

Positive Pulse Wellness Newsletter



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"Promote and protect the wellness of our community through education, programs, and services."

Overcoming Barriers to Physical Activity

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September 24th is National Women's Health and Fitness Day. Often times people have many obstacles or barriers that doesn't allow them to complete physical activity. Given the health benefits of regular physical activity, we might have to ask why two out of three (60%) Americans are not active at recommended levels.

Many technological advances and conveniences that have made our lives easier and

less active, many personal variables, including physiological, behavioral, and psychological factors, may affect our plans to become more physically active. In fact, the 10 most common reasons adults cite for not adopting more physically active lifestyles are (Sallis and Hovell, 1990; Sallis et al., 1992):

- Do not have enough time to exercise
- Find it inconvenient to

exercise

- Lack self-motivation
- Do not find exercise enjoyable
- Find exercise boring
- Lack confidence in their ability to be physically active (low self-efficacy)
- Fear being injured or have been injured recently
- Lack self-management skills, such as the ability to set personal goals,

Special points of interest:

* September 2016 Monthly Challenge Options: Complete the "Wellness Challenge" at least 3 times a week the entire month September 2016; Complete the "Daily Mini Challenges" for the entire month of September 2016.

- Do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their homes or offices. Understanding common barriers to physical activity and creating strategies to overcome them may help you make physical activity part

of your daily life.



Suggestions for Overcoming Physical Activity Barriers:

Lack of Time:

1. Identify available time slots: Monitor your daily activities for one week. Identify at least three, 30 minute time slots that you could use for physical activity. Select activities with minimal commitment time such as walking,

Overcoming Barriers to Physical Activity (continued)

jogging, or stair climbing.

2. Social influence: Explain your in physical activity to your family and friends. Ask them to support your efforts. Invite friends and family to exercise with you. Plan social activities involving physical activity.

3. Lack of Energy: Schedule physical activity when you are most rested and feeling energetic. Convince yourself that if you give it a chance, physical activity will increase your energy, try it and see!

4. Lack of Motivation: Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar. Join an exercise group or class.

5. Fear of injury: Learn how to warm up and cool down to prevent injury. Learn how to exercise appropriately according to your age, ability, fitness level, and health.

6. Weather Conditions: Develop a set of activities that you can fulfill no matter what the weather is outside.

7. Travel: Put a jump rope in your suitcase and jump rope. Walk the halls and climb the stairs in hotels. Stay in places with swimming pools or exercise rooms.



Ovarian Cancer Awareness Month

September is Ovarian Cancer Awareness Month. Ovarian Cancer is one of the most deadly of women's cancer. Each year, approximately 21,980 women will be diagnosed with ovarian cancer. In 2014, approximately 14,270 died in the United States from this disease. Many women don't seek help until the disease has begun to spread, but if detected early, the five-year survival rate

is more than 93%. This cancer typically occurs in women in their fifties and sixties with the median age being 63. Symptoms of ovarian cancer include bloating, pelvic and/or abdominal pain,

"It is estimated by the World Health Organization that there are over 238,000 new cases diagnosed annually and nearly 152,000 deaths worldwide."

difficulty eating or feeling full quickly, and urinary urgency or frequency. There is no adequate screening testing of ovarian cancer at this time which is one of the reasons that this cancer is often discovered in the later stages.

References include ovariancancerawareness.org

West Nile Virus

West Nile Virus is a disease that is spread by infected mosquitoes. West Central District Health Department has received official notification of mosquito collection pools in our jurisdiction that have tested positive for the West Nile Virus. The best defense against the Virus is protecting yourself in the following manner:

- Wear DEET up to 30%

- Wear long sleeves and pants
- Drain standing water and not give mosquitoes a place to lay eggs or develop.

According to the CDC, 70-80% of people with West Nile Virus have no symptoms. 1 in 5 people who are infected have fever illness with body aches, chills, diarrhea, rash, and vomiting. Less than 1% of people who are infected

will develop severe neurologic illnesses such as meningitis or encephalitis.





Brandi's "Clean Eating" Recipe of the Month



Spaghetti Squash I



Prep
15 m

Cook
30 m

Ready In
45 m

Recipe By: James

"The flesh of spaghetti squash comes out in long strands, very much resembling the noodles for which it is named. In this recipe, the 'noodles' are tossed with vegetables and feta cheese. You can substitute different vegetables, but be sure to use ones that have contrasting colors."

Ingredients

1 spaghetti squash, halved lengthwise and seeded
1 1/2 cups chopped tomatoes
3/4 cup crumbled feta cheese
2 tablespoons vegetable oil
3 tablespoons sliced black olives
1 onion, chopped
2 tablespoons chopped fresh basil
1 clove garlic, minced

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
- 2 Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.
- 3 Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.
- 4 Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil. Serve warm.