

## Exercise choices for better bone and joint health

Exercise doesn't just benefit your heart and your muscles. It's also important for your bones and joints. In addition to increasing muscle strength, physical activity stimulates bone formation. It also improves posture and co-ordination, as well as balance. That helps prevent falls that can cause fractures and other injuries.

Although physical condition and abilities vary widely between women, everyone can do some type of exercise, says Sonia Bibershtein, a physiotherapist with the Multidisciplinary Osteoporosis Program at Women's College Hospital.

"The type of activity you choose and the intensity will depend on your personal preferences, your health and your fitness level, but everyone can exercise," she says. To gain health benefits from exercise, the Canadian Physical Activity Guidelines recommend getting at total of 150 minutes of moderate to vigorous activity each week, in bouts of 10 minutes or more.

"The guidelines also recommend two muscle strengthening sessions per week," Bibershtein says. "Muscle strength is very important to bone and joint health."

### Muscle strengthening activities include:

\* using weight machines \* using free weights \* using exercise bands \* doing exercises such as push-ups, leg raises and lunges that use body weight for resistance

Women usually lose bone mass in the first few years after menopause. For that reason, many perimenopausal and postmenopausal women are concerned about bone health. "To build bone strength, you'll need to do higher-impact exercise," Bibershtein explains. "These are activities that work against gravity to put a load on the bones."

### High-impact exercises include:

\* aerobics \* running or jogging \* dance \* jumping rope \* racquet sports such as tennis or squash

However, high-impact exercises aren't appropriate for everyone. It's a good idea to talk to your healthcare practitioner before starting a new exercise routine.

For women with joint problems, Bibershtein recommends avoiding high-impact exercise, and choosing low-impact activities instead.

### Great low-impact choices include:

\* aquafit \* cycling \* swimming \* using an elliptical machine

If you want to begin a new exercise routine, Bibershtein recommends choosing something you can stick with. "When choosing an activity, remember that you're more likely to stick with something you enjoy," she says. She advises women to think about what they like: whether they prefer to exercise in a group or on their own, if they would rather exercise at home or at a gym, and if they want a scheduled activity like a class or something more flexible.

If you're looking for ideas, your local community centre is a good place to start, Bibershtein says. See what programs and activities are offered. If you prefer a women-only setting, you might want to try a gym that's just for women, or a gym that offers women-only hours and classes. If you want to do things independently, technology can lend a hand. "There are plenty of great apps out there that can help, and gadgets like pedometers and activity trackers can help you stay motivated," Bibershtein says.

**"The important thing is to choose an activity you can stick with, and to get those 150 minutes of exercise each week."**

**Source:** <http://www.womenshealthmatters.ca/feature-articles/feature-articles/Exercise-bone-joint-health>



## Cashew Chicken Lettuce Wraps - Servings: 8 // Prep Time: 20 minutes

### Ingredients

- |   |                                  |                                    |                                    |
|---|----------------------------------|------------------------------------|------------------------------------|
| * 2 tbsp. brown sugar                           | * 2 tsp. low-sodium soy sauce    | * 2 tbsp. sesame oil               | * 1/4 cup vegetable oil            |
| * 3 tbsp. rice vinegar                          | * 1 red pepper, finely diced     | * 3 green onions, finely diced     | * 1/2 cup chopped unsalted cashews |
| * 2 cups bean sprouts                           | * 2 cups cooked chicken, chopped | * 1 head iceberg or butter lettuce | * 1/2 cup dry chow mein noodles    |
| * 1 can 284mL mandarin orange segments, drained |                                  |                                    |                                    |

**Directions** - In a small bowl, whisk together sugar, soy sauce, oils and vinegar. set aside. In a large bowl, combine next 6 ingredients and add dressing, mixing well. To serve, place 1/2 cup chicken mixture in centre of a lettuce leaf and wrap up like a burrito. Sprinkle noodles on top to serve.

