Health Corner

September 2023

FOAM ROLLING 101

What is foam rolling?

Foam rolling is considered a self-myofascial release (SMR) technique during which you use a lightweight cylindrical tube made of dense foam to roll over tight spots like your upper back, quads and calves.

What are the benefits?

Even if you don't exercise, foam rolling can be helpful for people who sit at a desk or stand all day. Foam roller benefits include:

- Ease muscle pain and soreness.
- Reduce muscle inflammation.
- Increase range of motion.
- Increase blood flow to muscles.
- Aid in muscle recovery.
- Aid in relaxation.

Is foam rolling safe?

Foam rolling is generally safe. But as with all exercise routines it's always a good idea to speak to your doctor first, specially when you a broken bone, a torn muscle, or want to use foam rolling to aliviade sore muscles during pregnancy.

How often should I use a foam roller

You can use a foam roller daily or a few times a week — whatever works best for you. A routine shouldn't take more than 10 minutes.

Tips for foam rolling:

- Go very slowly and hold each position for 30 seconds or more.
- Remember to never roll over a joint or bone.

September is National Food Safety Education Month

- Wash your hands and food surfaces with warm, soapy water before and after preparing foods.
- Wash fruits and vegetables, but **not** meat, poultry, eggs, or seafood to avoid spreading harmful germs around your kitchen.
- Use separate cutting boards and plates for produce, meat, poultry, seafood, and eggs to avoid cross contamination.
- Use a food thermometer to ensure that foods are cooked to the correct internal temperature.
- Refrigerate food promptly before bacteria can multiply.
- Thaw frozen foods in the refrigerator overnight, in cold water or in the microwave.

Reference:
https://health.clevelandclinic.org/foam-rolling/
https://www.foodsafety.gov/food-safety-charts

BODY & MIND smart

TAKE A GOOD BREATH

Breathing is something we do all day long without thinking about it. However, there are some optimal ways to breathe to benefit a person's health.

Following are some tips to help you to breathe properly:

Use your nose

There are two ways to breathe—through your mouth and your nose, but the nostrils filter, warm and humidify air in a way that the mouth cannot.

Inhale into your belly

As you inhale, let your belly expand and your lungs fill with air.

You can rest one hand on your stomach and the other on your chest to help you observe your lower abdomen expanding on the inhale and lowering on the exhale.

Practice daily for at least 5 minutes

With continued practice, you may see benefits in your blood pressure, moods, anxiety level, digestion, lung capacity and sleep

BODY & MIND smart

ARE YOU GETTING ENOUGH SLEEP?

Sleep is important! Experiencing a frequent lack of sleep can have negative effects on your physical, mental and emotional health. To find out whether or not you sleep could use some improvement, take the following quiz:

- ❑ I have trouble falling asleep.
- ❑ I need more than 30 minutes to fall asleep.
- ❑ I have too much on my mind to fall asleep or go back to sleep.
- ❑ I awaken frequently during sleep time.
- ❑ I can't go back to sleep when I wake up during normal sleep hours.
- ❑ I wake up too early.
- ❑ I feel tired upon waking, despite apparently normal sleep.
- ❑ I have uncontrolled episodes of falling asleep during the day.

If you experience two or more of these situations regularly, you may have developed a problematic sleep pattern — one that may be interfering with your health and safety.

To improve your sleep start here:

- Aim for seven to nine hours of sleep per night.
- Maintain a consistent sleep schedule (weekdays **and** weekends).
- Avoid using electronics an hour prior to sleeping.
- Avoid caffeinated beverages and other caffeine sources.