

RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

Physical Activity

We all know that a healthy lifestyle should include regular physical activity. How do you feel your current activity level measures up? Currently, the Physical Activity Guidelines for Americans recommend adults engage in a minimum of 150 minutes of moderate-intensity activity each week. This newsletter contains information regarding the benefits of physical activity as well as tips to get you moving!

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Bone Matters

Bone health is important at every age. Exercise is essential in treating and preventing osteoporosis. Exercise helps to strengthen muscle, improve coordination and improve overall bone health. Bone is a living tissue that responds to exercise by getting stronger. After our third decade of life we begin to lose bone tissue. Regular exercise is crucial in preventing bone loss and maintaining bone health.

Weight bearing exercise is the best type of exercise for your bones. Some examples of weight bearing exercises are jogging, hiking, tennis, dancing and resistance training. Non-weight bearing exercises include swimming and bicycling. While these exercises are great for cardiovascular activity, you also need some weight bearing exercise for optimal bone health. It's important to keep in mind that jogging, walking and hiking all protect the bones of the lower body, but what about your upper body? It is good to find a strength training program that also includes exercises focusing on the bones of the spine, wrists and arms.

Fit Tip of the Month



Resistance Training and Bone Mass

Exercise can help counter bone loss by signaling the brain to build more bone. Resistance training is the best way to maintain and enhance total-body bone strength. Overall body and site-specific strengthening exercises, geared at the most commonly fractured areas, will provide the best prevention of fractures associated with bone mass loss.

Hip Strengthening:

- Sit on a bench or chair with 5-pound weights strapped to each ankle. "March" in place by lifting the knees up and down. As you progress, try standing dumbbell step-ups while holding the weights in your hands. Step up and down on a bench.
- Using your own body weight, perform squats while standing: Have your feet slightly greater than hip width apart, bend your knees keeping them over the ankles, and lower your upper body down while keeping your weight on your heels and

The ideal frequency for weight bearing exercises to maintain bone health is three to five times per week and resistance exercises two to three times per week according to the American College of Sports Medicine. Maintaining physical activity across the life span is essential in maintaining bone health for life. Studies have shown that once we stop being physically active, we lose any of the gains we have made through exercise.

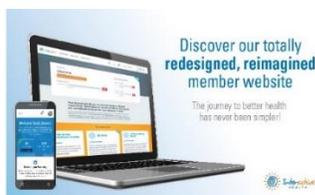
Nutrition also plays an important part in maintaining healthy bones. Consuming a diet that is rich in calcium and vitamin D could slow or prevent bone loss. Calcium is found in many foods such as milk, cheese, yogurt, eggs, kale, collard greens, broccoli and spinach to name a few. If you are unable to get enough calcium and vitamin D from the foods you eat talk, with your health care provider or dietitian about how to get the right amount.

Bone health is a subject that we often don't think of until it is too late. Fortunately, there are many lifestyle choices we can make today to keep our bones strong-

Linda Davis ACSM-EP, CHES, NDTR

Resources: [American College of Sports Medicine](#); [National Institutes of Health](#)

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pressing your rear end out behind you.

- Perform one legged lunges: While standing, put your hands on your hips, keeping your back straight, and step out one leg at a time, knee over the ankle. Then push back to standing position and repeat on the other side.

Spine Strengthening:

- Lying on your stomach, arms off the ground and extended behind, lift your head and shoulders upward, while keeping your arms raised at your side.
- As you get stronger, a weighted back pack can be worn to increase the resistance.

Wrist/Forearm Strengthening:

- Stand with arms in front, palms facing down. Bend wrists forward and backwards for 10 repetitions.
- Seated, place your forearm on your thigh with your palm facing upward. Using a 1- 5-pound hand weight, flex your wrist upward and focus on keeping your forearm placed against your thigh for stability. Then repeat on the other wrist. Repeat for 10 repetitions.
- Grasp a tennis ball in one hand, slowly squeeze as hard as you can, hold for 2-3 seconds, and release. Repeat on the other side, 10 repetitions each.