**Nutrients Per Serving:** Calories 260 Fat 16g Protein 15g Carbs 17g Fibre 2g **Source:** <http://www.canadianfamily.ca/recipe/cashew-chicken-lettuce-wraps/>





Creating Community  
Changing Lives

# May 2014 Newsletter

Healing Herbs and Spices	
Medicine Cabinet in Your Kitchen	
<b>OREGANO</b> helps soothe stomach muscles	<b>Thyme</b> relaxes respiratory muscles
<b>MINT</b> can ease hiccups	<b>TURMERIC</b> anti-cancer
<b>GINGER</b> anti-nausea remedy	<b>BASIL</b> can relieve gas and soothe stomach upsets
<b>GARLIC</b> natural antiseptic	<b>BLACK PEPPER</b> help relieve indigestion
<b>FENUGREEK</b> helps flush out harmful toxins	<b>CAYENNE</b> can stop a heart attack
<b>Fennel</b> can reduce bad breath and body odor	<b>CINNAMON</b> helps lower blood pressure
<b>CLOVE</b> anti-microbial	<b>Dill</b> treat heartburn, colic and gas
<b>SAGE</b> antiseptic and antibiotic	<b>Rosemary</b> antioxidant



**RUN HAPPY  
RUN GRUMPY  
RUN SPEEDY  
RUN SLOW  
RUN A LITTLE  
RUN A LOT**

**JUST RUN**

## WHY YOU SHOULD EAT AN AVOCADO A DAY

*The Mayan Indians have a saying: "Where avocados grow, hunger or malnutrition has no friends."*

### PROTECT YOUR EYES WITH LUTEIN

Avocados provide the lutein necessary to protect you from age-related eye degeneration.

### HEART HEALTH OLEIC ACID

Oleic acid improves your cardiovascular system in addition Vitamin B6 and folic acid control homocysteine levels which are linked to an increased risk of heart disease.

### HIGH FIBER CONTENT

Avocados contain more natural fiber than any other fruit, and high fiber content aids in digestion and helps regulate blood sugar.

### ANTIOXIDANT BOOSTER

Contains the master antioxidant "Glutathione" which boosts your body's immune system and keeps your nervous system healthy.

### INCREASES COLLAGEN PRODUCTION

**DID YOU KNOW?** An Avocado has 35% more potassium than a banana.

**FUN FACT:** About 50 million pounds of avocados are consumed in the US on Super Bowl Sunday!

[www.undergroundhealthreporter.com](http://www.undergroundhealthreporter.com)



## AVOCADO & COCONUT POPSICLES

Prep time: 5-10 mins | Freezing time 5 hours or overnight |

Yield: 4 popsicles

You Need:

- > 1 large ripe avocado
- > 3/4 cup thick coconut milk \* see note
- > 3-4 tbsp caster sugar (adjust to taste)
- > 1 tsp lime juice or 1/2 tsp vanilla extract

**Method:** 1. Transfer the avocado to a bowl and mash well. Add the coconut milk & sugar and use a blender to form a soft puree. Add the lime juice or vanilla extract 2. Using a spoon pour in the mixture into popsicle moulds and freeze between 5 hours or overnight 3. When done, remove and serve immediately. To ease out the popsicles out of the moulds keep them under hot running water for a minute or two.

**Notes:** To make thick coconut milk you may use 3 tbsp coconut milk powder dissolved in 1/3 rd cup lukewarm water.

<http://www.ruchikrandhap.com/2012/10/october-avocado-coconut-popsicles.html>



## Races on our Radar

**Sporting Life 10K** - May 11th – 10K

**Color Me Rad** – May 31<sup>st</sup> – 5K & Fun Run

**Beaches Jazz Tune-Up Run & Walk** - July 27<sup>th</sup> - 5K & 10K

**A Midsummer Night's Run** – August 16<sup>th</sup> – 5K & 15K

**Terry Fox Run** - September 14th – 5K & 10K

**Oasis Zoo Run** - September 20th – 5K & 10K

**Scotiabank Toronto Waterfront Marathon** – October 19<sup>th</sup> –

5K, ½ Marathon & Full Marathon