



Kay County

Health News

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What businesses say about Certification:
“Our staff takes pride in being a Certified Healthy Business”

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Selecting the Right Athletic Shoe *Part Two*

Design Features

Sport shoes vary in materials and design as well as construction. Look inside the shoe before you decide to buy. This will help you select a shoe that fits both your foot and your sport.

Special features in construction give comfort as well as help prevent injury:

A slip-lasted shoe is made by sewing together the upper part of the shoe like a moccasin and then gluing it to the sole. This lasting method makes for a lightweight and flexible shoe with no rigidity.

A board-lasted shoe has the "upper" leather or canvas sewn to a cardboard-like material. A person with flat feet feels more support and finds improved control in this type of shoe.

A combination-lasted shoe combines advantages of both the above construction techniques. It is slip-lasted in the front and board-lasted in the back. These shoes give good heel control but remain flexible in the front under the ball of the foot. They are good for a wide variety of foot types.

Shoe Fit

The best designed shoes in the world will not do their job if they do not fit properly. You can become an informed consumer by following these guidelines:

- Have your feet measured.
- Visit the shoe store at the end of a workout when your feet are largest.
- Wear the socks you wear when working out.
- Fit the shoe to your largest foot.
- Make sure the shoe provides at least one thumb's breadth of space from the longest toe to the end of the toe box.

If you have bunions or hammertoes, find a shoe with a wide toe box. You should be able to fully extend your toes when you're standing, and shoes should be comfortable from the moment you put them on.

Women who have wide feet might consider buying men's or boys' shoes, which are cut wider for the same length.

When Foot Problems Develop

If you begin to develop foot or ankle problems, simple adjustments in the shoes may relieve the symptoms. Many of these simple devices are available without prescription.

- A heel cup provides an effective way to alleviate pain beneath the heel. Made of plastic or rubber, the heel cup is designed to give support around the heel while providing relief of pressure beneath the tender spot.
- An arch support can help treat pain in the arch of the foot. Made of many types of materials, arch supports can be placed in a shoe after removing the insole that comes with the shoe.
- A metatarsal pad can relieve pain beneath the ball of the great toe or beneath the ball of the other toes. Made of a felt material or firm rubber, the pad has adhesive on its flat side. Fixed to the insole behind the tender area, the pad shares pressure normally placed on the ball of the foot. This relieves pressure beneath the tender spot.

Custom Arch Supports

Many problems in the feet respond to stretching and conditioning, choosing a different shoe, and simple over-the-counter shoe modifications.

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Secrets of Successful Weight-Lifting Workouts: Part 3

Following up from the previous two newsletters are the remaining rules for beginning a weight lifting program. To help put you on the path to success, WebMD asked weight experts from the Gold's Gym Fitness Institute for tips to starting and sticking with a weight lifting workout to meet your goals.

Weight Training Workout Rule No. 5: Rest and Recover

Although little to do with form or function, experts say the real key to successful weight training is to understand the importance of *rest and recover*. At the core of weight training is a tearing-down and building-up process that strengthens muscles.

In order for muscles to build, muscle fiber has to be torn. While that tearing-down process is vital for the muscle building activity to begin, it's really the rest that follows in the next 48 to 72 hours that ultimately results in muscle strength.

Think of it like paper being torn. You've got to tape it back together before you can rip it again. That's what a rest and recovery period accomplishes. Each time you do, the muscle gets stronger.

If you try working out every day, you'll not only increase your risk of injury, but also work against getting the results you want. One of the key reasons some people don't see results after 8-10 weeks of weight training is because they are simply not giving their bodies adequate time to recover.

If you don't see any change in your body after a few months, don't think you need to do more. You probably need to do less. If you over train, all you get is breakdown and no buildup.

So how do you know when you're ready to hit the weights again? Use muscle soreness and fatigue as a guide. If you feel significant soreness, if your muscles feel fatigued, then it's too soon. As long as there is no injury, the recovery process occurs within 48 to 72 hours after a workout. If you want to work out more often than that, simply switch to a different area of the body for each workout.

Weight Training Rule No. 6: Chow Down to Build Up!

While good nutrition is vital to getting the most out of any exercise program, it's especially important for weight training. And if you're thinking fruits and vegetables, you're only partly right. Experts say muscles also require protein.

You need protein for your muscle to recover. Everyone doing weight training should have a snack containing both protein and carbohydrates after every workout. A parfait of Greek yogurt, fruit and nuts is a great choice. Other ideas are mixed nuts, edamame, trail mix, string cheese, hummus, peanut butter stuffed celery, low-sodium jerky, and hard cooked eggs.

Adding some extra protein to your diet, while cutting down on refined carbohydrates, sugars, and "bad" fats like saturated and trans fats, can help you see results sooner.



Selecting the Right Athletic Shoe

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However, long-term and complicated problems may require specially designed inserts made of materials that concentrate relief on a particular area while supporting other areas. Severe flat feet, high arches, shin splints, Achilles tendinitis and turf toe are but a few of these conditions.

To obtain the best relief for such problems, see an orthopedic surgeon, particularly one specializing in the foot and ankle. Pedorthists and orthotists are trained to make and modify arch supports and fulfill the surgeon's prescription. Working with these professionals will ensure you get the right shoe and the best possible treatment.

<http://www.aofas.org/footcaremd/how-to/footwear/Pages/Selecting-Athletic-Shoes.aspx>

The first day of spring has come and gone. Translation: time to get serious about growing some edibles. Every year, you look at those plants in the garden shop, and think "I could plant that". You buy the plant and get it in the ground and promptly forget to water it or go on vacation and come back and it is dead or dying; or you overwater the plant and it drowns.

