




Health & Wellness

by OHG



boost
your
immune
system

The idea of boosting your immunity is enticing, but the ability to do so has proved elusive for several reasons. The immune system is precisely that - a system, not a single entity. To function well, it requires balance and harmony.

Your first line of defense is to choose a healthy lifestyle. This is the best step to naturally keep your immune system working properly.

- Don't smoke
- Eat a fiber-rich diet
- Exercise regularly
- Drink alcohol in moderation
- Get adequate sleep
- Take preventative measures against infection (washing hands)
- Try to minimize stress

Avoid Strokes By Switching To A Mediterranean Diet

Olive oil as replacement for butter

7-10 servings of vegetables and fruits daily

Whole-grain bread, cereal, rice and pastas

Healthy nuts like unsalted almonds, walnuts, pistachios, and cashews limited to a handful per day. Choose natural peanut butter.

Limited salt consumption - try using other spices and herbs for seasoning

Fresh fish and poultry 1-2 times per week. Try less fatty fish like tuna, salmon, trout, mackerel & herring

Red meat but only a few times per week. Avoid salty and high-fat meats, and pay attention to portion size.

Low-fat dairy products



November is Fall Prevention Month!

At OHG, we want to make sure that your ankles are strong and ready for the upcoming winter season. Additionally, falls are the leading cause of injury among older Canadians and are largely preventable. Falling injuries are a serious health concern as they can lead to disability, chronic pain, loss of independence and a reduced quality of life.

Exercises to Strengthen Your Ankles

Single-Leg Balance

Balance on one foot and bring the opposite knee up to hip height. Once stable, add a rotation by bringing the free knee out to the side of the body. As this gets easier, try balancing on an uneven surface (i.e., Bosu ball, dense foam, mattress)

Standing Heel Raises

Begin standing normally, feet hip width apart. Slowly lift up your heels by going up on your toes. Slowly lower yourself back down with control. As this gets easier, challenge yourself by adding weight or doing single-leg heel raises. Don't forget to stretch after!

Eccentric Dorsiflexion

Dorsiflexion is what allows you to pull your toes up. To begin, sit in a chair with your feet propped up and dangling off the edge of a stool. Slowly lower the toes down for 5 seconds, then lift toes back up towards the shins for 2 seconds. As this gets easier, add some resistance from a band or kettlebell.

Resisted Ankle Eversion/Inversion

This exercise requires a resistance band. Sit with your legs stretched out in front of you, knees straight, and calves supported by the floor or a stool. Attach an elastic loop to a secure object near floor level and loop the other end over your forefoot. Against the resistance of the elastic band, rotate your forefeet outward as though you were trying to look at the side and underside of your small toe (eversion). Next, roll your forefoot inward at the ankle against the resistance of the elastic as though you are attempting to look at the bottom of your foot (inversion).

How to Keep Your Ankles Strong to Prevent Injury



Being steady on your feet is important - even if your main goal is just getting your steps in and staying active. The ankle joints and the muscles that move them aren't only essential in connecting your feet to your legs; they're also **important mechanisms for your overall ability to walk, jump, and more.** Weak, wobbly ankles are often a precursor to more serious issues, so making sure that you train them to build strength can help to prevent injuries and falls.

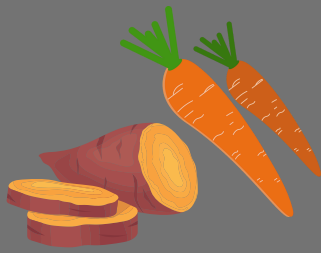
Proprioception is the perception or awareness of your body's position and movement in space. Basically, your brain's ability to orient yourself in space. You can strengthen the muscles in and around your ankles all you want, but if you lack good proprioception, that strength isn't going to help you. Therefore, **for better ankle stability, you'll want to work on your balance to improve proprioception, along with ankle strength.**



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Important Immune Boosting Nutrients



beta-carotene



vitamin C



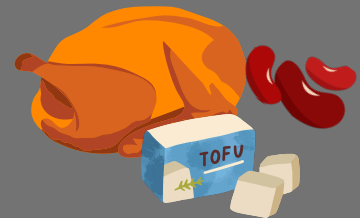
vitamin D



zinc



probiotics



protein

Preventing Falls

Did you know that 1 in every 3 Canadians over age 65 will fall at least once in a year? Falls often have serious consequences such as hip, wrist, and pelvic fractures that can have a lasting impact on your quality of life. Independence is something we all value, especially as we grow older and health concerns may begin to limit our activities. One simple way you can help protect your independence is by reducing your risk of falls and slips.



Clear Your Path

to remove any rugs, or other trip hazards like electrical cords



Install Grab Handles

near showers, bathtubs & toilets



Keep The Lights On

so there is adequate lighting inside & outside your house to see where you are walking



Keep Items in Reach

so you don't have to rely on a step stool or ladder



Use Non-Slip Mats

to help improve traction in bathtubs or showers



Install Handrails

along indoor and outdoor staircases where you need extra support



Consider Exercise

to build balance, flexibility, & strength with an exercise program



Check Vision & Hearing

so you are aware of your surroundings when walking



Wear Supportive Shoes

even when in the house to improve traction