Getting It Straight

Improve your posture for better health

Sit up straight! This common request may have been how you first heard about posture, the way you hold your body. Posture isn’t just about how you look. How you position yourself can help or hurt your health over your lifetime.

“One way to improve your posture is to become aware of it in the first place...”

“Posture is not only about how well you sit, but how well you move and go about your daily life,” says Dr. George Salem, an NIH-funded researcher at the University of Southern California who studies how movement affects health and quality of life.

Posture can be affected by many things: your age, the situations you find yourself in, and your daily choices. For instance, children may have to adjust to carry heavy backpacks to school. Pregnant women move differently to accommodate growing babies.

Poor posture can decrease your flexibility, how well your joints move, and your balance. It can impact your ability to do things for yourself and increase your risk for falls. Slumped posture can even make it more difficult to digest the food you eat and breathe comfortably.

Your posture involves your musculoskeletal system. This includes your bones, muscles, joints, and other tissues that connect the parts of your body together.

Throughout life, this system must adapt to the type of work you do, the hobbies you enjoy, how you use electronic devices, injuries, and even the kind of shoes you wear. It’s never too early or late in life to work on improving your posture and how you move.

The foundation of good posture is having a body that can support it. This means having strong abdominal and back muscles, flexibility, and a balanced body over your life.

Another way to improve posture is to lose weight, especially around your gut. More than 2 out of 3 Americans are either overweight or obese. Extra weight weakens your abdominal muscles, causes problems for your pelvis and spine, and contributes to low back pain.

It’s important to work with a doctor to find the types of physical activity that can help you maintain your health and mobility. Talk to your health care providers if you feel pain, have an injury, or have had surgery. They can give you feedback on how you’re moving, help you avoid unhealthy movement patterns, and work with you to create a plan that’s best for you.

What’s Up with Yoga?

Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being.

What are the benefits of yoga?

*Research suggests that yoga may:*

- Help improve general wellness by relieving stress, improving emotional health, sleep, and balance
- Relieve low-back pain and neck pain
- Relieve menopause symptoms
- Help people manage anxiety or depressive symptoms
- Help people who are overweight or obese lose weight
- Help people with chronic diseases manage their symptoms

New to yoga or looking to enjoy a quality, local practice? Join us this month for **Yoga with Janice Berg at b-fit 24/7.**

**Tuesday, Feb. 4th @ 7:00pm**
**Thursday, Feb. 13th @ 7:00pm**
**Monday, Feb. 24th @ 7:00pm.**

Bring your own mat or towel! Questions? Contact Andrea Winter at City-County Health District.

Mark your calendar!

Each month, our newsletter will highlight community activities— you won’t want to miss these opportunities!

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**HEALTHWISE FOR GALS: POPULAR DIETS**

The last thing you want from a diet is a risk to your health. Any diet should provide sufficient calories and not fall seriously short on important nutrients or entire food groups.

**Wednesday February 5, 2020**
2:00pm @ Bridgeview  
5:00pm @ Courthouse

**HEALTHWISE FOR GUYS & GALS: COLON CANCER**

Colon cancer is caused by nonstop and unnecessary cell growth in the colon (also known as the large intestine). Early detection is key.

**Tuesday February 18, 2020**
2:00pm @ Legacy Place  
5:00pm @ Courthouse

**COMMUNITY CHOLESTEROL SCREENING**

Do you know your numbers for total cholesterol, HDL and LDL, triglycerides, and blood sugar? Knowing your numbers can help you stay healthy.

Fasting total lipid profile screening  
Cost: $35.00  
Call 845-8518 to schedule an appointment

**Wednesday February 26, 2020**
7:30-8:30am @ City-County Health District

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**Curried Corn Salad**

**Ingredients:**
- ½ c. red onion, finely diced
- 4 cups frozen corn, slightly cooked
- ½ c. red pepper, finely diced
- ½ c. pimento-stuffed, green olives, sliced
- ½ c. green pepper, finely diced
- ½ c. light mayonnaise
- ½ tsp. curry powder
- 2 Tbsp. fresh cilantro, chopped
- ½ tsp. oregano
- ¼ tsp. turmeric

**Directions:**

**Nutrition information:** 1 serving = ½ cup, Calories: 105, Fat: 5 g, Sodium: 165 mg