COMPANY'S NAME

- ☛ Your Company's Info
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HOW SAFE IS YOUR HOME?

Throughout Home Safety Month (June), the Home Safety Council encourages the public to consider their home's danger areas and take some simple steps to minimize their risk from potential injuries, or even death.

Fires/Burns

- Install smoke alarms on every level of your home and in or near all bedrooms, and test the batteries at least once a month so you'll know they are working.
- Plan a home fire drill and practice it at least twice a year.
- Use safety covers in electrical outlets and anti-scald devices in faucets in homes with young children.

Falls

- Make sure all porches, hallways and stairwells are well lit. Use the maximum safe wattage in light fixtures. (Maximum wattage is typically posted inside light fixtures.)
- Use a non-slip mat, or install strips or decals in bathtubs and showers.
- Install grab bars in bath and shower stalls.

Poisonings

- Keep medicines and household chemicals and cleaners up high, out of the reach of children, preferably in a locked cabinet.
- Install a carbon monoxide detector near sleeping areas in the home.
- Put the poison control center number (1.800.222.1222) near every phone.

www.homesafetycouncil.org

Calendar of Events

21ST ANNUAL ARTFEST

June 2 – June 4th; Coeur d'Alene Park in Browne's Addition
Over 100 artists, music, hands-on activities, and food.
Free admission; www.northwestmuseum.org

PET FEST

June 3-4; Spokane County Fair & Expo Center
Features animal clubs, demonstrations, artist, pet rescue, trainers, veterinarians, feed dealers, and other pet vendors.
(509) 244-1712, or www.SpokanePetFest.com

SPOKANE STREET MUSIC EVENT

4th Annual; June 12 – June 16; noon – 1pm each day
Musicians will be performing at street locations downtown.
Proceeds benefit Second Harvest Food Bank.
(509) 459-5000

HOOPFEST

June 24-25; Downtown Spokane
(509) 624-2414 or www.spokanehoopfest.net

TRY DRIED FRUITS & VEGGIES

Drying is the oldest method of preserving food. The first European settlers in America often ate dried corn, apple, currants, grapes and meat. Drying eliminates moisture from the food resulting in a longer shelf life. Organisms that make food spoil require moisture to survive, so foods that have been completely dried have the longest life.

Dried fruits and vegetables are high in fiber and carbohydrates and low in fat. However, dried foods are more calorically dense than their fresh counterparts. The recommended serving size for dried fruits and vegetables is half that of fresh.

For drying at home, select ripe fruits and vegetables for drying. Bruised fruit may be used if those areas are removed before drying. Do not use any food with mold on it for drying. Peel and slice food into 1/8 to 1/2 inch slices. The higher the water content, the larger the slice should be because the more it will shrink in drying.

Pre-treating food before drying is a common practice, but not required. Dipping fruits into citrus juices (orange, lemon, or pineapple) helps avoid color changes. Vegetables are best dipped in diluted lemon juice before drying (1/4 cup lemon juice to 2 cups water).

Whether dried at home or purchased, dried fruits and vegetables should be kept in an airtight container. Refrigeration is not necessary, but some people prefer the taste of cold dried food. Dried fruit may be frozen, but this sometimes affects the texture and taste of the food. Most items will keep, if stored properly, for a minimum of one month. Some items, such as raisins, have a significantly longer shelf life of approximately a year or more.

These are the most practical and common items to dry:

- Fruit: Ripe apples, berries, cherries, peaches, apricots and pears
- Vegetables: Peas, corn, peppers, tomatoes, onions, potatoes and green beans

Source: www.cdc.gov/nccddphp/dnpa/5ADay/index.htm

WILD RICE WITH SUN DRIED TOMATOES



- 4 oz wild rice
- 2 Tbsp pine nuts
- 1 cup sun dried tomatoes (not packed in oil)
- ¼ cup sliced black olives
- ¼ cup minced parsley

Cook the rice in an abundant amount of boiling salted water in a large pot for 35 to 45 minutes or until the grains have almost doubled in size and are tender, but still chewy. Toast the pine nuts lightly (dry skillet) until tan and add to rice. Toss with remaining ingredients gently to mix.

Makes 4 servings - Nutrition per serving: Calories 170, Fat 4g, Calories from Fat 20%, Protein 7g, Carbohydrates 30g, Fiber 3g, Cholesterol 0mg, Sodium 358mg