Take heart and try to grow herbs. "Herbs you say?" I encourage you to start some seeds in the yard or in containers and then use your herbs in many wonderful and varied ways. Let me count the ways herbs are easy to grow, harvest and use. Ready, set, here we grow.

#1: Herbs don't need good soil. In fact, they can grow in really bad soil where nothing else will grow. Mint will grow anywhere and there are many varieties both sweet and savory. Mojito mint with its really big leaves and flavor is a favorite. If you don't want mint to spread, plant the container-and-all. The planter will

keep the mint from sending out runners and spreading. Basil is another herb that needs very little encouragement to flourish. In fact, after you get a couple of basil plants going in your yard and let them go to seed in the fall, you won't have to ever plant them again. The seeds from the dying plant will germinate the next year. Maybe not exactly where they were the year before, but you will have basil. Lots and lots of basil.

#2: Adding certain herbs around your patio and deck areas can deter mosquitoes (and other creepy crawlies). Try lemon balm, catnip, marigolds, basil, lavender, citronella and lemongrass. Marigolds are considered an herb because the flowers are edible and some cultures use the plant for teas and tinctures. If you like to make up containers for outside areas, consider planting combinations of these herbs in containers and setting them by your sitting area for more a "mosquito free aroma". Be careful with citronella; the oil from the leaves may irritate the skin.

#3: Adding some herbs to your garden will make cooking more fun. Let's face it, buying herbs in the store gets expensive. Rosemary, thyme, mint, parsley, sage, lemongrass, basil, celeriac root and chives will continue to grow all summer and late into the fall. If we have a mild winter, rosemary, thyme and parsley can continue to be harvested year round.

#4: Herbs are good for you. Besides adding flavor and depth to foods, many herbs have health properties. (warning: if you are taking medication for any of these issues, check with your Dr. before using these herbs) Sage, used as a tea, helps to lower blood sugar levels and will clear phlegm due to colds and congestions. Lavender and lemongrass all make excellent calming teas. Lemon balm tea is a tonic for the nervous system and will alleviate tension and anxiety. Drink a cup before bedtime to relax after a strenuous day. Thyme tea can be used to fight athlete's foot as well as fungal nail infections. Brew a stout tea using two teaspoons of dried leaves in eight to 12 ounces of water and add to a bucket of water large enough to soak both feet.

#5: Herb plants are easy to find and can already be found in some locations. If you can't find the herbs you are wanting, get your list ready. The Herb Festival on Saturday, June 7th will have a great selection *and* people who can answer questions about growing them.

These are just a few reasons to grow some herbs this year. Whether you are a serious gardener, a backyard or front yard gardener, a container gardener or have been thinking about gardening for a long time but just haven't gotten around to it yet, herbs are easy to grow and great to use in teas and in cooking. Use basil in spaghetti sauce or on a pizza; add some fennel leaves to your salads; throw some lemongrass into your next stir fry. The ways to use herbs are numerous and only limited by your imagination. Need some ideas? Below are some of my favorite books on herbs from the library and bookstore. May your herbs be plentiful and Happy Gardening!

Growing Herbs

by Kat Long, Backyard Gardener



"20,000 Secrets of Tea" by Victoria Zak *Your Backyard Herb Garden" by Miranda Smith*
"Carrots Love Tomatoes" by Louise Riotte
"Home Grown Herbs: A Complete Guide" by Tammi Hartung and Rosemary Gladstar

What to Eat Now: Asparagus

Asparagus stalks may be white or purple, but usually are a deep green with purplish closed tips. They should be rounded, and neither fat nor twisted. The cut ends should not be too woody, although a little woodiness at the base prevents the stalk from drying out. Once trimmed and cooked, asparagus loses about half its total weight. Use asparagus within a day or two after purchasing for best flavor and texture. Store in the refrigerator with the ends wrapped in a damp paper towel.

Asparagus is low in saturated fat, and very low in cholesterol. A good source of Vitamin B6, calcium, magnesium and zinc, and a very good source of fiber, protein, vitamins A, C, E, and K, thiamin, riboflavin, niacin, folate, iron, phosphorus, potassium, copper, manganese and selenium. It contains only 20 calories per 1/2 cup.

Sautéed Asparagus



1. Chop or press 2 cloves of garlic and let it sit for at least 5 minutes.
2. Heat 3 TBS low-sodium chicken or vegetable broth over medium heat in a stainless steel skillet.
3. When broth is heating, snap off the woody bottom of asparagus stems, then cut the spears into 2-inch lengths for quick, even cooking.
4. When broth begins to steam, add asparagus. Cover and cook for 5 minutes. The outside will be tender and the inside will be crisp. Thinner spears will take about 3 minutes.
5. Transfer to a bowl. Toss with 3 TBSP extra virgin olive oil, 2 tsp lemon juice, sea salt and pepper to taste. Top with feta cheese or sun-dried tomatoes, if desired.

Roasted Asparagus

Roasting brings out an extra depth of flavor. Preheat the oven to 425 degrees F. Toss asparagus to coat with extra-virgin olive oil; season with salt and pepper and roast in a shallow baking pan for 8 to 10 minutes until tender, but still firm. Serve with grated Parmesan, garlic-enhanced mayonnaise or a salsa. Garnish with lemon wedges.

Other ways to use asparagus:

- Asparagus can be served hot or cold.
- Add cold asparagus to your favorite salad.
- Toss freshly cooked pasta with asparagus, olive oil and your favorite pasta spices. Enjoy thyme, tarragon and rosemary with asparagus.
- Chopped asparagus makes a flavorful and colorful addition to omelets.
- Sauté asparagus with garlic, shiitake mushrooms and tofu or chicken for a complete meal.

Try growing asparagus in your garden. Everything you need to know can be found here:
<http://www.burpee.com/vegetables/asparagus/all-about-asparagus-article10204.html>