

Circleville City Schools Wellness Newsletter
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Add Seven Years to Your Life

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Thinking of quitting your dull job to start your own business, go back to school, or climb Everest? Good call: It may help you live longer. Daily creative work that's nonroutine and challenging—the kind that gives you a chance to learn and solve problems—has a health benefit equal to being nearly seven years younger, say researchers at the University of Texas at Austin. "What counts," says study author John Mirowsky, PhD, a professor of sociology, "is the amount of creativity you bring to it and how engaged you are."

Beat Your Television Addiction

Reader's Digest online

Glued to the Tube



This country boasts a population of 275 million people – and 248 million televisions, according to the 2000 Census.

Nearly every household (98.2 percent) has at least one TV and most have more, with an average of 2.4 sets per home. We spent an average of \$255.18 per person for cable and satellite TV in 2004 and watch the equivalent of about 70 days of television a year (more if you're over 65), a truly scary thought when you consider the quality of most programming these days. Plus, there's the fact that TV watching has been linked to higher rates of obesity and diabetes.

Tired of wasting the equivalent of two months of your life every year glued to the tube? Spending more than an hour sitting in front of the television each evening? Like kicking any

habit, half the battle of TV addiction is acknowledging the problem and making the commitment to change. Assuming you have the commitment, there are specific tips on getting the job done:

1. Give your extra TVs to charity.
2. Eat meals, especially dinner, with the television OFF.
3. Make a TV-watching plan each week.
4. Set a rule that you must read 30 pages of a book or magazine before you can turn on the TV.
5. Get outdoors every night. Make it a point to leave your home or apartment at least once after dinner, if only for a short walk around the block. Too many people consider their day pretty much done once they've eaten dinner, when in fact, evening can be a wonderful time for getting things done and having fun.

Wellness Tips

U.C. Berkeley Wellness Letter, April 2008

- If you have low-back pain, try acetaminophen first. According to a new review, acetaminophen (one brand is Tylenol) is as effective as a nonsteroidal anti-inflammatory drug (NASID)--aspirin, ibuprofen (such as Advil and Motrin), naproxen (such as Aleve), or prescription Celebrex—and has fewer side effects.
- If you fall for no apparent reason, tell your doctor. Often the falls are caused by problems that can be treated or at least minimized.
- Don't underestimate the effect of lack of sleep on your driving skills. Sleeping only four hours a night for five



nights, on average, or five hours a night for a week can impair you as much as being awake for 24 hours—or being legally drunk. Having one beer in that sleepy condition has the effect of a six pack.



4 Big Health Whoppers

Health.com, April 2008

Most of us want to believe in “miracle” cures. But if it sounds too good to be true, it is.

Arthritis fixes

Copper bracelets, shark cartilage, honey-and-vinegar mixtures, magnets, if only they would cure arthritis. But it just isn't so. In fact, copper can cause an allergic reaction. Although there's no cure for arthritis, rest, exercise, heat, and drugs recommended by your doctor can help.

Alzheimer's cures

Removing silver fillings, zapping your brain with electricity, or taking smart pills won't keep your memory intact, says Stephen Barrett, MD, a retired psychiatrist who operates www.quackwatch.org. “Reputable drugs for slowing memory loss are only in their infancy. If brain tissue is dead, you can't revive it with something in a bottle.”

Learn the Art of Self-Massage

Reader's Digest on line

Relax Yourself

Massage helps reduce muscle tension and stiffness in numerous ways, including increasing blood flow to your muscles. Some research shows that regular massage may also boost immunity by stimulating the production of white blood cells. Massage helps you relax and improve your mental energy. It may also make you more productive at work.

One University of Miami study found that a brief self-massage at work reduced stress and boosted job performance. After a 15-minute massage, workers were more alert and could complete math problems faster with more accuracy.

You don't have to take a class to give yourself a proper rubdown. In this article, you'll get the advice you need to reduce tension from head to foot—within seconds.

1. **Give your hands a massage every day**—whenever you put on lotion. Start with the bottoms of your palms by clasping your fingers and rubbing the heels of your palms together in a circular motion. Then with your hands still clasped, take one thumb and massage the area just below your other thumb in circular motions, moving outward to the center of the palm. Repeat with the other hand. Then release your fingers and use your thumbs and index fingers to knead your palms, wrists, and the webbing between your fingers. With one hand, gently pull each finger of the other hand. Finish by using your thumb and index finger to pinch the webbing between your other thumb and index finger.
2. **Fill the bottom of a shoe box with golf balls and stick it under your desk at work.** Whenever you need to take a trip to the podiatric paradise, take off a shoe and rub your foot over the golf balls.
3. **Fill a tube-style athletic sock three-fourths full of uncooked rice,** tie off the end tightly with a rubber band, and stick it in the microwave for 2 minutes. Remove the sock and rub it up and down your legs and arms for a gentle, soothing hot massage. Leave the sock filled with the rice; you can use it over and over. You can add spices to the rice if you wish to have a pleasant scent while massaging.
4. **When your eyes feel tired from staring at your computer screen all day long, give them some heat.** Rub your hands together vigorously until you feel the skin on your palms begin to warm up. Then cup one hand over each eye, feeling the heat from your hands relax your eyes.