



Health & Wellness



by OHG

Tips for Upcoming Spring Activities!

Cycling

CHOOSE THE RIGHT BIKE SIZE

A rough estimate for choosing the proper frame size is to subtract 10.5 inches from your inseam. Straddling a proper-sized bike will leave approximately 1 inch of clearance between your groin and the top of the frame.

POSITION THE SADDLE SURFACE

The saddle surface should be horizontal or tilted slightly up at the neck. Off-road riders may benefit from using a stem that contains a spring for additional shock absorption.

ADJUST THE SADDLE HEIGHT

When the ball of your foot is on the pedal, there should be an approximate 10° bend in your knee (with your leg fully extended in the 6 o'clock position).

MODIFY YOUR STEM HEIGHT

Your stem height should be somewhere between parallel and 1 inch lower than the top of your saddle. A general rule of thumb is to place your elbow on the nose of your seat and stretch your arm forward over the stem. The tips of your fingers should touch your handlebars.

CHOOSE THE RIGHT ACCESSORIES

Padded bicycle shorts are the single most important piece of clothing for long rides. Wearing cycling gloves helps to relieve hand pressure associated with riding.



CHOOSING THE RIGHT ATHLETIC SHOE

In general, you can predict the most suitable athletic shoe based upon the outline that your wet foot would create on the pool deck.



Full-width

You probably need a **motion control** shoe to help control an over-pronating arch.



Skinny

You probably need a **cushioned** shoe to help absorb the shock created by the lack of foot pronation.



Normal

A **neutral** shoe is optimal in this case. This shoe provides the best of both worlds.



RUNNING WITH FORM



HEAD

- Neck tall
- Ears in line with shoulders
- Gaze 20 feet in front but not over horizon

SHOULDERS

- Avoid slouching; pull shoulders back to open chest
- Avoid shrugging shoulders; stay relaxed

ARMS

- Hold arms close to your sides
- Keep elbows bent at 90°

TORSO

- Lean slightly forward without bending at the waist

HANDS

- Keep closed but relaxed
- Thumbs pointed upward

STEP WIDTH

- Avoid excessively narrow steps
- Imagine trying to avoid stepping on "centerline" beneath you

FOOT STRIKE

- Midfoot strikes more efficient & safe
- Avoid landing on your heels; land on mid foot with perpendicular shin
- Feet should be alive and springy

RUNNING SHOES

- Should be replaced every 500 to 1000 km



HEALTHY RUNNING



STRETCH & STRENGTHEN

Stretch daily, especially hamstrings, quads, and calves. Work on hip and core strength to ensure steady and durable foundation.



PACE & STRIDE

Maintain a high cadence of quick light steps to avoid "pounding" the ground with excessively long strides. Think about "running on the hot sun".



TRACKING

Use technology to track your workout (distance, pace, heart rate, etc.) and keep notes about how you felt that day. This can help you identify your best routine.



INTENSITY

Use a target heart rate rather than pace as your intensity guide. To determine target, use talk test.



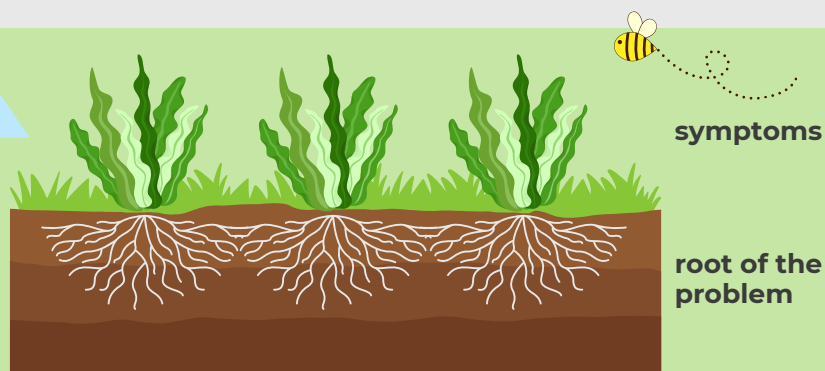
CLOTHING

Remember "cotton is rotten"; especially for undergarments and socks. Invest in moisture wicking clothes and dress in layers for colder weather.



Spring into a healthier you!

You can cut down the weeds all you want, but if you never pull the roots they'll eventually just grow back.



Spring Cleaning

Winter is finally on its way out and spring is just around the corner! It is time to purge, crack open the windows, and get into those hard-to-reach corners. What's spring cleaning without moving furniture and getting right in there, right?

SAFE LIFTING



1 Avoid lifting or flexing before you've had the chance to warm up your muscles (especially when you first awaken or after sitting or stooping for a period of time).

2 To lift, stand close directly facing the object with your feet shoulder-width apart.

3 Squat down by bending with your knees, not your back. Imagine a fluorescent light tube strapped to your head and hips when bending. Don't "break" the tube with improper movements.

4 Slowly lift by thrusting your hips forward while straightening your legs.

5 Keep the object close to your body, within your "powerzone" between your hips and chest.

6 Do not twist your body. If you must turn while carrying an object, reposition your feet, not your torso.

7 An alternative lifting technique for smaller objects is the golfers lift. Swing one leg directly behind you. Keep your back straight while your body leans forward. Placing one hand on your thigh or a sturdy object may help.

5 Ways to Seamless Spring Cleaning

1 Create a To-Do List

It sounds simple but can actually be very impactful. Adhering to a list and completing tasks one at a time will allow you to remain organized and sure of your surroundings, as well as keep track of time!

2 Warm Up

Injuries are more likely to occur if you have stiff muscles during all that bending, moving, lifting, and scrubbing. Take a walk around the house, do a few stretches, get your muscles warm and blood circulating!

3 Keep Your Abs Tight

Doing this will give you a great ab workout while also supporting your back while moving and lifting items. Many back injuries occur due to poor form when moving, lifting, or getting up from awkward positions

4 Use Your Legs, Not Your Back

Instead of bending at the waist, use your legs and squat or lunge! Squat while cleaning the bottoms of windows and mirrors. When cleaning the tub or picking items up off the floor, squat and bend at the knees when reaching for objects, and lunge while vacuuming or weeding the garden (both of which are great for the shoulders and arms).

5 Clean More Than Your Home

Spring cleaning isn't just about the physical aspect of cleaning and purging either. Cleaning up your eating habits and routine is a great way to get back on track after the long winter months. Meal planning can make getting organized with your food easier.

Your home is an excellent place to start, but remember to include the rest of your life too. Happy Spring cleaning!

Healthy Chicken Salad



Ingredients

- 1 1/2 c cooked boneless skinless chicken breast
- 1/4 c celery, chopped
- 1/4 c nonfat Greek yogurt
- 3 tbsp reduced fat mayonnaise
- 1/2 tbsp lemon juice
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp celery seed

Directions

1. Dice or shred the chicken to your preference and combine all the ingredients in a bowl. Serve as is or enhance your meal by adding it to a sandwich!

