

Happy New Year!!!!

## JRD Newsletter January 2019



### *Stand more, Sit less!!*

With over 300 joints, your body was made for movement. Although the rising tide of technology has created an amazing number of ways to share information, it has also increased the number of hours you remain seated each day. It's likely by now most understand sitting glued to your desk all day increases your risk of illness and early death.

Unfortunately, the average U.S. adult spends nine to 12 hours each day sitting,<sup>1,2</sup> and a 60-minute workout cannot counteract the effects of this level of inactivity.<sup>3</sup> Sitting is not inherently dangerous. The danger is in the amount of time you spend sitting. Brief periods of sitting are natural, whereas long periods can seriously impact your health and shorten your life.

#### *Exercise Likely Not Enough to Offset Damage Done by Sitting All Day*

A recent study in the *Annals of Internal Medicine*<sup>4</sup> demonstrated that sitting for prolonged periods of time can indeed be deadly. Even those who exercised heavily when they were not at the office experienced a significantly increased risk of death when seated for eight hours a day.

During the study, the team evaluated 8,000 Americans over the age of 45 for a four-year period. Participants wore accelerometers to track their movements. The researchers found those who moved more were healthier overall. However, they also found a correlation between death rates of participants and how many hours they spent seated during the day. In other words, there was a relationship between the time spent seated and the risk of early mortality from any cause.<sup>5</sup>

Although the American Heart Association encourages sitting less and moving more, the guideline maybe too simplistic. Keith Diaz, certified exercise physiologist and lead author of the study at Columbia University, believes this is like telling someone to exercise without telling them how.<sup>6</sup>



Instead, guidelines should be precise, such as those by the U.S. Centers for Disease Control and Prevention, which recommends moderate-intensity aerobic exercise for 2.5 hours every week, plus strengthening activities two or more times a week. Diaz says:<sup>7</sup>

*"We need similar guidelines for sitting. We think a more specific guideline could read something like, 'For every 30 consecutive minutes of sitting, stand up and move or walk for five minutes at a brisk pace to reduce the health risks from sitting.'"*

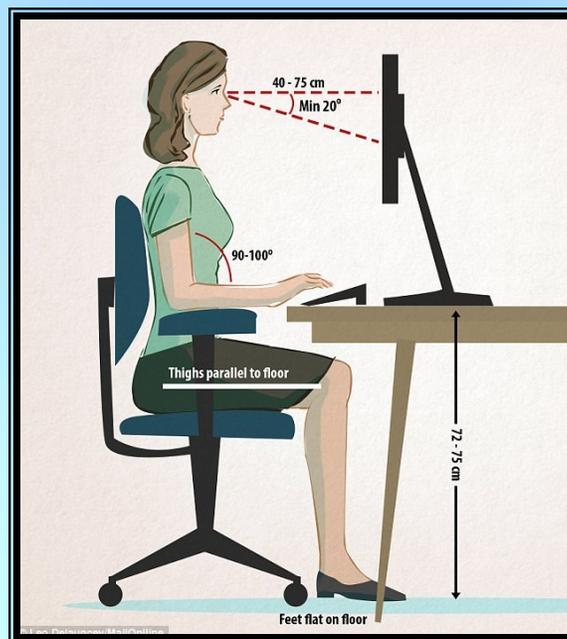
Although previous studies found daily sitting time to average between nine and 10 hours per day,<sup>8</sup> data analysis from this study found an average of 12.3 hours of sedentary behavior for an average 16-hour waking day.

As total sedentary time increased, so did early death by any cause, regardless of the participants' age, sex, race, body mass index or exercise habits.<sup>9</sup> The results indicated those who sat in stretches of less than 30 minutes had a 55 percent lower risk of death than those who sat for more than 30 minutes at a stretch.

