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THE WELL WORKPLACE

HEALTHLETTER

Health Information As If
Your Employees' Lives
Depended On It!

NORTH AMERICA'S FINEST EMPLOYEE HEALTHLETTER

29¢
per copy



★ A PUBLICATION OF THE WELLNESS COUNCIL OF AMERICA ★

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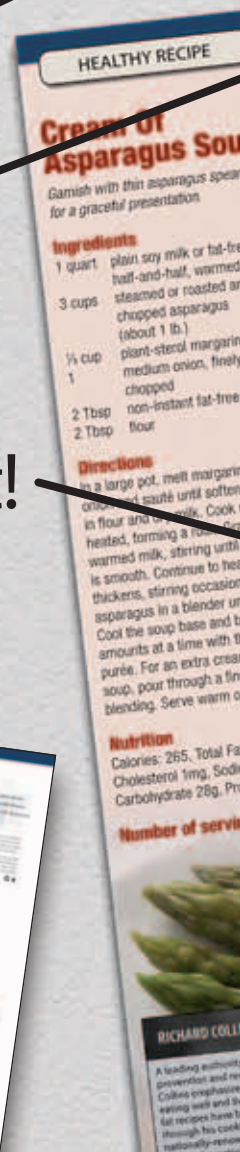
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- ★ Useful Tips To Stay Healthy!
- ★ WELCOA Expert Content!



Responsibility, Health and Safety!

VOL. 10 | NO. 1

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**THE WELL
WORKPLACE
HEALTHLETTER**

HEALTH INFORMATION PRESENTED AS IF YOUR LIFE DEPENDED ON IT

Checking At Home

You can check your blood pressure at home with a home blood pressure measurement device, or monitor. It is important that you understand how to use the monitor properly. Your doctor, nurse, or pharmacist can help you check the monitor and teach you how to use it correctly. You also may ask for their help in choosing the right blood pressure monitor for you. Blood pressure monitors can be bought at discount chain stores and pharmacies. Below are additional things to do when taking your blood pressure at home:

- ✗ Sit with your back supported and your feet flat on the floor.
- ✗ Rest your arm on a table at the level of your heart.

how do you know if you have High Blood Pressure

Only your doctor can tell you if you have high blood pressure. Most doctors will have you have your blood pressure checked several times on different days before deciding that you have high blood pressure. A diagnosis of high blood pressure is given if repeated readings are 140/90 or higher or 130/80 or higher if you have diabetes or chronic kidney disease.

Having your blood pressure tested is quick and easy. Your doctor will use a type of a gauge, a stethoscope for electronic blood pressure monitors, or a sphygmomanometer (blood pressure cuff).

PHYSICAL ACTIVITY

Rest, Ice, Compression, Elevation (RICE)

As soon as possible after an injury, start on an active program. **RICE**—Rest, Ice, Compression, and Elevation.

Rest. Stop, change, or take a break from any activity that may be causing your pain or soreness.

Ice. Apply an ice pack immediately to prevent swelling. Apply 10 to 20 minutes, 3 or more times a day. After 48 to 72 hours, if swelling is gone, apply heat to the area that hurts. Do not apply ice or heat directly to the skin. Place a towel over the ice pack before applying it to the skin.

Compression. Compression with an elastic bandage will help decrease swelling. Don't wrap it too tightly, since this can cause more swelling below the affected area. Signs that the bandage is too tight include numbness, tingling, increased pain, coolness, or swelling in the area below the bandage.

Elevation. Elevate the injured area while applying ice to help reduce swelling. Try to get the injured area above the level of your heart. Help minimize the swelling by elevating the area.

Workout Pain

It's a nice day and you've fallen off your exercise bandwagon (ok it's been since February). Time to make up for that with a nice 5 mile run, followed by some sit ups and push ups, just enough to get back into things. Two days later and you can't even get out of bed due to muscle soreness—what were you thinking! We often encounter delayed muscle onset soreness (DOMS) a few days after a workout but what is it and is it a sign of a "good" workout?

DOMS is thought to be a result of small tearing of muscle fibers—the amount of tearing depends on how hard and long you exercise and what type of exercise you do. Activities in which muscles contract tend to cause the most soreness. Activities such as running downhill, lowering weights, and performing the downward movements of squats and push-ups can cause DOMS.

Dealing With Soreness

Let's say you overdo it one weekend. Most experts state the soreness will go away in 3 to 7 days with no special treatment. But there are some things you can do that may reduce the soreness and speed your recovery.

First, avoid any activity that increases pain, but you can still workout. By doing low-impact activities such as biking or walking, blood flow can be increased to the muscles, which may help soreness.

Applying ice, gentle stretching, and massaging the affected muscles can help reduce the soreness temporarily, though they won't actually speed healing. Finally, allow the soreness to subside before vigorously exercising, and stretch and warm up beforehand. If pain lasts longer than about 7 days or increases despite these measures, consult your physician.

SOURCE - Physician and Sports Medicine, 1999

A HEALTHY RECIPE BY RICHARD COLLINS, MD

Hummus Veggie Wrap



Hummus Veggie Wrap

Measure	Ingredients
2	fat free 10-inch tortillas
4 Tbsp	softened fat-free cream cheese
4 Tbsp	pureed garbanzo beans (a.k.a. "hummus")
1	small tomato, chopped
1	green onion, chopped
1/2 cup	shredded leaf lettuce
2 Tbsp	fresh Italian parsley
2 Tbsp	salsa of choice

Preparation
Spread the cream cheese over one tortilla, placing the second tortilla on top of the cream cheese. Spread the hummus on top of the second tortilla. Sprinkle with the chopped tomatoes, onions, lettuce, parsley and salsa. Roll up tortilla and wrap tightly with plastic wrap. Chill to firm up the cream cheese. Slice in half, making two 5-inch wraps. Remove plastic and serve.

Number of Servings:
2

Nutritional Analysis
Calories 362, Fat 4g, Cholesterol 5mg, Protein 17g, Sodium 537mg, Carbohydrate 47g

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