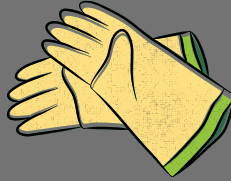


# Health & Wellness

by OHG

## Plant & Rake without the Ache



### Gardening Dos

- Kneel, don't bend to plant
- Change your body position often
- Take frequent breaks
- Alternate between light & heavy chores
- Stay hydrated!
- Dynamic warm up 5-10 min with gentle activity & stretching

### How to Lift Right

- Keep your back straight and bend your knees
- Carry the load close to your body
- Avoid heavy lifting immediately after bending or kneeling



## Upper Body Stretches

### For Your Sides, Arms, and Shoulders:

1. Extend your right arm over your head
2. Bend to the left from your waist
3. Hold for 15 seconds and repeat on the other side
4. Hug yourself snugly to stretch your arms and upper back

### For Your Back:

1. In a seated position, bend forward from your hips, keeping your head down
2. Reach for the ground

## Lower Body Stretches

### For Your Thighs:

1. Face a wall or tree and support yourself against it with one arm
2. Bend your knee and hold your ankle
3. Hold for 15 seconds and repeat on the other side

### For Your Hamstrings:

1. Stand and reach your hands to the sky
2. Bend at your waist and reach toward your toes
3. Hold for 15 seconds

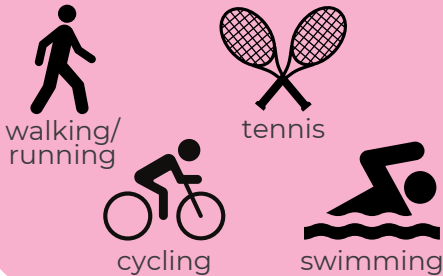


# Boost Your Heart Health This Summer



## Aerobic Exercise

Improves circulation, which helps in regulating your blood pressure and basal heart rate.



## Resistance Training

More specific effect on body composition: helps reduce fat and build lean muscle mass. Combined with aerobic exercise, it may help raise HDL (good) and lower LDL (bad) cholesterol.



## Flexibility & Balance

While focusing on flexibility itself will not directly contribute to heart health, it will benefit your musculoskeletal health, which will support your aerobic and resistance training.



# June is Migraine Awareness Month

## What is it?

A migraine is a headache characterized by severe throbbing pain or a pulsing sensation, usually on one side of the head but often on both. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Migraine attacks can last for hours or even days, and the pain can be so severe that it interferes with your daily activities. Worldwide, an estimated 1 billion people suffer at least one migraine headache each year.

## Triggers

- Hormonal changes in women
- Drinks (alcoholic or caffeinated)
- Stress
- Sensory stimuli (bright lights or strong smells)
- Sleep changes (too little/much)
- Physical factors (cervical tension)
- Weather changes
- Medications
- Certain foods (aged cheese, processed foods, skipping meals)
- Food additives (MSG, aspartame)

## Lifestyle

- S** —→ Sleep Hygiene
- E** —→ Exercise
- E** —→ Eat Healthy & Stay Hydrated
- D** —→ Diary of Your Headaches
- S** —→ Stress Management

## Solutions

## Treatment

Taking painkillers too often can trigger serious medication-overuse headaches. Spinal manipulation has demonstrated similar effectiveness but longer-lasting benefits and fewer side effects than the well-known medical therapy, amitriptyline.

# Direct Insurance Billing Coming Soon!

With the announcement of the changing Public Service Health Care Plan (PSHCP) on July 1st, the Ottawa Health Group has decided to bring direct insurance billing. We are excited to be streamlining this process for your convenience through Telus Health eClaims. If you are interested in direct billing, please check with our front desk team that your insurance company is registered with Telus, and we will be happy to set it up!

\*\*Please note that claim payments will continue to be directed to you from your insurance, therefore, you will nevertheless be responsible for paying your account in full.



Wishing you a  
**Happy  
Canada  
Day**  
this July 1st!

## A guide to environmental eating

When it comes to climate change, our global food system is actually a major contributor. Supporting food producers making environmentally-sound decisions while choosing foods that have the least impact are the best things you can do when looking to take climate action through your food choices. While this might seem overwhelming at times, here are some quick tips to help guide you.

### Opt for Plants First

Whole grains, fruits, vegetables, legumes, nuts, and seeds are all packed with micronutrients and require fewer resources and have a lower environmental impact than animal products.

Everything you need to know about plant-based diets



### Limit Animal-Based Products

Meat, dairy and fish all have fairly high environmental impacts; however, they are all rich in important sources of macro- and micronutrients, and are highly accessible. That said, it is possible to reduce your intake or buy from sustainable sources and still maintain good health.

### Invest in Local & Organic

One of the best ways you can reduce your impact is by reducing how much packaging, processing, and shipping your food needs. You can achieve this by supporting local producers who use environmentally sound growing methods, such as regenerative farming, and ethically raised stocks.

### The Less Processing, The Better

Processed foods require many resources to be manufactured and shipped. Plus, most packaged and processed foods are devoid of many important nutrients. Begin by swapping out packaged foods such as cereals and snack foods with whole foods, such as grains, fruits, and vegetables.

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