#### *Sitting Right Requires Greater Muscle Activation and Reduces Pain and Strain*

When you do sit, it's important to sit with good posture. This will help reduce problems with lower back pain, wrist strain and other physical challenges associated with poor posture. However, while using good sitting posture is important, it does not negate your need for more movement. When sitting in a correct posture you:<sup>16</sup>

- Sit with your back straight and your shoulders back, pulling your shoulder blades down. Your buttocks should touch the back of your chair and your head should remain upright, all of which engage your core muscles. Distribute your body weight evenly over both hips, with your knees bent at right angles, your feet flat to the floor. Do not cross your knees. Avoid twisting at the waist while sitting, but instead turn your whole body.
- Place your computer screen at a height allowing your head to remain getting an external keyboard to allow level and the screen at  
than 20 minutes. Get up, briskly for several minutes helps to reduce the effects of sitting, but it and improves your  
increases your blood flow and creativity.  
the sitting position, move seat and then stand up by legs. Avoid bending forward at your waist as pressure on your  
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- When standing from the front of your straightening your  
ward at your waist as pressure on your



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main level. This may  
external keyboard to allow  
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the sitting position, move  
seat and then stand up by  
legs. Avoid bending for-  
this places additional  
lower back.



# At the Office Stretches

**#1: Standing Neck-Stretch:** Hold for 20 seconds on each side.

**#2: Shoulder Blade Squeeze:** Round your shoulders, then pull them back and pull down. Repeat for 20-30 seconds.

**#3: Standing Hip Stretch:** Holding on to your desk, cross your left leg over your right thigh and "sit down" by bending your right leg. Repeat on the other side.

**#4: The Windmill:** Stand with feet shoulder-width apart, then pivot your feet to the right. Push your hip out to the left. Raising your left arm skyward, and your right arm toward the floor, lower your body toward the floor while looking up, then raise your torso back to standing position. Repeat on the other side.

**#5: Side Lunge:** Starting with your feet together, take a medium step sideways, and bend down as if you're about to sit. Use your arms for balance by reaching out in front of you. Return to starting position, and repeat 10-20 times. Repeat on the other side.

**#6: Desk Push-Up:** Place hands a little wider than shoulder-width apart on your desk. Come up on your toes to make it easier to tip forward. Lower your chest to the edge of your desk, and push back up. Do 10 repetitions.

**#7: Squat to Chair:** With your feet shoulder-width apart, sit down, reaching forward with your hands, and stand back up in quick succession. Do 15-20 repetitions.

**#8: Single Leg Dead Lift:** Place your right hand on your desk, and place your weight on your right leg. Fold your torso forward, while simultaneously lifting your left leg backward. Do 10 repetitions on each side.

**#9: Mountain Climber:** Get into a push-up position on the floor. Pull your right knee forward to touch your right wrist or arm, then return to push-up position. Repeat on the other side. Try to pick up the pace, and do 20 quick repetitions.



# How Sitting Too Long Affects the Body

## Head

Blood clots that form after sitting too rigidly can travel to the brain, causing strokes.

## Neck

Fluid retained in the legs during the day moves to the neck at night and contributes to obstructive sleep apnea.

## Lungs

In individuals who experience heart failure, fluid first backs up in the lungs.

## Heart

A sedentary lifestyle contributes to cardiovascular disease. In people who suffer from heart failure and obstructive sleep apnea, fluid collects in the lungs and neck at night.

