

BELLIN FOR WOMEN

ESSENTIALS *FOR* HEALTH

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Welcome to Essentials for Health—the monthly newsletter of Bellin For Women. You want to take a more active role in your own health, and this is just one of the ways we like to help. This newsletter is your go-to for all kinds of health-related information, from wellness education to health topics in the news to recipes that are good for you and yet somehow taste good, too.

But it's more than that. It's also your connection to BFW. Bellin For Women is a true community of women working to support each other, and maybe even have some fun, on our path to better health. Essentials for Health puts all that energy in your inbox every month to keep you encouraged and motivated to make every day happier and healthier.



BFW AUGUST MANAGER'S NOTE

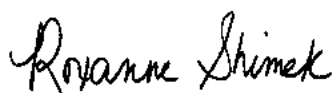
August already? How can that be?! If you're like me, all you want to do is be outside as much as possible. Of course, I rest indoors, but I have transferred most of my cooking, eating and working out to the beautiful outdoors of Wisconsin and the U.P.!

The great outdoors is a great place to shake your hips in the name of health, wellness and fun. During the cooler months, you may find indoor Zumba or salsa classes to your liking—but this time of year, we encourage you to take that workout outside! There are plenty of venues with outdoor music. Busting a move on the dance floor is a fun way to enjoy great tunes and an awesome workout that helps maintain strong bones.

Speaking of strong bones, this month's newsletter includes some excellent tips on how to keep 'em healthy. We mentioned exercise, and you'll also learn about the importance of staying hydrated by drinking plenty of water every day.

Enjoy this month's edition, outside if you can. Take some time for you—to read, rest and be your best.

Stay healthy and enjoy the month of August,



Roxanne Shimek

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FOR
WOMEN

Get Straight

How does my posture affect my overall health?



We all remember being told as a child to “sit up straight.” Turns out, that was good advice. Good posture can not only reduce back pain and make you appear taller, but also provides many other health benefits.

TOP 10 REASONS TO GET STRAIGHT

1. Reduce Back Pain

If you have ever experienced back pain, you are not alone: four out of five adults experience it at some point in their lives. In fact, back pain is the third most common reason to visit the doctor’s office and the leading cause of disability.

ACTION ITEMS

DO ONE THING: Focus on improving your posture to improve your overall health.

SHARED DECISION MAKING: If you suffer from back, neck or jaw pain, talk to your healthcare provider to see if your posture is contributing to your discomfort. Have a conversation to discuss what you can do to keep yourself aligned while standing, exercising and sitting.

While that sudden sharp zing in your back may strike swiftly, chances are the condition that triggered it didn’t develop overnight. Improving your posture, while sitting, standing and exercising, can have a big impact on pain.

2. Improve Circulation and Digestion

When you don’t practice good posture, you compress vital organs. This can lead to poor circulation and makes it harder for your organs to work well. To keep healthy blood flow, be sure to keep yourself aligned and avoid positions which impede circulation, such as crossing your legs.

3. Reduce Headaches

Poor posture can cause headaches since slouching builds pressure in the neck muscles and head. One common problem is a forward head posture. For each inch your neck bends forward past a neutral position, you create an extra 10 lbs. of weight on your neck. Maintaining good posture can help eliminate tension and reduce headaches.

Get Straight

How does my posture affect my overall health?

(continued)

Having good posture allows your joints and bones to align correctly. This means your muscles don't have to work as hard, which gives you more energy and makes you feel less fatigued.

5. Decrease Stress on Your Joints

When you sit or stand with uneven or poor posture, it can lead to stress on your joints, wearing them down more quickly, and leading to pain. Strengthening your core and lower back is one way to improve your posture to reduce stress on your joints.

6. Increase Lung Capacity

Good posture improves your breathing. When you slouch, you compress your lungs. When you sit and stand taller, your lungs have more space to expand.

7. Prevent Injury During Exercise

Poor posture while exercising can lead to injury. To avoid muscle strain, focus on keeping your neck in line with your spine and your shoulders back.

8. Ease Tension in Your Neck and Shoulders

When we are properly aligned, the joints and ligaments are less stressed and less subject to constant overuse. Avoid a forward head posture that puts strain on your shoulders and neck.

FEET FIRST

If you have a problem with your feet, it can change the way you walk to subconsciously avoid pain. This can cause poor posture, affecting your spine, especially your lower back. If you experience foot pain, it's important to see your doctor to determine the cause and fix it so that it does not lead to back pain.

