



# Positive Pulse Wellness Newsletter

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

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What is Vitamin D and why is it good for you?

Vitamin D is a fat-soluble vitamin. Fat-soluble vitamins are stored in the body's fatty tissue. Vitamin D helps the body absorb calcium. Calcium and phosphate are two minerals that are essential for normal bone formation. Throughout childhood, your body uses these minerals to produce bones. Vitamin D deficiency can lead to osteoporosis in adults.

### Vitamin D Food Sources:

The body makes Vitamin D when the skin is directly exposed to the sun. That is why it is often called the

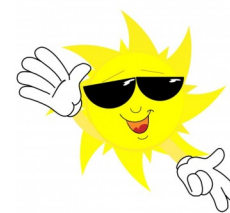
## Vitamin D

"sunshine" vitamin. Most people meet at least some of their Vitamin D needs this way. Good sources of foods containing Vitamin D include fatty fish such as tuna, salmon, and mackerel. Beef liver, cheese, and egg yolk also offer small amounts. Mushrooms also provide even smaller amounts of Vitamin D.

### Vitamin D and Sunlight:

Ten to fifteen minutes of sunshine three times a week is enough to produce the body's requirement of Vitamin D. The sun needs to shine on the skin of your face, arms, back, or legs (without sunscreen). Be-

cause exposure to sunlight is a risk for skin cancer, you should use sunscreen after a few minutes in the sun. People who do not live in sunny places may not make enough Vitamin D. Skin that is exposed to sunshine indoors through a window will not produce Vitamin D. Cloudy days, shade, and having dark-colored skin also cut down on the amount of Vitamin D the skin makes.



## Special points of interest:

- \* April 2015 Challenge Options: Spend 30 minutes outside, at least 3 times a week for the month of April; Walk for 30 minutes, at least 3 times a week for the month of April.

## Massage: Get In Touch With Its Many Benefits

A soothing massage can help you unwind, but that's not all! Explore the possible benefits of massage! What is a massage? Massage is a general term for pressing, rubbing, and manipulating your skin, muscles, tendons, and

ligaments.

### Benefits of Massage:

Massage is generally considered part of a complementary and alternative medicine. It's increasingly being offered along with standard

treatment for a wide range of medical conditions and situations. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain, and muscle tension. While more research

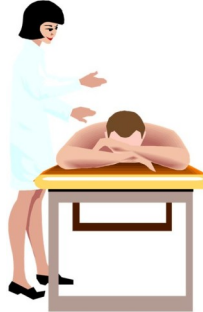
## Massage: Get In Touch With Its Many Benefits (continued)

is needed to confirm the benefits of massage, some studies have found massage may also be helpful for :

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Sports injuries

Beyond the benefits for specific condi-

tions or diseases, some people enjoy massage because it often involves caring, comfort, a sense of empowerment, and creating deep connections with their massage therapist. Despite its benefits, isn't meant placement lar medical your doc- you're try- sage and to follow dard



massage as a re- for regu- care. Let tor know ing mas- be sure any stan- treat-

ment plans you have.

Some forms of massage can leave you feeling a bit sore the next day but massage shouldn't ordinarily be painful or uncomfortable. If any part of your massage doesn't feel right or is painful, speak up right away.

## Walk the Weight Off!

Walk the Weight Off! Walking is one of the most effective forms of exercise. It can be done almost anywhere and it is free!

Walking helps to improve your overall health and fitness and is a great way to lose weight, tone your muscles, strengthen your heart, and instill a general feeling of well-being and positive

self-esteem.

### Benefits of Walking:

- It burns calories
- It helps boost your metabolism
- It boosts your energy level
- It improves your circulation
- It helps you to manage stress and

release tension

- It's free
- It can be done almost anywhere
- It may motivate your children to walk more if that's what they see you doing and provides an activity to share with family members and friends

## Fit More Walking Into Your Day



### Fit More Walking Into Your Day at Work:

- Park your car in the space that is furthest away and walk to the office
- Walk to work
- On your lunch break go for a walk around the block

### Fit More Walking Into Your Day With the Kids:

- Walk the children to school/ playgroup
- Walk to the park and back with the kids
- Find the time for one walk each week with each child—make this your special time when the two of

you are alone and can chat and catch up

- Plan fun exploration walks

### Fit More Walking Into Your Day At Home:

- Get up early and go for a walk
- Walk while talking on the phone
- Walk during commercials of the t.v. show you are watching

## Selecting Walking Shoes

People are always asking for shoe recommendations. Here are a few basics for selecting walking shoes:

1. Look for a low, supportive heel that rounds in. A thick heel or one that flairs out will cause your foot to slap down rather than roll. This slows down forward momentum and increases the occurrence of sore shins.
2. A walker's foot hits heel first and then rolls gradually from heel-to-toe so you will need a flexible sole

and more bend in the toe than a runner.

3. Next, look for a shoe that is light weight and breathable. The last thing you want is the clunky heavy leather walking shoe.
4. The shoe must fit properly. There should be a thumbnails width between your toes and the end of the shoe.
5. Go shoe shopping at the end of the day or after your walk when your feet may be slightly swollen. Also

be sure to wear the same socks you will be wearing during your walks.



## Brandi's "Clean Eating" Recipe of the Month

I have successfully tried many more "clean eating" recipes over the last month and have found another yummy one for you all to try and enjoy :)

### Egg & Spicy Veggie Wrap

Ingredients:

- 1 whole grain 8" tortilla

- 1 cup sliced red bell peppers and mushrooms
- 1 tsp extra virgin olive oil
- 2 eggs, scrambled and cooked
- 1 dollop plain Greek yogurt
- Seasoning to taste such as salt, black pepper, and garlic powder

Instructions:

Heat oil in pan over medium-high heat. Season peppers and mushrooms with Cholula and spices. Sautee until tender. Layer sautéed veggies, scrambled eggs, and Greek yogurt on tortilla. Roll tortilla up and enjoy!!!



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