## Arms

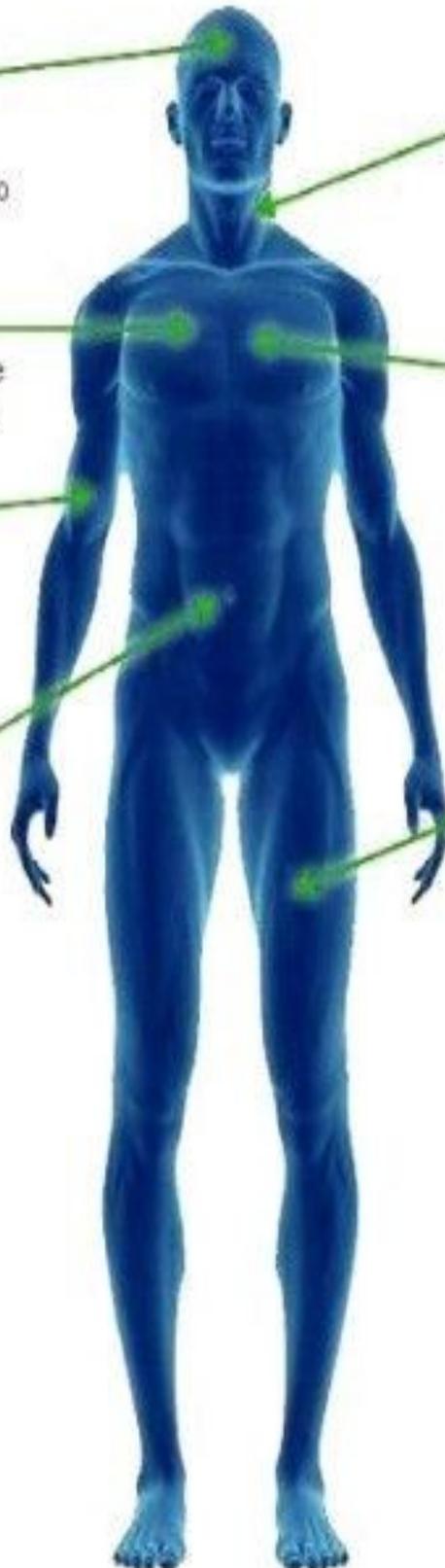
Physical activity reduces the risk of hypertension, or high blood pressure.

## Stomach

Sitting too much contributes to obesity and colon cancer. Enzymes in the blood vessels of muscles responsible for burning fat get shut off, and the body's method of metabolizing fuels such as glucose and lipids gets disturbed.

## Legs

Fluid collects in the legs during sitting. Walking helps pump it out before it causes problems.



# The benefits of sitting less

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on your  
**feet**  
Britain  
2015



**Standing during phone calls**



**Walk when on my mobile**



**Take the stairs (not the lift)**



**Set a regular reminder to move**



**Standing meetings. Stand during group presentations**



**Walk over and speak to colleagues**



**Walking meetings**

## Benefits

1. Be more confident
2. Sound better (more alert / clear)
3. Shorter calls

1. Get exercise / burn calories
2. Give my colleagues peace
3. Set a visible example

1. Feel energised
2. Get fitter
3. Smile - Lift your mood

1. Prompts so I don't forget to get up
2. Avoid pain and stiffness
3. Keep metabolism activated

1. Stay awake / alert
2. React better to colleagues
3. Get a better view

1. Get to know people better
2. More collaborative than an email
3. Set your message across more effectively

1. Fun and fresh
2. Productive and creative
3. Feel better

Stand up. Sit less. Move more.

#sitless

# Jerome Recreation District

## New Year's Special

### 3-month special

Available for purchase

Dec 15, 2018 – Jan 15, 2019

**(Membership Valid January 1 - March 31, 2019)**

In district

out of district

<u>Adult</u>	<u>\$53.00</u>	<u>\$63.60</u>
<u>Couple</u>	<u>\$81.00</u>	<u>\$91.00</u>
<u>Youth (age 13-17)</u>	<u>\$31.80</u>	<u>\$42.40</u>
<u>Senior Citizen (age 55+)</u>	<u>\$31.80</u>	<u>\$42.40</u>
<u>Family</u>	<u>\$106.00</u>	<u>\$137.80</u>

(Adult, Spouse, and children who live at home and are under the age of 19)



