



SB Wellness Group Monthly Newsletter

May 2009

Quote of the Month:

"I have learned, that if one advances confidently in the direction of his dreams, and endeavors to live the life he has imagined, he will meet with a success unexpected in common hours."

-Henry David Thoreau

Inside this issue:	
Arthritis... Moving Freely	2
Wheel of Wellness	2
Prepare for the Summer	3
Better Sleep Continued	3
Muscle Group of the	3
Recipe of the Month	4
Arthritis...	4

Skin Cancer Awareness

May is Skin Cancer Awareness Month©. Skin cancer is one of the most commonly diagnosed types of cancer in the world, with more than 1 million diagnosed annually. Skin cancer is on the rise and is being diagnosed in more and more young people. Many cases of skin cancer are preventable and education and awareness are key factors!



Sun exposure causes over 90% of skin cancers. One bad burn as a child can double the risk of melanoma later in life. The best precaution you can take to prevent skin cancer is to use sunscreen properly and avoid overexposure to the sun.

See Page 3 for more on preparing for the summer heat and preventing damage from UV rays.

Tanning beds and booths also contain UV rays and can cause damage to our cells. UVR, both from the sun and from tanning beds is a proven human carcinogen, according to the U.S. Department of Health and Hospitals and frequent tanners may receive 12 times the annual dose they receive from sun exposure. First exposure to tanning beds in youth increases melanoma risk by 75%. (Source: SkinCancer.org)

With summer and more outdoor activities on the way, be sure to protect you and your family from overexposure to the sun. Use sunscreen, shade, and protective clothing when possible. Monitor your skin regularly, checking for any irregular moles or spots. Learn more about the steps to self-examination at: www.skincancer.org.

Better Sleep for a Better Life



Lack of sleep can affect your mood, your productivity, your energy, your ability to burn fat and control appetite, and your mental focus. Limited sleep can affect every aspect of your life, including job performance. According to the Better

Sleep Council's 2007 Better Sleep Month survey, respondents reported sleep deprivation impaired their quality and accuracy of work (31%), clear thinking or judgment (31%) and memory of important details (30%). The survey also revealed that

65% of Americans are losing sleep due to stress, 32% are losing sleep at least one night a week, 16% experienced stress-induced insomnia.

Continued on Page 3

Arthritis...Moving Freely



May is also Arthritis Awareness Month©. Nearly one in five Americans are living with arthritis today. There are over 100 different types of arthritis and the disease affects all age groups, including nearly 300,000 children. Arthritis is the second leading cause of work disability behind heart disease. Some common types of arthritis are osteoarthritis, rheumatoid

arthritis, and juvenile arthritis. Find out more about how you can do your part in the education, treatment, and research of arthritis during Arthritis Awareness Month© at: [Arthritis Foundation](http://ArthritisFoundation.org). Preventing arthritis is best achieved by practicing lifestyle habits recommended for a healthy lifestyle like following a healthy diet,

avoiding alcohol and tobacco use, and regular exercise. Exercise can also help those with arthritis in many ways. A recent study published in *Arthritis Care and Research* journal concluded that regular exercise, specifically the Arthritis Foundation Exercise Program, is effective in improving and managing arthritis pain. *Cont'd on Page 4*



WELLNESS TIP OF THE MONTH:

Another great benefit of Green Tea!

Green tea contains a substance called theophylline. It's a muscle relaxant, so it can cause the muscles supporting the bronchial tubes to relax -- thus reducing asthma's ability to restrict normal breathing.



Wheel of Wellness

Spiritual Health

How often have you thought about your 'spiritual' health? Did you know that spirituality can directly affect your health?

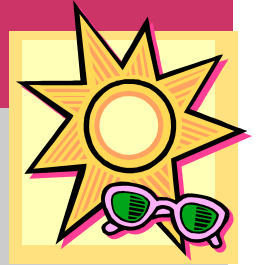
Most people believe that there is a spiritual side to us as well as a body, mind and emotions. Science is beginning to study and show a direct correlation of prayer and spiritual practices to reduced risk of diseases and other conditions.

Your spiritual side or dimension is the part of you that reveals to you who you are in the world, what your purpose in life is and what the world is about. It is the part of you that allows you to gain hope and feel strength in character.

Here are our tips for improving your spiritual health:

1. Have Gratitude! One of the best ways to get yourself out of a rut, is to practice gratitude everyday. Practicing gratitude daily can transform your attitude and your life!
2. Forgive! Forgiving others or yourself is one of the healthiest steps you can take not only for your spiritual health, but for your physical and emotional health as well. Forgive and you will free yourself from hate, anxiety and other negative emotions.
3. Take time to be at peace with yourself. This might be through prayer or meditation or just thinking about who you are and your purpose in life.
4. Seek out spiritual guidance through church groups, spiritual leaders, books, tapes, art, etc.
5. Try yoga, meditation, or walking and connecting to nature.
6. Think of things in your life that bring you joy, love, peace. Nurture those relationships/areas in your life.

