

HEALTH & WELLNESS NEWSLETTER

Sedentary Activities, Sedentary Lifestyle

According to the World Health Organization (WHO), physical inactivity is a leading cause of disease and disability. In fact, sedentary lifestyles have been known to increase all causes of mortality, double the risk of cardiovascular diseases, diabetes, and obesity, as well as increases the risks of certain cancers, high blood pressure, osteoporosis, lipid disorders, depression, and anxiety. Think this doesn't apply to you?

The Sedentary Behavior Research Network defines sedentary behaviour as any time a person is sitting or lying down. Think of the hours you spend driving a car, at the computer, eating, and watching TV.

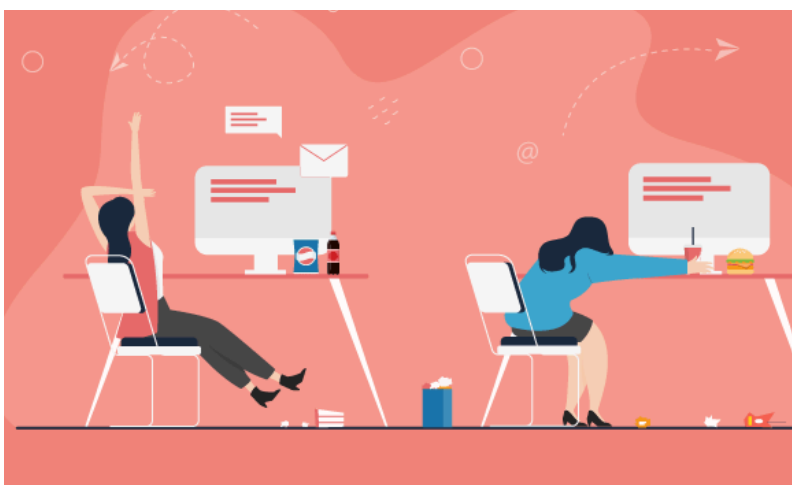
If you accumulate **6 or more hours of sedentary activities** during the course of a day, without getting the recommended amount of physical exercise, **you are leading a sedentary lifestyle.**



By the way, if you think this only applies to adults, it doesn't. Sadly, **so many children** today aren't spending enough time playing outdoors or moving in general. They sit in classrooms, play video games, eat, and sleep. Anyone of any age can find themselves living a sedentary lifestyle.

Time to Get Moving!

Summer is here! You have no excuse - if you are, or are at risk of leading a sedentary lifestyle, now is the perfect time to get moving. We're not saying you have to take up a vigorous sport. Instead, find an activity that gets you up, out, and that you enjoy. Then do it! Whether it's walking, swimming, gardening, biking, or swinging a tennis racket or golf club, it doesn't matter. While some sports or activities might burn more calories or use more/different muscle groups, the point is to move your body. Once you start, we guarantee you'll love being back in the swing of things!



How to Enjoy Summer Activities Without Back Pain

1 Taking the family out for day trips

Back pain might be the last thing on your mind when taking your family out for a fun-filled day. However, carrying extra packs, bending, twisting, or even picking up small children makes it inevitable to experience aches and pains. Therefore, it is important to stay aware of these strains and take frequent breaks.

2 Enjoying a day on the golf course

Warm up before your game with a few quick stretches and stay hydrated in the warm sun. Be aware of maintaining proper posture and take breaks as needed to avoid excessive strain and fatigue.

3 Activities on the water

Exciting watersports like tubing & wakeboarding are really fun, but can also cause serious back injuries. Ensure that you are aware of the risks involved and be safe!

4 Hosting outdoor parties

Lifting heavy objects to rearrange furniture for extra room or participating in summer sports. It's important to relax and have fun, just exercise caution when partaking in summer activities!

4 Tips for Running in the Heat

✓ Stay hydrated

Hydrate before and after your run, and refrain from drinking alcohol, soda, and coffee.

✓ Wear sunscreen

Sunscreen is a powerful tool that protects your skin from damaging UVA and UVB rays. You should also consider wearing hats or other headwear to protect your scalp from the sun.

✓ Start slow

This will help you last longer during your run and ensure that your body temperature and heart rate don't spike too quickly.

✓ Take breaks

It's okay to slow down, especially on a hot day! It's important to look after your body.



Incredible Summer Salad

Ingredients

- 2 cups chopped red cabbage
- 2 cups chopped cauliflower
- 2 cups sliced broccoli
- 1/2 cup chopped parsley
- 2 tbsp toasted sunflower seeds
- 1/3 cup toasted almonds
- 1/4 cup dried cranberries

Dressing

- 1/2 cup lemon juice
- 1 tsp raw honey
- 2 tbsp extra-virgin olive oil
- 1 tsp Dijon mustard
- 1 tbsp minced ginger
- 1 tbsp minced garlic
- 1/2 tsp sea salt
- 1/2 tsp black pepper

Directions

1. In a small bowl, whisk the dressing ingredients until well combined.
2. In a large bowl, toss together all the salad ingredients; pour over the dressing and toss to coat well.
3. Serve and enjoy right away!





Backpack Safety

Research suggests that incorrect wear, the weight, the amount of time, the distance walked, inadequate distribution of weight, and poor placement of items in the backpack can be contributing risk factors for discomfort, fatigue, muscle soreness, musculoskeletal pain (especially in the lower back), respiratory problems, and other issues.

Warning Signs of Injury from Backpack Use

- Neck, shoulder, and/or back pain or discomfort
- Tingling, numbness, or weakness in arms and hands
- Improper posture from single shoulder strapping

Prevention

Choosing the Right Backpack

- Its height should extend from approximately 2 inches below the top of your shoulder blades down to waist level.
- Look for adjustable padded shoulder straps, padded back, chest and waist straps, and a side pocket for water bottles.
- Avoid heavy materials such as leather and opt for a more eco-friendly option.

Tips on How to Wear Your Backpack

- Distribute the weight evenly by using both shoulder straps and chest or waist straps if available.
- Load the heaviest items closest to your back and balance materials to stand up straight.
- Check that your packed backpack isn't too heavy, otherwise consider carrying one of your items or leaving it at home.
- Only wear your backpack when needed.

CHANGING PRACTITIONER HOURS



Dr. Mark

Monday in Kanata
10am-6pm

Friday Downtown
6:45am-1pm



Dr. Kym

Monday Downtown
7am-11:30am

Wed Downtown
2pm-4pm

Friday in Kanata
9:30am-12:30pm



Karen

Friday in Kanata
8am-1pm



Steve

Friday in Kanata
10am-3pm

81 Metcalfe Street • Ste 1100
Ottawa, ON K1P 6K7

613.564.9000

471 Hazeldean Road, Unit 6
Kanata, ON K2L 4B8

613.831.5554



Ottawa
Health Group