**BASKETBALL BASKETBALL**



**Kindergarten BB  
Clinic**

*Registration*

*November 1st—  
February 11th*



Clinic Feb. 11, 13, 18, and 20  
From 4:00 to 5:00



\$15.00 in district  
\$25.00 out-of-district



**BASKETBALL BASKETBALL**



# 2019 TUMBLING Schedule

\$20 in district  
or  
\$30 out of district

## **Tumble Academy I: (Ages 4 through Kindergarten) Wednesday 5:15pm-6:00pm**

Students are introduced to basic dance movements and positions and basic tumbling movements and positions on the floor, various mats, mini trampoline, and low balance beam. Beginning skills include forward rolls, brush leaps, mini cartwheel, mini handstand, splits, tuck jumps, and lots of balance and coordination work. Tumblers will learn how important conditioning is to their training and work on their ability to wait patiently for their turn. Students should be barefoot and wear comfortable but not baggy clothing.

## **Tumble Academy II: (Grades 1-4)**

### **Wednesday 6:00pm-6:45pm**

Students will add on to their basic dance and tumbling skills, including straddle jump, bridge, bridge kickover, backward rolls, advancing mini cartwheel, advancing mini handstand, and more balance and coordination work. Conditioning will increase in amount and intensity. Students should already know how to wait their turn and be excellent listeners. Students should be barefoot and wear comfortable but not baggy clothing.

## **Tumble Academy III: (Grades 5-??)**

### **Wednesday 6:45pm-7:30pm**

Students will add on to their basic dance and tumbling skills, including straddle jump, bridge, bridge kickover, backward rolls, advancing mini cartwheel, advancing mini handstand, and more balance and coordination work. Conditioning will increase in amount and intensity. Students should already know how to wait their turn and be excellent listeners. Students should be barefoot and wear comfortable but not baggy clothing.

# Just for Kids



## Need:

- 1 small tube sock
- Rubber bands
- Pillow stuffing
- Popcorn or lentils
- Glue

Decorations like felt, google eyes, marker, buttons, pom poms...

## Directions:

For the lower body, fill the tube sock with some lentils or popcorn for stability. Place rubber band around sock to separate from top of body. Add pillow stuffing for top of body. Place rubber band around sock to keep stuffing in. Fold top of tube sock down to form the hat. Glue in place. Add decorations. Have fun!!

# Slow Cooker Jambalaya

- 1 pound boneless, skinless chicken breast, cut into bite-size pieces
- 4 ounces smoked turkey sausage, chopped
- 3 cups chopped fresh spinach
- 1¼ cups chopped green bell pepper
- 2 stalks celery, thinly sliced (1 cup)
- ¾ cup chopped onion
- 1 (28 ounce) can no-salt-added crushed tomatoes, undrained
- 1 tablespoon quick-cooking tapioca
- 4 cloves garlic, minced
- 1 teaspoon dried thyme, crushed
- 1 teaspoon crushed red pepper
- 8 ounces frozen peeled and deveined medium shrimp, thawed
- 2 cups hot cooked brown rice
- Chopped fresh parsley



Combine chicken, sausage, spinach, bell pepper, celery, and onion in a 3½- or 4-quart slow cooker. Stir in tomatoes, tapioca, garlic, thyme, and crushed red pepper.

Cover and cook on Low for 5 to 6 hours or on High for 2½ to 3 hours.

