



Kay County

Health News

MARCH 2014

**Better
Health =
Better
Business?**

Selecting the Right Athletic Shoe

Buying a new pair of athletic shoes? Properly fitting sports shoes can enhance performance and prevent injuries. Try these fitting facts when purchasing a new pair of athletic shoes.

- Try on athletic shoes after a workout or run and at the end of the day. Your feet will be at their largest.
- Wear the same type of sock that you will wear for that sport.
- When the shoe is on your foot, you should be able to freely wiggle all of your toes.
- The shoes should be comfortable as soon as you try them on. There is no break-in period.
- Walk or run a few steps in your shoes. They should be comfortable.
- Always re-lace the shoes you are trying on. You should begin at the farthest eyelets and apply even pressure as you create a crisscross lacing pattern to the top of the shoe.
- There should be a firm grip of the shoe to your heel. Your heel should not slip as you walk or run.

It can be hard to choose from the different types of athletic shoes available. There are differences in design, material, and weight. These differences have been developed to protect the areas of the feet that receive the most stress in a particular type of athletic activity.

Know Your Sport Shoes

If you play a sport three or more times per week, a sport-specific shoe may be necessary. Remember that after 300 to 500 miles of running or 300 hours of aerobic activity, the cushioning material in a shoe is usually worn down and it's time to toss the shoes.

Choices - You will select from athletic shoes designed for every sport and activity. One brand does not meet the needs of everyone, and the latest innovation or most expensive shoe with all the features may not be your best choice.

Running Shoes - Joggers should wear a shoe with more cushioning. Running shoes are designed to provide maximum overall shock absorption for the foot. The shoe should also have good heel control. Although not a cure-all, these qualities in a running shoe help prevent shin splints, tendinitis, heel pain, stress fractures and other over-use syndromes.

Walking Shoes - Look for a lightweight shoe with extra shock absorption in the heel of the shoe and especially under the ball of the foot. This will help reduce heel pain (plantar fasciitis and pump bumps) as well as burning and tenderness in the ball of the foot. A shoe with a slightly rounded sole or rocker bottom also helps to smoothly shift weight from the heel to the toes while decreasing the forces across the foot. Walking shoes have more rigidity in the front so you can roll off your toes rather than bend through them as you do with running shoes.

Aerobic Shoes - Shoes for aerobic conditioning should be lightweight to prevent foot fatigue and have extra shock absorption in the sole beneath the ball of the foot, where the most stress occurs.

Basketball Shoes - Choose a shoe with a thick, stiff sole. This gives extra stability when running on the court. A high-top shoe provides support when landing from a jump and may help prevent ankle sprains.

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Mary Rhyne, Editor
433 Fairview
Ponca City, OK
74601

580-765-9015
kchealth-
news@yahoo.com

This newsletter is funded through the cooperative efforts of United Way of Ponca City and Smart Start Kay County.

Secrets of Successful Weight-Lifting Workouts: Part 2

Following up from the previous newsletter are Rules 2, 3 and 4 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 Lifting Workout Rule No. 1: Define Your Goals

Details for defining your goals were included in the last newsletter. Please refer to that publication if needed for review.

Lifting Workout Rule No. 2: Choose the Right Equipment

One of the best things about weight training is that your muscles don't know the difference between a \$2,500 machine and \$25 resistance band. So you don't have to spend a lot to get a lot of results. All you have to do is to challenge your muscles.

If you are on a tight budget, you don't have to feel you are getting a compromised weight training workout because you can accomplish your goals without spending a lot of money.

Whether you're using hand weights, barbells, or resistance bands, look for whatever size allows you to do 12-16 repetitions. If you can't, they're too heavy.

But if you can do more than 15 with good form, then the weight load is probably not quite challenging enough. Look for something a bit heavier or add more resistance.

Weight Lifting Workout Rule No. 3: Don't Go It Alone

When it comes to weight lifting, how you do the exercises can be as important as which ones you do. That's why having even one session with a personal trainer can definitely get your weight training program going in the right direction, experts say.

This is particularly true if you are working with dumbbells. It's important to have someone overseeing you at least the first few times, so you can achieve the correct form and function.

If that's not possible, the next best thing is using strength-training machines. These work well for beginners because they force your body into the correct position.

It's still a good idea to have someone looking over you the first few times, to make sure the machine is adjusted correctly for your weight and size, but generally, the machines do help keep your body in line.

If your time or money budget is extra-tight pick up a weight training DVD from a well-known trainer, or visit web sites like that of the American Council on Exercise (acefitness.com) to get technique tips.

You can find pictures that show the starting and ending positions for weight lifting and tips for keeping your body properly aligned during the activity. It's definitely worth your while to spend your first weight-training session learning the proper technique and form.



Weight Training Workout Rule No. 4: Learn the Power of Slow!

When it comes to weight lifting, experts say, the tortoise beats the hare every time. The key to success in weight training is known as A-B-C - which stands for *always be in control*.

The best way to do that is with slow, deliberate movements. You are not working in slow-motion, but you do want to make certain that your muscles are what are responsible for controlling movement in both direction, lifting and lowering.

