

POSTURE & YOUR HEALTH



WELLNESS OBSERVANCES

AMERICAN HEART WALK

EAT TOGETHER, EAT BETTER MONTH

NATIONAL BREAST CANCER AWARENESS
MONTH

10/10 WORLD MENTAL HEALTH DAY

10/29: WORLD STROKE DAY

IN THIS ISSUE

- 2 THE MAJOR PLAYERS OF POSTURE
- 3 REMAINING NEUTRAL
- 4 THE BASICS OF BODY MECHANICS
- 5 EVERYDAY ERGONOMICS

MINDFUL MOMENTS:

- 10 MINUTE MEDITATION

7 NOURISH:

- RECIPE: ROASTED VEGGIE GRAIN BOWL



Newsletter Created By:
Jordan Simone
COTA/L, CHC, RYT-200
ACM JIF Wellness Director

The Major Players OF POSTURE

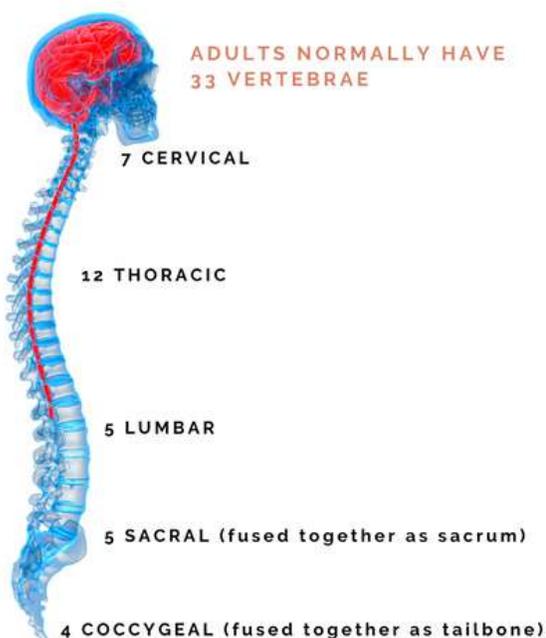
AN OVERVIEW OF THE VERTEBRAL COLUMN, SURROUNDING LIGAMENTS & CORE MUSCLES

THE SPINE IS OUR BODY'S CENTRAL SUPPORT STRUCTURE

It helps keep us upright and connects the different parts of our skeleton to each other: our head, chest, pelvis, shoulders, arms and legs. Although the spine is made up of a chain of bones, it is flexible due to elastic ligaments and spinal disks. Your spine has many functions: it carries the weight of your head, torso and arms, and allows your body to move in every direction. Some sections of the spine are more flexible than others. The most flexible part is the cervical spine (neck area). The lower down the vertebrae are in the spine, the more weight they have to carry.

The system of ligaments in the vertebral column, combined with the tendons and muscles, provides a natural brace to help protect the spine from injury. Ligaments aid in joint stability during rest and movement and help prevent injury from hyperextension and hyperflexion (excessive movements).

Over many years our spine starts to wear, meaning that as we age our spinal disks become thinner, the vertebrae become compressed and the spine curves more.



IMPORTANCE OF HAVING A STRONG CORE

The best way to improve your posture is to focus on exercises that strengthen your core -- the abdominal and low back muscles that connect to your spine and pelvis. Some of these muscles move your torso by flexing, extending, or rotating your spine. Others stabilize your pelvis and spine in a natural, neutral position.



Remaining NEUTRAL

WHY IS A NEUTRAL BODY POSITION IMPORTANT?

A neutral position is central to body mechanics and allows the muscle forces throughout the body to be balanced so that the body functions in the most efficient manner.

- Position of ease for the body to maintain for a prolonged period of time & with minimal effort
- Supports the natural curves of the spine and maintains body in good alignment
- Position that gives your body biomechanical advantages to do your work
- Position where the stress on the musculoskeletal system is reduced

When people use their bodies in positions that deviate from the neutral position, their muscles and tendons must generate much higher forces to accomplish a task than when they work in a neutral posture.

EXAMPLE: When a person carries an object which his/her arms outstretched, significantly more shoulder and low-back effort is necessary to carry the load than if the load is carried close to one's side.

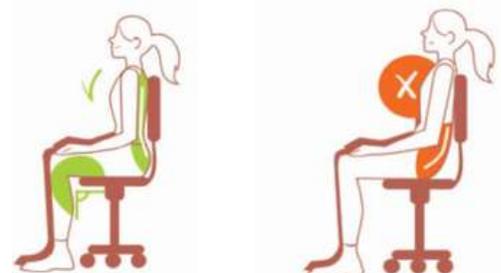
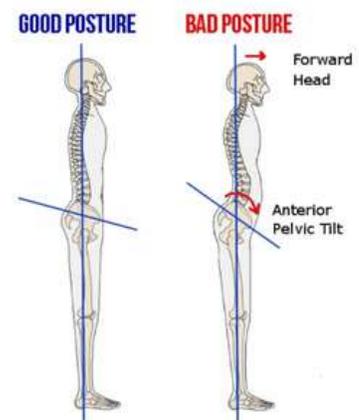
WHAT DOES NEUTRAL POSITION LOOK LIKE?