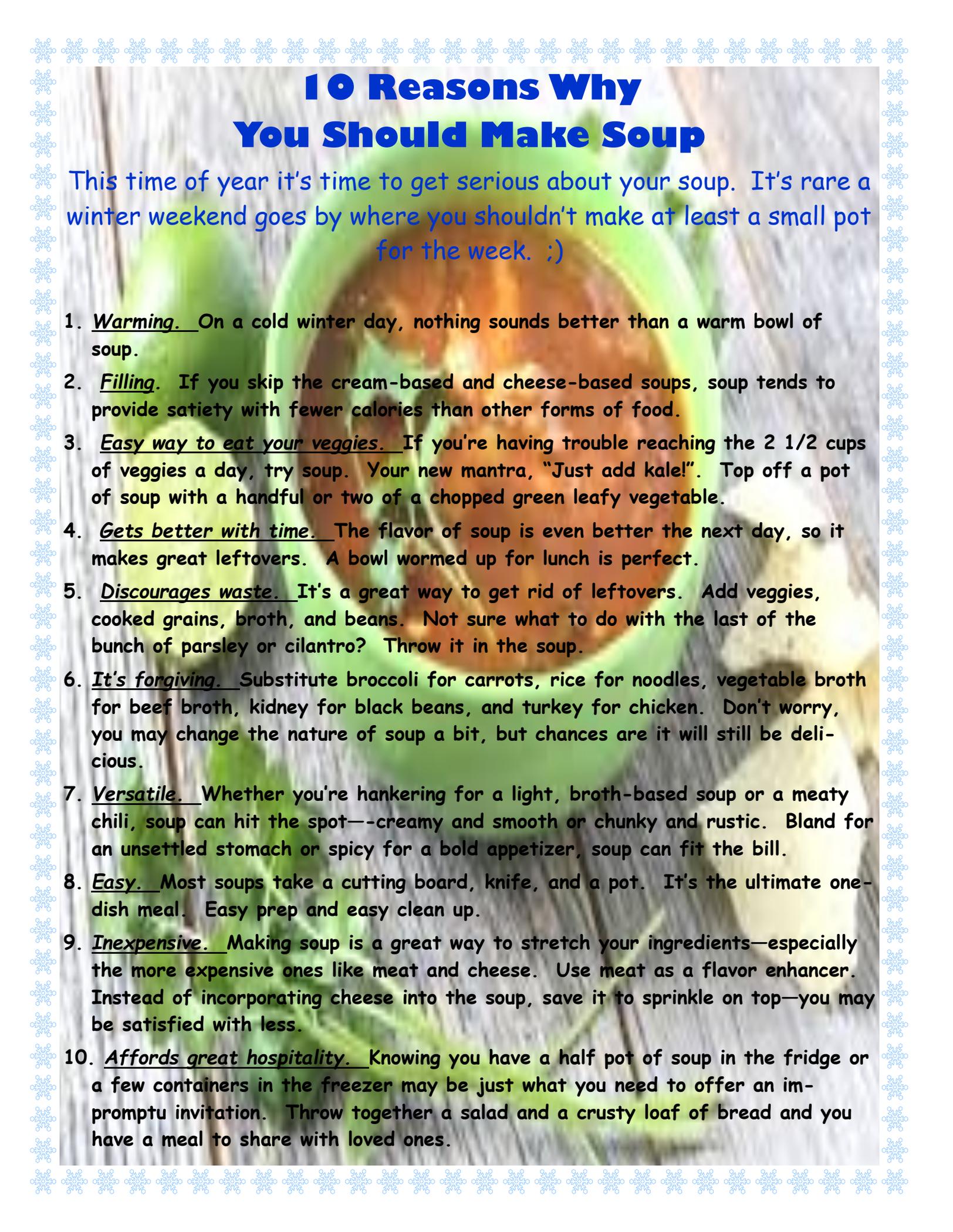
If using low setting, turn to High. Stir in shrimp. Cover and cook for 30 minutes more or until shrimp are opaque. Serve over hot cooked brown rice. Sprinkle with parsley.

## 5 Ingredient Broccoli Cheese Soup

- 3 cups chicken or vegetable stock
- 2 cups chopped broccoli florets, fresh or frozen
- 1 small white onion, chopped
- 1 15 oz. can evaporated milk
- 2 cups shredded sharp cheddar cheese
- Salt and pepper to taste
- (optional) a few generous pinches of Italian or Cajun seasoning



Stir together stock, diced onion, and broccoli in a pan. Heat over medium heat until it comes to a low boil. Reduce heat to medium and continue boiling for 5 minutes or until onions are tender. Stir in the milk and continue cooking for 3 minutes longer. Remove from heat and stir in cheese until melted.