Preparing for the Summer Heat



With more sun exposure on the way, it is important to take the right steps to prevent overexposure and damage from the sun's UV rays. Take these steps to keep cool and prevent skin cancer:

Wear sunscreen with a SPF of 15 or higher anytime you are going to be in the sun. This includes exposure when driving in your car for long periods of time. SPF 15 blocks approximately 93% of the

sun's UVB rays and a SPF of 50 blocks 99%. But no sunscreen can be expected to last more than two hours without reapplying. Even if you are not getting sunburn, you may still be getting damage.

Avoid midday exposure to sun. Between 10 a.m. and 4 p.m. the sun's rays are the strongest, causing the most damage to the skin. Try to do activities outside early in the morning or later in the evening. And

be sure to take measures to stay protected when exposed in these times.

Stay in the shade when possible. Staying under an umbrella can keep you cooler and lower your risk of damage.

Wear hats, sunglasses, and protective clothing when in sun for long hours.

Better Sleep Cont'd

Getting enough sleep can significantly impact your quality of life. It is recommended that you get at least 7-9 hours of sleep each night.

If you are not getting the recommended amount of sleep or experiencing sleepless nights, begin taking steps to make this important lifestyle change. Try some of these better sleep tips:

Plan your day so you allow for enough sleep time. How early will you need to get to bed to get your 7-9 in? What adjustments do you need to start making to your day to achieve this?

Keep a consistent sleep schedule, trying to keep bedtime and the time you awake the same each day. Keep work, television and other distracting things out of your bedroom or at least limited at bedtime. Avoid nicotine, alcohol or caffeine close to bedtime. Exercise regularly.

Try relaxation techniques like a hot bath, reading, or deep breathing at night.

Assess your mattress and pillow to ensure good support and comfort.



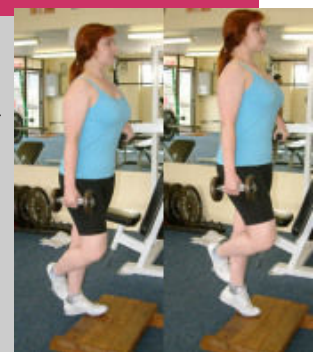
Muscle Group of the Month

Calves

Single-Leg Weighted Calf Raise

This is a great exercise that targets the calf muscles and helps to improve balance and ankle strength.

1. Hold a dumbbell on the opposite side of the leg that you are exercising. Position toe and ball of foot on lower portion of platform or bench with heel and arch extending off. Place hand on support for balance. Lift other leg to rear by bending knee.
2. Raise heel by extending ankle as high as possible contracting the calf muscle. Lower heel by bending ankle until calf is stretched. Repeat for 8-12 repetitions. Continue with opposite leg.
3. Keep the knee slightly bent, not locking out, throughout exercise. Keep posture good with abdominals in tight. Keep body straight throughout entire range of motion.



May 2009

www.SBWellness.com
8733 Siegen Lane #370
Baton Rouge, LA 70810

Phone: 225-445-5814

E-mail
shelly@sbwellness.com



Your partner in health!

Recipe of the Month

Chicken with Basil Salsa

Recipe from the River Road Recipes III
Cookbook Published by the Junior
League of Baton Rouge



4 Chicken Breasts

Marinade

2 Tbl lemon juice
2 Tbl olive oil
2 Tbl Low-Sodium Chicken Broth
1 clove garlic, pressed
1 Tbl chopped fresh rosemary or
1/2 Tbl dried rosemary

Salsa

1 tomato, peeled, seeded and chopped
2 Tbl chopped fresh basil
1 Tbl Balsamic vinegar
1 tsp capers

Coat chicken breasts with marinade and refrigerate for 4 hours or overnight. Grill until desired doneness. Top with prepared salsa.

4 Servings

Nutrition per serving: 185 Cal, 6.7g Fat, 1.4g Sat. Fat, 73mg Cholesterol, 132 mg Sodium

Arthritis...Moving Freely

Participants reported a decrease in pain and fatigue, an increase in upper and lower extremity function, and an increase in strength after a basic eight week program.

A person with arthritis should work closely with their physician and/or therapist to decide what type of exercise program works best for them as the amount and form will vary depending on a person's amount of inflammation, stability of the joints, and whether a joint replacement procedure has been done. Here are some basic principles on exercising with arthritis that can help.

There are three types of exercise that are best for people with arthritis:

Range-of-motion exercise like stretching,



yoga, tai-chi, and dance help maintain joint movement, relieve stiffness, and increase flexibility.

These exercises can be done daily and should be done at least every other day.

Strengthening exercises like weight training can keep and increase muscle strength and function. Circuit training with varied exercises is ideal since lots of repetitive joint movements can cause irritation.

Cardiovascular exercise like walking, biking or aerobics can help control weight and can

reduce inflammation. Weight control is important as extra weight puts extra pressure on many joints and can cause more inflammation.

Those with arthritis should start with supervision from a physical therapist or qualified trainer. Progression should be slow and individuals should ease off if pain in joints persists for more than an hour after exercise. A doctor or physician can suggest the best method for temporary relief of pain.

Bottom line...moving more can help you move more freely!