YOUR KNEES KNOW

Poor posture can lead to knee pain. The nerves to your legs branch directly off the lower spine. If you have knee discomfort, it's important to evaluate your posture. Talk to your healthcare provider to determine if a problem in your back is causing your pain so you can take steps to alleviate it.

9. Reduce Jaw Pain

If you experience pain while talking, yawning, eating or have chronic headaches, it could be caused by poor posture that puts stress on your jaw muscles. Focusing on relaxing and loosening your jaw and practicing good posture can help alleviate this pain.

YOGA STRETCHES FROM YOUR CHAIR



10) Appear Taller and More Confident

Not only does having good posture make you look taller and more confident, but it can also make you appear slimmer. Try standing in front of a mirror with normal posture, then straighten your posture and see the difference for yourself.

Let's Get Hydrated!

Getting enough water every day is important for your health. Drinking enough water can prevent dehydration. Dehydration can cause headaches, unclear thinking, mood changes, cause your body to overheat and in the long-term, may lead to constipation and formation of kidney stones. The amount of fluid needed varies from person to person and is usually based on body weight and activity level. A good rule of thumb is to drink eight 8-ounce servings per day.

Water helps your body:

- Keep a normal temperature
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration and bowel movements

Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

Tips for Drinking More Water

- Carry a water bottle with you and refill it throughout the day
- Listen to your body: If you are thirsty, drink water. This is especially important if you are active or live in very hot climates
- Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long
- Choose water over soda
- Opt for water when eating out. This option will help save money and reduce calories
- Serve water during meals at home
- Add a wedge of lime or lemon to your water. Try adding cucumber or a few leaves of fresh mint. This can help improve the taste and help you drink more water than you usually do



Healthier Drink Options

There are many other beverage options besides water, and many of these can be part of a healthy diet. Beverages vary in their nutrient and calorie content.

Low or Calorie-Free Choices

Plain coffee, unsweetened teas, herbal teas, unsweetened iced teas, sparkling water, seltzers and flavored waters are low-calorie choices that can be part of a healthy diet.

Drinks with Calories and Important Nutrients

Low fat or fat-free milk, fortified milk alternatives, such as unsweetened soy or almond milks, or 100% fruit or vegetable juice contain important nutrients such as calcium, potassium, vitamin C or vitamin D.

5 Tips for Healthy Joints

By **Dr. Bryan Larson**, Bellin Health
Ttitletown Sports Medicine & Orthopedics



Maintaining strong and healthy joints is an important part of staying fit and active, no matter what your fitness level or stage of life. Fortunately, there are tried-and-true ways to do this, along with some emerging methods that may just help your joints be the best they can be. I call them the Phenomenal Five of Joint Health, and here they are:

1. Exercise!

Regular exercise is critical for so many areas of our health, and joint health is no exception. Consider low-impact aerobics, cycling, pool exercises, yoga and walking or jogging (be sure to watch the pattern of your shoe wear). The best exercise is one you will do regularly, so choosing an activity you enjoy is key. Find an online community or a workout buddy for added fun and accountability.

2. Diet

Maintaining a balanced, healthy diet provides a host of health benefits—including helping you maintain a lean

weight, which is important for joint health. Consider that for every pound of body weight, forces across the knees are multiplied four to seven times. Losing ten pounds therefore decreases forces by 40 to 70 pounds. That leaner weight can reduce pain, making it easier to move and enjoy that all-important exercise.

3. Over-the-Counter (OTC) Products

CBD products have gained popularity in recent years and may have value for some individuals. The spice turmeric and joint supplements may work, as well, especially when used in conjunction with the other steps of the Phenomenal Five.

4. Check-ups

When it comes to joint health, you and your healthcare provider are a powerful team. Make sure to get your regular check-ups, receiving assessments of general medical status as well as specific musculoskeletal issues, including bone density, hormone levels and medicines. Your provider can also help get you started with the right diet or exercise program, providing yet another jump-start to healthier joints—tomorrow, and for years to come.

5. Education

Be your own joint champion! There are some great resources online (make sure to seek out reputable, established sites), and your healthcare team is always happy to help. When it comes to healthy joints, knowledge is power.

Happier joints mean a happier you, and we want to help you get there. For more information, or to make an appointment with a Bellin Ttitletown Joint physician, call us at 920-430-4888 today!