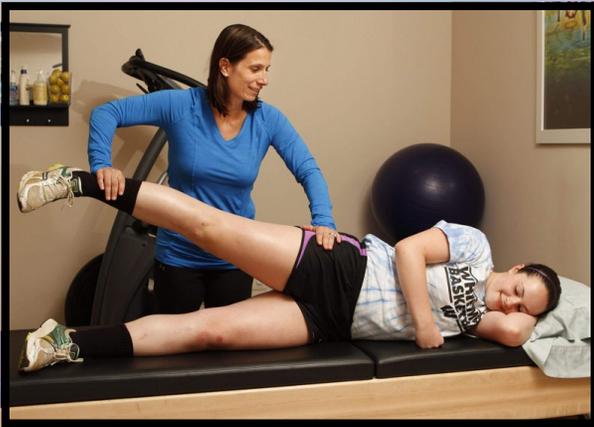
# 10 Reasons Why You Should Make Soup

This time of year it's time to get serious about your soup. It's rare a winter weekend goes by where you shouldn't make at least a small pot for the week. ;)

1. **Warming.** On a cold winter day, nothing sounds better than a warm bowl of soup.
2. **Filling.** If you skip the cream-based and cheese-based soups, soup tends to provide satiety with fewer calories than other forms of food.
3. **Easy way to eat your veggies.** If you're having trouble reaching the 2 1/2 cups of veggies a day, try soup. Your new mantra, "Just add kale!". Top off a pot of soup with a handful or two of a chopped green leafy vegetable.
4. **Gets better with time.** The flavor of soup is even better the next day, so it makes great leftovers. A bowl wormed up for lunch is perfect.
5. **Discourages waste.** It's a great way to get rid of leftovers. Add veggies, cooked grains, broth, and beans. Not sure what to do with the last of the bunch of parsley or cilantro? Throw it in the soup.
6. **It's forgiving.** Substitute broccoli for carrots, rice for noodles, vegetable broth for beef broth, kidney for black beans, and turkey for chicken. Don't worry, you may change the nature of soup a bit, but chances are it will still be delicious.
7. **Versatile.** Whether you're hankering for a light, broth-based soup or a meaty chili, soup can hit the spot—creamy and smooth or chunky and rustic. Bland for an unsettled stomach or spicy for a bold appetizer, soup can fit the bill.
8. **Easy.** Most soups take a cutting board, knife, and a pot. It's the ultimate one-dish meal. Easy prep and easy clean up.
9. **Inexpensive.** Making soup is a great way to stretch your ingredients—especially the more expensive ones like meat and cheese. Use meat as a flavor enhancer. Instead of incorporating cheese into the soup, save it to sprinkle on top—you may be satisfied with less.
10. **Affords great hospitality.** Knowing you have a half pot of soup in the fridge or a few containers in the freezer may be just what you need to offer an impromptu invitation. Throw together a salad and a crusty loaf of bread and you have a meal to share with loved ones.

# Think You Understand Physical Therapy?

## Fact vs Fiction



Like anything else in health care, it can be hard to tell fact from fiction when you're trying to navigate providers and need physical therapy care. Well-meaning friends, co-workers, and of course the internet can muddy the water so you don't always know the right step to take first or how to go about seeking the right care. Luckily, it's easier than you think to find quality care that will get you moving again: we give you some myth vs. reality below to show you just how easy it can be.

**Myth:** I have to see my doctor before I can see a physical therapist.

**Fact:** Thanks to direct-access, you can make an appointment with a physical therapist first. Your PT will work with your insurance company as well as your doctor, should a referral for future/continued visits be necessary.