Resources:

[National Osteoporosis Foundation](#); [BetterBones](#)

**Suzanne Toon MS, CPT
Health Coach**

Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit www.myinteractivehealth.com.

Preventive Focus Bone Density

Bone strength, also referred to as bone density, is important to your health. If you are a woman, older than 65, you are more at risk for broken bones or developing Osteoporosis.

Osteoporosis is when your bones become weak and brittle. A bone density test is recommended for:

Women over age 65 or those younger than 65, with high risk of fractures. This test can show your risk for broken bones & if you have osteoporosis. If you do have osteoporosis, the test can measure how well you will respond to treatment. Risk factors for Osteoporosis are:

- Too little calcium and Vitamin D in the diet
- Lack of physical activity
- Underweight Drinking too much alcohol
- Smoking
- Certain medications
- Female
- Age – risk increases with age
- Ethnicity, specifically White women and Asian women
- Family History

Although there are some risk factors you cannot control, there are many you can control. Lifestyle changes can be challenging but making small changes every day is doable. Set a goal for yourself, such as walking 3 days per week, and gradually increase your goal as it becomes more of a habit. In addition, if you have never had a bone density test and feel you meet the criteria, ask your doctor if a bone density test is right for you.

Jeannie Buckman, M.S.

Resources: [Interactive Health](#); [National Institute of Arthritis and Musculoskeletal and Skin Diseases](#)



Resistance Training: Getting Started

Ever thought about adding some resistance training to your workout routine but not sure how to get started? Join us for an informative webinar to learn the benefits of resistance training and how to get a jump start on your fitness routine.

Date: Thursday, July 19, 2018

Time: 12:00pm - 12:45pm Central

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within seven business days on the [Interactive Health](#) member website.

Recipe of the Month

Pineapple Green Smoothie

Check out this nutrient dense smoothie! Loaded with calcium, omega-3 fatty acids, Vitamin C, Potassium and even some protein, we love this guilt-free smoothie after a workout. Blend some up at home and tell us what you think!

Ingredients

- ½ Cup Unsweetened Almond Milk
- 1/3 Cup Nonfat Plain Greek Yogurt
- 1 Cup Baby Spinach, washed
- 1 Cup Frozen Banana, Sliced (~1 medium banana)
- ½ Cup Frozen Pineapple, Chunked
- 1 Tablespoon Chia Seeds
- 1-2 Tablespoons Honey (optional)

Directions

1. Add almond milk and yogurt to blender
2. Add in spinach, banana, pineapple, and chia seeds
3. Blend until smooth
4. Add honey, if desired, and blend until mixed through
5. Enjoy!



Nutritional Information Per Serving (Serving Size 1 ½ Cups)

Calories: 297
 Total Fat: 6 grams
 Saturated Fat: 1 gram
 Cholesterol: 4 milligrams
 Protein: 13 grams
 Total Carbohydrates: 54 grams
 Dietary Fiber: 10 grams
 Sugars: 19 grams
 Sodium: 145 milligrams

Recipe adopted from: <http://www.eatingwell.com/recipe/251038/pineapple-green-smoothie/>

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 Registered Dietitian/Health Coach

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Wellness Works Hub

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If you haven't visited lately, here's what you've missed:

[Menu Nutrition Labeling Gains Support](#)

“On behalf of more than 114 million Americans living with and at risk for diabetes, the American Diabetes Association (ADA) celebrates the recent implementation of the national menu labeling policy by the U.S. Food & Drug Administration. The national menu labeling policy requires consumers be informed about the calorie count of all menu items and, upon request, access to more detailed nutrition information such as carbohydrate and sugar content. ADA has been an ardent supporter of providing calorie information for standard menu items and carbohydrate and sugar content upon request so consumers can make healthy food choices.”

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.

