



*Shoshone-Bannock Tribes*  
Health Education

May 2008 Newsletter

**Mission: To promote the physical and emotional wellness of Native Americans by providing the highest quality of health care.**

**Upcoming Events:**

**“Celebrating Yourself- Women’s Day” Health Fair Thursday, May 8, 2008 & Fun Run/Walk Saturday, May 10, 2008 @ Ballpark**

**May is National Physical Fitness and Sports Month**

## Exercise and Your Arthritis

Exercise is good for almost everyone. For many years it was thought that people with arthritis should not exercise because it would damage their joints. Now doctors and therapists know that is not true. If you have arthritis or a related condition, exercise can help: Keep your joints flexible and independent, keep the muscles around your joints strong, prevent

further deterioration of bone and cartilage; improve your ability to do daily activities, improve your mood and fight off depression. Improve your overall health and fitness by: giving you more energy, helping your sleep better, controlling your weight, making your heart stronger, decreasing depression, improving your self-esteem and

sense of well-being. If you don't exercise your muscles become smaller and weaker. Because people tend to keep a joint in position due to pain, they may lose the ability to straighten them out. People with arthritis is recommended to be active everyday and exercise at least 30 minutes, three days a week. Source: Arthritis Foundation Submitted by Iola Hernandez

## Managing Stress

### **The effects of emotional stress on the body:**

Many women face difficult challenges and responsibilities that may overlap or conflict, causing stress that can affect their health. Stress can arise out of difficulties at home, in relationships, and in the workplace. Family "well-being" includes stable relationships, and family members' ability to fulfill essential roles in the home, child rearing values and practices, and the mental and physical health and development of every family member.

Researchers are also trying to determine which workplace conditions influence employees' experiences of conflict between work and family roles; they are studying the effects of job stress on spouses and on marriage; and they are studying how parents' working conditions may affect their parenting and their children.

Emotional stress can lead to the following: high blood pressure, increased susceptibility to substance abuse and illness, less resistance to disease, depression.

### **Tips to reduce or manage the stress in your life:**

Eat a healthy diet and exercise regularly. A nutritious, well-balanced diet and exercise can keep your body fit and able to resist disease, and exercise is an excellent way to elevate your mood.

Talk about your stressful situations with someone you trust. Stay organized to help manage your time more efficiently. Remember, no one can do it all alone, so ask for help. Get professional help if you need it.

# Spring Into Salad

**May is  
Mental  
Health Month**



*"Man's heart away  
from nature becomes  
hard."  
- Standing Bear*



**Women's  
Health  
Awareness  
Month**

## Maintain Strong Bones with Exercise

Women begin to lose bone mass around the age of 30, putting them at risk for osteoporosis (thin, brittle bones) and associated fractures and back pain.

Nutritional adjustments, such as increasing daily calcium intake, have been shown to increase bone density, but can exercise adjustments benefit as well? An article published in the journal Sports Medicine investigated the potential role of exercise in helping women maintain bone mass. The

researchers analyzed 21 different studies and presented their conclusions:

Regular exercise can delay or halt bone loss in women.

Weight bearing exercises are considerably more effective than exercises that do not involve any loading.

Premenopausal and postmenopausal women can benefit from a consistent exercise routine.

So what constitutes weight bearing exercise"? Basically, it's any activity

that stresses your bones against your full body weight, such as walking, running, tennis, step aerobics, or stair climbing (actual stair climbing, not on a machine). All those rowers, bicycles, gliders and ski machines at the gym will provide a good cardiovascular workout, but they won't help you build or maintain bone mass. A consistent fitness program that includes weight bearing and non-weight bearing exercises can help keep you healthy inside and out.

## Ways to Help Your Heart

A healthy heart is within everyone's reach. You know some of the rules: Eat less fat, eat more fruit and vegetables; keep blood pressure and blood cholesterol levels in check. To improve heart health: Don't skip breakfast. Most heart attacks occur between 7 am and noon—possibly because the cells that help blood to clot,

called platelets, are stickiest then. Eating breakfast appears to make platelets less sticky. . . and less likely to clump together and block a vital artery. You may have heard that antioxidants—vitamin A, C and E, and beta-carotene—that appear to slow plaque formation in the arteries.

Kick tobacco if you are

using it. Smoking affects more than your lungs. Fact is, within a few years of quitting, you'll cut your risk of heart attack by at least half, similar to those who never smoked. Get off the couch. Sedentary living—not high cholesterol—is one of the greatest risk factors in heart attack deaths. So walk briskly. Live Longer!

## Your Heart Health-Get Started Now

Adopting a heart-healthy lifestyle makes a difference, even if the change does not come until middle age, say researchers in the American Journal of Medicine.

In fact, people who eat right and exercise more

can substantially reduce their risk for cardiovascular disease or heart disease and death even if they are in their 50s or 60s.

Consuming at least five fruits and vegetables daily, exercising at least 2.5 hours per week,

maintaining a healthy weight, and not smoking can lessen your chances of heart trouble by 35 percent, and your risk of dying by 40 percent, compared to people with less healthy lifestyles. So it is never too late to start living healthy.

Source: Amer. Journal of Med.