STANDING

Head is upright, shoulders and arms relaxed at one's sides, forearm in neutral position, wrists straight, back straight (maintaining natural curves), hips extended, and knees slightly flexed. The ears, neck, shoulders, hips, knees, and ankles should be approximately aligned from a lateral (side) view and the three back curves maintained.

SITTING

Similar to the standing position in the upper extremity, however, elbows flexed at 90 degrees, fingers slightly curled and relaxed. Hips should be flexed to 100 degrees, knees at 90 degrees, and the feet flat on the floor or a supporting surface such as a footrest.



The Basics of

BODY MECHANICS

WHAT IS IT?

Body Mechanics is defined as proper use of the body during daily activities in order to preserve a balance of musculature and minimize strain on body structures.

The focus of body mechanics is to prevent injuries and preserve the back during lifting activities and prolonged posturing, such as standing or sitting for long periods of time.

Whether you are an office worker or a laborer, proper body mechanics is essential to preventing injuries.

PRINCIPLES OF BODY MECHANICS

WHEN MOVING EQUIPMENT

- Keep the load close to the body
- Move with the feet first
- Squat instead of bending forward. Avoid twisting at the waist – turn your whole body. Your feet should point toward what you're lifting
- Use a wide-base of support and staggered stance

WHY IS IT IMPORTANT?

All humans move in and out of awkward postures for a short period of time to complete chores, work, and leisure activities. However, when awkward positions are maintained over a prolonged period of time, and when combined with excessive force and repetition, the risk of developing a musculoskeletal disorder significantly increases.



RISK FACTORS FOR MUSCULOSKELETAL DISORDERS

MSDs develop from the cumulative effects of risk factors over a period of months or years.

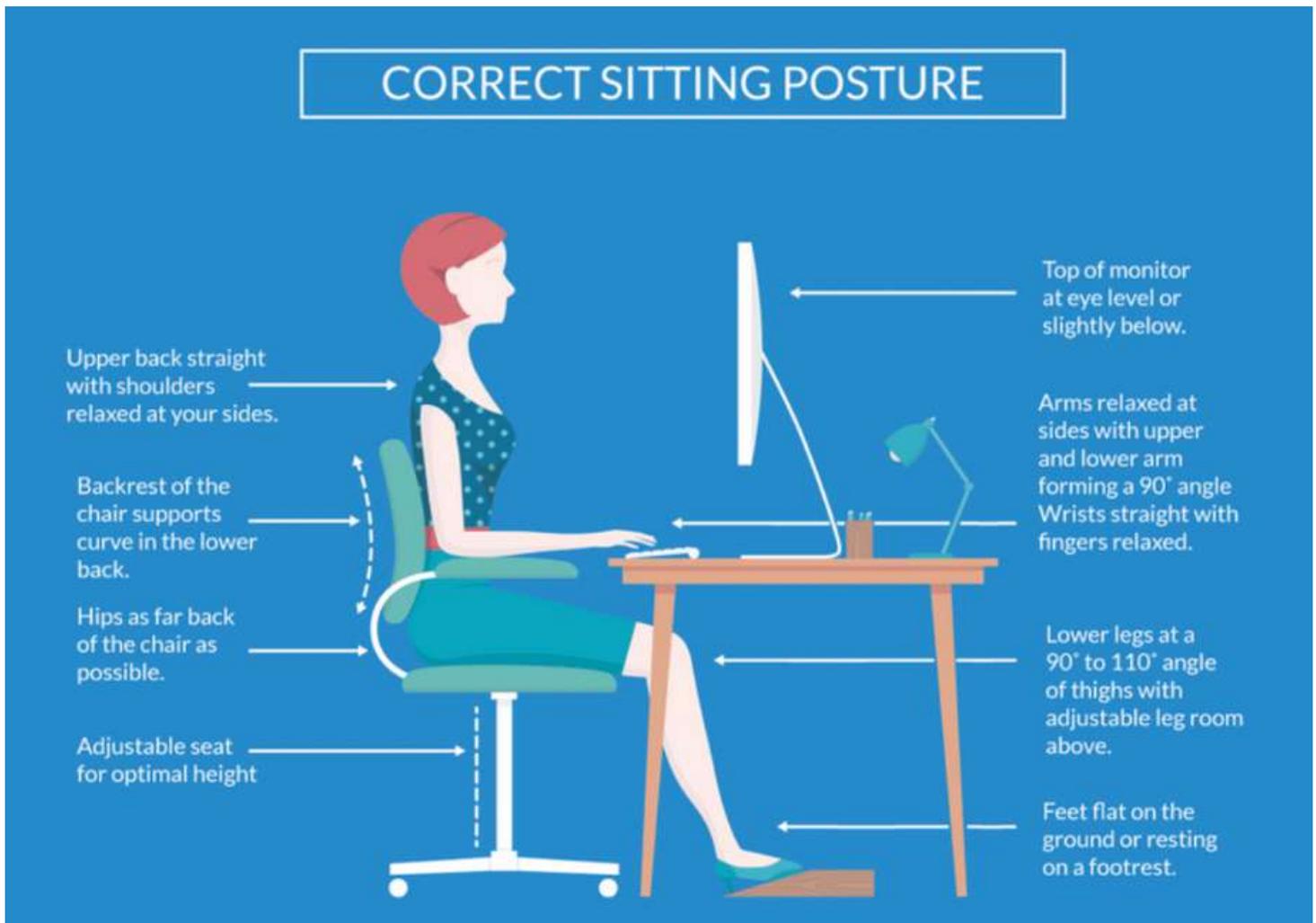
These include:

- Working in awkward positions
- Using faulty body mechanics
- Using forceful exertions (to lift, push, pull or grip)
- Performing repetitive work
- Experiencing stressful work conditions

Risks for low back pain relate to lack of flexibility (particularly in the back and legs), a previous history of pain, standing for long periods of time, and an overall lack of physical conditioning.

The greater the number of risk factors present, the higher the risk for musculoskeletal problems.

Everyday Ergonomics



CONSIDER THIS WHEN CHOOSING AN ERGONOMIC CHAIR

Chair Height: The chair height should be adjusted so that the elbows are level with the work surface or slightly higher

Seat Angle: A person should be fully seated on the chair with the hips flexed to 100–110 degrees.

Seat Pan: The seat pan should be wide enough and adjustable to support the thighs without touching the backs of the knees.

Back Rest: The backrest should support both the lumbar curve and thoracic region.

Footrests: Feet need to be resting on the floor or on footrests to relieve pressure on the thighs and lower back.

Mindful Moments



Nourish

ROASTED VEGGIE GRAIN BOWL

Love and Lemons

ingredients

Grain (makes extra):

- 1 cup raw quinoa, rinsed
- 1¾ cups water

Creamy Kale Pepita Pesto (makes extra):

- ½ cup pepitas (or shelled raw pistachios)
- 2 small garlic cloves
- 1 packed cup chopped kale
- 1 packed cup cilantro, more for garnish
- ¼ cup fresh lemon juice
- ½ teaspoon sea salt
- freshly ground black pepper
- ½ cup extra-virgin olive oil
- ½ cup water
- ½ teaspoon maple syrup or honey

Roasted Vegetables:

- 2 parsnips, chopped into ½ inch pieces
- florets from ½ cauliflower
- ½ bunch broccolini
- 1½ cups halved Brussels sprouts

Protein:

- 1 (14-ounce) can chickpeas, drained & rinse, use ¼ cup per bowl, save the extra

Pickle:

- scoop of sauerkraut (I like Bubbies)

Extras:

- sprinkle of toasted pepitas

recipe preparation

- Preheat the oven to 425°F and line 2 baking sheets with parchment paper.
- First, make the quinoa. Add the rinsed quinoa and water to a medium pot. Bring it to a boil, cover, reduce the heat, and simmer for 15 minutes. Remove from the heat and let it sit, covered, for 10 more minutes. Fluff with a fork. This will yield about 3 cups; I used a heaping ½ cup per bowl.
- Next, make the sauce. Combine the pepitas, garlic, kale, cilantro lemon juice, sea salt, pepper, olive oil, water, and maple syrup or honey in a blender and blend until smooth.
- Then, roast the vegetables. Place the parsnips, Brussels sprouts, and cauliflower on one large baking sheet. Place the broccolini on the second baking sheet. Drizzle the vegetables with olive oil and pinches of salt and pepper, toss to coat, then spread evenly onto the sheets. Roast the parsnips/Brussels sprouts/cauliflower 20 to 25 minutes or until golden brown around the edges. Roast the broccolini for 10 to 12 minute or until tender. When cool to the touch, chop up the broccolini stems.
- Assemble bowls with a scoop of quinoa, the roasted vegetables, about ¼ cup chickpeas, and a scoop of sauerkraut and top with pepitas. Drizzle with the sauce. Season to taste with additional salt and pepper, if desired, and serve. I assembled these components into 2 bowls (although the whole recipe will make 4) and saved the leftovers for tomorrow's dinner - stay tuned!
- Store the extra sauce, quinoa, and remaining chickpeas in the fridge.