

WOW

Working on Wellness

QUARTERLY
NEWSLETTER
FROM THE
OFFICE OF
HEALTH
PROMOTION

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Newsletter Mission

- Provide factual, informative, & interesting information.
- Promote healthful lifestyles through ideas & contributions.

Winter Bicycle Commuting Made Easy

As any outdoor enthusiast knows, there is never bad weather – only bad clothing. Of course, it’s especially true for bicycle commuters who enjoy the best of winter riding. Michael Christensen, Sioux Falls, and Kevin Brady, Vermillion, know this is true. Both are four-season bike commuters. They recommend items that provide wind protection, especially footwear, gloves or mittens, eye and face protection and head gear. Be sure head gear fits under your helmet. Avoid using a jacket hood since it can obstruct your field of vision.

As you ride, you generate your own heat, so wear breathable layers underneath an insulating layer. Wool and synthetics are good choices. “Lots of winter days, in some winters, are closer to 30 degrees than 20 below, so get used to 30 and you’ll ride surprisingly often,” said Christensen.

Watching the weather forecast is an obvious part of winter riding. Pay attention to evening temperature predictions and prepare accordingly. And watch the wind chill factor as well.

For extra traction on snow-packed roads, Brady uses studded tires on his winter ride. Tires that are wider or knobby work fine too. Inflate the side of the tire on the low recommended PSI range for better traction.



Be even more aware of your surroundings due to increased time to stop,” said Brady. Keep up on the care and maintenance through the winter, too. Winter gunk can build up, especially on chains and brakes.

Don’t forget lights – front and rear – if you’ll be riding early morning or early evening. Fenders can be a good choice for South Dakota winter riding particularly if you encounter the occasional warm up days mid-winter and want to avoid the stripe of slush and mud down your back!

With the right gear and the right mindset, winter riders can cruise through a South Dakota winter and still enjoy the benefits of commuting by bicycle.





DID YOU KNOW?

The Food and Drug Administration (FDA) recently took enforcement action against E-Cigarette companies for violations of the Federal Food, Drug, and Cosmetic Act (FDCA), including unsubstantiated claims and poor manufacturing practices.

Electronic cigarettes are products designed to deliver nicotine or other substances to a user in the form of a vapor. The products are often imported from overseas and sold online and in mall kiosks.

To learn more about e-cigarettes and their potential harms visit <http://doh.sd.gov/tobacco>

Treats That Are Good For You!

Walnuts Help Your Heart

Several studies have shown that nuts are protective to the heart and can help lower blood cholesterol levels.

Other studies have shown that for every 1% your cholesterol levels drop, your risk of heart disease drops about 2%. That means by eating more nuts (walnuts in this study) you could drop your risk of a heart attack by about 20%. That's not a bad return for such a simple dietary change.

The researchers also found that weight gain was not a problem when walnuts were added to the diet. Walnuts are a good food to include in a heart-healthy diet. Add them to granola, fruit salads, lettuce salads, and baked items (muffins, cookies, breads), or simply eat by the handful. (*American Journal of Clinical Nutrition, 2009*).



What's hot, what's not in the health and fitness industry

The top ten fitness trends predicted for 2011 are:

1. Educated and experienced fitness professionals
2. Fitness programs for older adults
3. Strength training
4. Children and obesity
5. Personal training
6. Core training
7. Exercise and weight loss
8. Boot camp
9. Functional fitness
10. Physician referrals

The full list of top 20 trends is available online in the article "Worldwide Survey of Fitness Trends for 2011."

Website address is

<http://journals.lww.com/acsm-healthfitness/pages/default.aspx>

The Silent Killer

High blood pressure is known as the silent killer because often there are no symptoms present; your first indication may be a sudden heart attack or stroke. Other complications of uncontrolled high blood pressure are cardiac disease, vessel damage, and kidney failure. You have a choice, you can wait for a near death experience or you can start taking care of yourself now – and it is simple! One of the most effective, proven ways to prevent or lower high blood pressure is to decrease your salt intake. Here are some easy tips to help:

1. Choose fresh, frozen, or low sodium canned fruits and vegetables.
 2. Avoid canned fish or poultry and smoked meats.
 3. Cook without adding salt.
 4. Read the label!
- There is hidden salt in almost all processed foods.

For more information on salt reduction or high blood pressure search the American Heart Association or National Heart Lung & Blood Institutes websites or call your SD Heart Disease and Stroke Prevention Program at (605)773.6744.

The following companies are supporting the National Salt Reduction Initiative by reducing sodium content in some of their products: Butterball, Heinz, Hostess, Snyder's of Hanover, Au Bon Pain, Kraft, Starbucks, Subway, and Premio.



Here's Your Challenge: "Eat More Whole Grains." Eat at least 3 servings daily. Whole-grain wheat, steel-cut oats, corn, brown rice, and legumes (beans, lentils, peas) protect against obesity, heart attack, diabetes and certain cancers.