

OFFICE NEWS!

April is the month to celebrate **14** years at this location. Thank you for making each day enjoyable and challenging.

HEALTHY HABITS

Whole Body Vibration

Recent studies have looked at Whole Body Vibration [WBV] machines to see if they are a good choice of activity for people with low bone mineral density and osteoporosis. Bone is a living tissue that responds well to a mechanical stimulus such as movement. The studies have looked into the effects of WBV platforms on the health of bones and they indicate the effectiveness of WBV is somewhat inconclusive. Trials have failed to show much bone enhancement when standing passively on a WBV platform.

Standing on a vibrating platform has shown improvements in balance/strength when standing on one leg, thereby reducing your fall risk. Research has shown that you should not partake in WBV training if you have one of the following conditions: arrhythmia, cancer, pregnancy, seizures, a pacemaker, recent implants or surgery, rheumatoid arthritis, severe diabetes, migraines, severe osteoporosis, dizziness or hardware from surgery.



Hip Flexor Stretch-Kneel down on left knee with your right foot on the floor and bent at 90 degrees. Lean forward to feel the stretch on the front of the left leg. Count to 30 and repeat 3 times on each leg.

WALK TO HEALTH

“You should perform weight-bearing exercises to prevent or build bone in osteoporosis.” If you’ve been told this, is walking enough? Most of us would like a specific set of exercises to follow. A ‘one-size-fits-all’ approach doesn’t take into consideration risk of bone fracture or exercise activity level. Therefore the best form of ‘bone friendly’ exercising is one which is designed specifically for each individual. Keep in mind that weight bearing exercises of the lower body do not benefit the upper body and vice versa. Some examples of **good** exercises would be one of the following: brisk walking, walking with poles, stair climbing, hiking, stair/step machines, cross country skiing, dancing, low impact aerobics and Tai-chi.

Next issue will discuss basic principles for an exercise program, exercises to avoid to decrease risk of fracture plus some good golfing tips.