



Health & Wellness

by OHG

September is Healthy Aging Month

We encourage you to act how you feel - instead of acting your age! Take charge of your health and celebrate life. This month is dedicated to helping individuals gain a more positive outlook about growing older.



Tips for Healthy Aging

Get Moving

No matter your age! Not only is it your weapon to help control blood pressure and prevent other disease, it just makes you feel good and young! Try new forms of exercise to keep it interesting!

Eat Healthy

Pay attention to portion control, avoid high sodium and highly processed foods. Add more fiber and some extra seasoning to keep your gut and soul happy. And don't forget to stay hydrated!

Stay Social

Make new friends, prioritize family time, get a pet, take on volunteering or a new class. Facetime is a great tool to stay in touch with long-distance buds. Don't let this season of life leave you feeling isolated!

Keep Your Mind Active

This is key for potentially preventing memory loss or dementia. Keep reading those books and finishing those puzzles. Start a new creative hobby while you're at it! Stay busy.

Prioritize Your Health

Don't ignore symptoms. If you're not feeling well, don't wait for it to "go away". Don't neglect regular medical check-ups either. Many diseases can be prevented when caught early! Alternative options such as chiropractic, acupuncture, massage therapy, and physiotherapy are all great for those pesky aches and pains we get from time to time. General maintenance of your physical health is just as important. Take care of yourself.

Back to School Season Is Here!

Backpack Safety

Backpacks that are too heavy or are worn incorrectly can cause problems for kids and teenagers. Improperly used backpacks may injure muscles and joints. This can lead to severe back, neck, and shoulder pain, as well as posture problems.

Choosing the Right One

1. Two wide, padded shoulder straps
2. Padded back
3. Waist strap
4. Lightweight material ideally
5. Appropriate size for height & weight



Injury Prevention

- Use all straps provided to distribute the weight load and avoid postural distortions.
- Organize from heaviest to lightest and use those pockets!
- Pack light and avoid carrying around unnecessary books.
- Lift by bending your knees.

Tips for Parents

Don't ignore any signs or symptoms of back pain. Watch them put their backpacks on and off. If it seems too heavy, encourage them to carry heavier items. Happy school season!



Healthy Back to School Snack Ideas

Fruit kebabs with cheese or yogurt

Veggies with hummus

Popcorn

Hardboiled eggs

Unsweetened apple sauce

Edamame beans

Homemade nut-free muffins

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81 Metcalfe Street • Ste 1100
Ottawa, ON K1P 6K7
613.564.9000

471 Hazeldean Road, Unit 6
Kanata, ON K2L 4B8
613.831.5554