A lot of sports rely on high, fast motion, but when you're doing weight training, it's slow, deliberate motions with controlled breathing. Don't hold your breath, do the reps, and don't move too quickly.

Beginners will benefit more from doing more repetitions with a lighter weight than trying to use heavy weights they can lift only a few times.

In the beginning you have such a huge adaptation phase -- you're using muscles you never used before, and you're shocking your system, even with a light weight -- so you are much better off, and much safer to start much lighter with more repetitions.

Starting with lighter weights mean you're less likely to end up with the kind of muscle pain that could end your weight training workout program on the spot.

It's a discouraging scenario when you hurt all over, and starting slow means you are less likely to feel the kind of pain that causes you to get discouraged and quit after one or two tries.

Watch for Rule 5 and 6 in the next newsletter!

Enjoy the Taste of Eating Right

Consumer research confirms that taste tops nutrition as the main reason why one food is selected over another. While social, emotional and health factors also play a role, the foods people enjoy are likely the ones they eat most. During March – **National Nutrition Month** – focus on the fruits and vegetables you enjoy.

Building a healthy plate is easy when you make half your plate fruits and vegetables that you enjoy. Try the following tips to enjoy more fruits and vegetables every day. Fresh produce usually has the most nutrients, but frozen produce is a close second as long as it has not been thawed and refrozen.

Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.

Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.

Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.

Try crunchy vegetables instead of chips with low-fat salad dressing for dipping.

Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.

Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.

Keep cut vegetables handy for snacks, side dishes, lunch boxes or a quick nibble while waiting for dinner. Ideas: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.

Place fruit where everyone can grab something for a snack-on-the-run. Keep a bowl of fresh, whole fruit in the center of your kitchen or dining table.

Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.

Stuff an omelet with vegetables. Use broccoli, squash, carrots, peppers, tomatoes or onions with low-fat cheese.



“Sandwich” in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.

Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.

Top a baked potato with beans and salsa or broccoli and low-fat cheese.

Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.

Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.

Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.

Stock your freezer with frozen vegetables to steam or stir-fry for a side dish.

Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.

Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.

Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

Cookshack's Wellness Plan

Following up on our offer to share activities of employers promoting wellness among their staff, Cookshack, Inc. has shared their Wellness Plan. It provides fun for their employees and rewards for positive changes.

Monthly rewards are earned by employees who walk 10,000 steps 5 days per week. The reward is the employee's choice of an \$8.00 gift card to Subway, Hibbett's, or Walmart. Each month the employee who has walked the most receives a "Champion of the Month" certificate. Cookshack provides pedometers for those needing one.

Cookshack participated in Walktober, competing with each other as well as the other Walktober teams. Teams were called "The Whole Hogs" and "The Smokin' Butts"! (Appropriate names for smoker oven manufacturers!) The winning team "The Whole Hogs" got certificates, T-Shirts, their picture in the paper, and most of all, bragging rights!

Cookshack also gives monthly rewards to employees who implement one healthy life change and do that 5 days per week. Changes being made by employees include reducing pop consumption, striving for 8 hours of sleep, using nutritional supplements, and participating in exercise other than walking. Six or seven employees have quit or cut back on smoking since the Great American Smokeout activity in November. Nicotine patches or gum are provided to employees.

Cookshack provides oatmeal and brown sugar and peanut butter and bread at all times. This boosts morale and productivity since no one needs to go without nourishment. Coffee and tea is provided all year and Gatorade is provided in the summer months. This encourage employees to avoid the pop machine.

A few employees participate in a bowling league and several use the YMCA 10% company discount. We also benefit from Blue Cross Blue Shield fitness center discount.

Instead of having a cake for each person, birthdays are now celebrated monthly. The pieces of cake are cut smaller than in previous times. This has cut back on how much cake we eat and is now more of a treat.

Employees are reimbursed for their annual wellness check co-pays. The wellness check is compared to the previous year, and if there is an improvement, we put that employee's name in a box for a drawing for a gift.



For details about the Wellness Plan, contact Robbie Powell, Human Resource Coordinator, at 765-3669.

If your business has a Wellness Plan or has conducted an activity promoting health and wellness, send details to khealthnews@yahoo.com and we will share in this space. Let's learn from each other as we improve the health of our community!

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Cross Trainers

Cross-training shoes, or cross trainers, combine several features of other athletic shoes so that you can participate in more than one sport. A good cross trainer should have the flexibility in the forefoot you need for running combined with the lateral control necessary for aerobics or tennis.

You do not necessarily need a different pair of shoes for every sport in which you participate. Generally, you should wear sport-specific shoes for sports you play more than three times a week. If you have worked out for some time injury-free, then stick with the particular shoe you have been wearing. There is really no reason to change.

For special problems, you may need a special shoe. A well-cushioned shoe may not be a good shoe for someone who overpronates. If your ankles turn easily, you may need to wear a shoe with a wide heel. If you have trouble with shin splints, you may need a shoe with better shock absorption.

More information on selecting athletic shoes will be shared next month!