**Myth:** Your doctor gives the physical therapist treatment instructions.

**Fact:** Your physical therapist is typically a doctor in his/her own right, whether of sports medicine, physical therapy, or other doctoral degree. Your PT is a highly-trained medical professional who will work with your diagnosis as well as his/her own exam to determine the course of physical therapy that will lead to the best outcome.

**Myth:** Physical therapy is only for injury or surgical recovery.

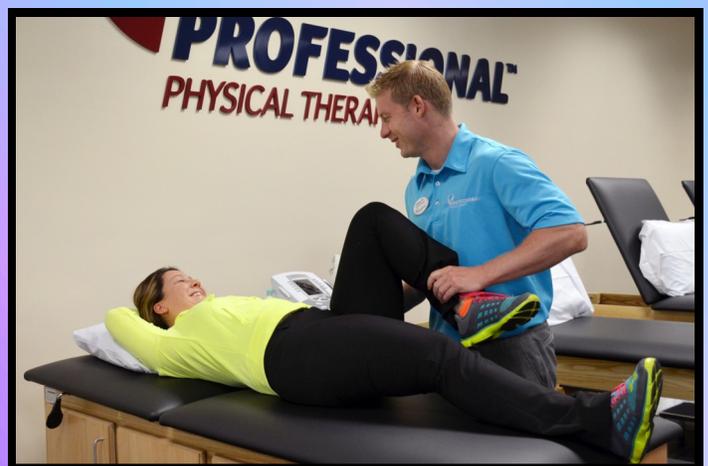
**Fact:** Physical therapy is also great at helping *prevent* injury and the need for surgery. They have programs that focus exclusively on addressing injury prevention and improving body movement patterns, balance, strength, etc.

**Myth:** You wait until after surgery for physical therapy.

**Fact:** It is the current standard of care for many surgical repairs to have patients undergo a short course of PT before surgery. The physical therapy has been shown to increase the odds for a successful surgical outcome and improved recovery.

**Myth:** A chiropractor and a physical therapist are pretty much the same thing.

**Fact:** A chiropractor has a specific focus on spinal alignment and passive adjustments. A physical therapist has a broader focus on the musculoskeletal system and utilizes both passive and active treatment to achieve improved range of motion, strength, balance, body movement, and pain reduction.





# 2019 JRD New Year's Team Weight Loss Challenge January 7<sup>th</sup>-March 27<sup>th</sup>

The 4man team challenge will last for 12 weeks.  
First weigh-in will be at the first meeting on  
January 7<sup>th</sup> at 7pm.  
Winning team will be determined  
by the combined highest %  
of weight lost per team.

Friends, siblings, co-workers and  
Spouses are all encouraged to make a team.

**Cost: \$100**

## *All I need to know I learned from a Snowman*

- *It's okay if you're a little bottom heavy.*
- *Hold your ground, even when the heat is on.*
- *Wearing white is always appropriate.*
- *Winter is the best of the four seasons.*
- *It takes a few extra rolls to make a good midsection.*
- *There's nothing better than a foul weather friend.*
- *The key to life is to be a jolly, happy soul.*
- *It's not the size of the carrot, but the placement that counts.*
- *We're all made up of mostly water.*
- *You know you've made it when they write a song about you.*
- *Accessorize! Accessorize! Accessorize!*
- *Avoid yellow snow. Don't get too much sun.*
- *It's embarrassing when you can't look down and see your feet.*
- *It's fun to hang out in your front yard.*
- *Always put your best foot forward.*
- *There's no stopping you once you're on a roll.*
- *It's ok to be fridged at times*
- *We can see things a little clearer through a lump of coal*
- *Adding a little heat, can literally melt your heart.*
- *It's nice to know that you were created with love.*
- *Everyone can be a little flakey at times*
- *Everyone is unique*
- *When the heat is on, some people melt.*
- *You don't need a nose job to be pretty!*
- *Everyone comes in all shapes and sizes.*
- *Gold hearts can melt*
- *Who cares if you have an extra roll or two?*

