

AMH

Inside Out

Posture Perfect

By Paul Rudis, AMH Exercise Physiologist

Do you spend all day sitting in front of a computer? Do you spend hours and hours on your feet? Do you frequently work in awkward positions? Have you neglected to start that exercise program you promised yourself you would? If yes is the answer to any of these questions then you may be heading down the road to poor posture. Some of you have likely reached the destination.

Working professionals who spend long hours in front of a computer or on their feet all day leave themselves vulnerable to a host of back and neck problems. These problems can include headaches, muscle spasms, numbness and general fatigue. Here are a few common identifiers and risk factors that can lead to poor posture:

- Slouching or leaning forward while working at your computer.
- Carrying a heavy bag on one shoulder for extended periods... frequent travelers, new moms, golfers, or students with backpacks.
- Sliding forward in your chair to the point where the low back is no longer supported by the seat back.

Lack of physical condition. Muscle tone helps hold the body in correct postures. Any deficiencies in conditioning translate to poor posture.

In correct sitting posture your feet should be flat on the floor. Your bottom and hips should be back far enough on your chair seat so that the low back has direct contact with the back of the seat. You should be sitting nice and tall with your shoulders relaxed and your ears in line with your shoulders. Holding your abdominal muscles somewhat firm will assist with keeping the spine nice and tall. If you notice your posture starting to sag it may be time to take a mini break or do few stretches to help reset the proper position.

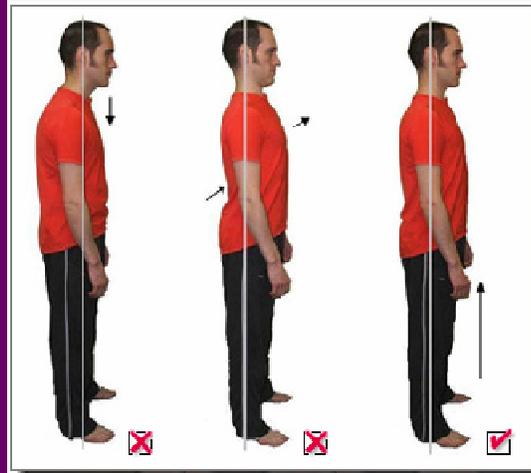
Correct standing posture includes keeping an even weight distribution on your feet and keeping your spine tall. As far as body alignment, you want to think about keeping your ears over your shoulders, shoulders over hips, hips over knees and knees over ankles. Standing with your knees locked can alter this alignment so it is best to keep a very slight bend at the knee.

Problems with posture can often start in childhood and adolescence, so it is very important to do your parental duty and nag children when necessary. Physical activity is the best way to prevent these problems and is fun for the whole family.

More on Posture...

[Body Zone](#)

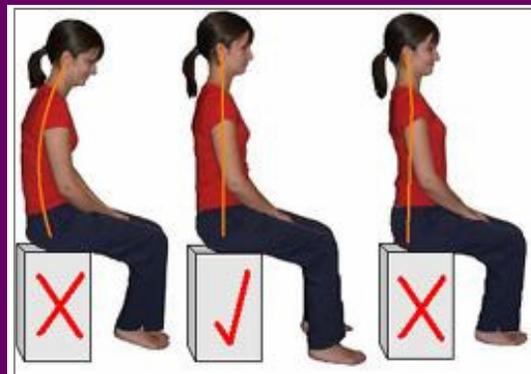
[101 Life Style](#)



Slump vs Attention vs Poised

“If you see your posture starting to sag it may be time to take a mini break or do a few stretched to help reset your posture”
~Paul Rudis

Slouched vs Poised vs Forced



Pictures from: www.fitness-programs-for-life.com



Watch for upcoming events with AMH

Select a link or visit our website: www.hanford.gov/amh

APRIL

- * [Nutrition Challenge](#) (Begins 4/7 - Ends 5/15)
- * [National Humor Month](#)
- * [National Alcohol Awareness Month](#)
- * [Hanford Office Professionals Conference](#) (15&16)

MAY

- * [Health & Safety EXPO](#) (5/20 & 21)
- * [Asthma & Allergy Awareness Month](#)
- * [National Employee Health & Fitness Day](#) (5/21)

JUNE

- * [National Safety Month](#)
- * [Blood Donor Day - June 14th](#)
- * Quarterly Health Fair

Splitting Headaches

By Wendi M. Finkbeiner, OHS Program Assistant

Did you know there are approximately 20 different types of headaches? Most of us can take aspirin or ibuprofen and all symptoms disappear... temporarily. How do you find the underlying cause of a headache? In addition, when is it serious enough to get medical help? What are the preventive steps or self-care that you can take to lessen the chance of getting a "splitting headache"?

The more common types of headaches are tension, migraine, and cluster headaches. Tension headaches are the most common, typically located in the temples and/or neck; lasting approximately 30 minutes. Without care, they may last a week. Other symptoms may be fatigue or light pressure or tightness pressing on the head. Tension headaches can be treated with over-the-counter medication such as aspirin, ibuprofen, or acetaminophen (such as Tylenol).

Pain of a migraine is usually on one side or the other in the forehead and has a moderate to severe throbbing sensation. Pain will last approximately four to 72 hours at variation levels. Other symptoms include nausea, vomiting, light and smell sensitivity, increasing pain with routine physical activities. Self-care requires a dark room, hot or cold compresses, massage and/or small amount of caffeine may help. Often migraines require a prescription to be treated. Sever cases of migraines may also require hospitalization.

Have you ever felt a sharp pain behind your eye? You may be experiencing a cluster headache. Typically, the pain is severely sharp and develops rapidly within minutes lasting 45 to 90 minutes. These attacks may happen more than once in a day. Symptoms you may also experience are nasal congestion, runny nose, tearing or redness of the eye. Cluster headaches are rare and they come and go quickly. If they persist, you may need a preventive prescription.

After taking all the above into consideration, take a close look at all your symptoms and take control of you headaches. It would not be a bad idea to track and log your signs and symptoms. Include the following entries:

- What is your pain level, dull being a 1 to severe being a 10?
- What time of day and how often are you getting your headaches?
- How often do they occur, are they everyday? Headaches occurring more than 15 days a month should be considered chronic.
- How often are you taking medication? Hint: if over used, some medications (i.e. pain relievers) may be the cause of the headache called rebound headaches.
- What activities are you doing that may be causing the headache?

A good rule of thumb: If your headaches are interfering with daily life, it is time to take action and see a doctor. Headaches may not always be preventable however; through consultation and various tests, a doctor will assist you in managing your headaches.



Headache Tips

1. Watch what you eat and eat regular meals
2. Stick to a sleep schedule
3. Manage stress
4. Exercise regularly
5. Be careful with caffeine, alcohol and tobacco

Healthy Recipes

FRESH FRUIT LEMON-LIME KEBABS

- 4 ounces low-fat, sugar-free lemon yogurt
- 1 teaspoon fresh lime juice
- 1 teaspoon lime zest
- 4 to 6 chunks pineapple chunks
- 4 to 6 strawberries
- 1 kiwi, peeled and diced
- 1/2 banana, cut into 1/2-inch chunks
- 4 to 6 red grapes
- 4 wood skewers

In a small bowl, whisk together the yogurt, lime juice and lime zest. Cover and refrigerate until needed.

Thread 1 of each fruit pieces on the skewer. Repeat with the other skewers until the fruit is gone. Serve with the lemon lime dip.

Serving size: 2 fruit kebabs

PER SERVING:

Calories	160
Protein	4g
Carbohydrate	36g
Total fat	1g
Cholesterol	4mg
Sodium	45mg
Fiber	4g
Potassium	516mg
Calcium	122mg

