



Gajda Health "Pulse"

August, 2011

**We hope you have been keeping cool in this Heat! Have a safe and fun August!**

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## Is Your Backpack Hard on Your Back?

Summer is winding down and the first day of school is just around the corner! Are your kids carrying their supplies in a backpack in the proper way? Does your child experience pain when wearing the backpack? Tingling, numbness or weakness in the arms and/or hands? Red marks on the shoulders? If your child can answer yes to any of these questions, then their backpack is too heavy!

Follow the tips below to ensure that your child's school days are safe, healthy and fun!

- Never carry more than 15% of your body weight in your backpack
- Load the heaviest items closest to your back
- Use the compression straps on the sides of the backpack to help secure the load, allowing it to stay closer to your body.
- Always use both shoulder straps to distribute weight evenly and prevent injuries. Adjust the shoulder straps so that the backpack fits snug against your back and so that you can freely move your arms.
- The backpack should sit evenly in the middle of the back, not sag down towards the buttocks.



## *Wrapping Your Head Around Weight Loss!*

The healthiest way to lose weight is NOT crash diets or bursts of periodic exercise. When it comes to changing up your food and exercise habits, your body likes to take it slow.

If you haven't exercised in years, you shouldn't rush into running miles a day or pounding the treadmill. Not only will you struggle with the task, but you will be left feeling disheartened and unmotivated. You are also far more likely to injure yourself and set your fitness levels back even further.

The same goes for people who suddenly start starving themselves with crash diets. Diets that severely restrict calories or the types of food "allowed" can lead you to be lacking of the nutrients and vitamins that your body needs.

So, you need to lose weight? You should focus on the areas listed below to successfully do so:

**Nutrition:** Not dieting, but eating healthy.

**Cardio:** Long and slow in the fat burning race.

**Interval Training:** Keep your heart strong and metabolism running.

**Strength Training:** Strong, lean muscles help speed up the weight loss.

**Maintain Your Successes:** Get it off now and keep it off forever.

**Dedication:** Stay motivated and on task.



How to Avoid Foods Made With Genetically Modified Organisms (GMOs)

Genetic Engineering (GE) or Genetic Modification (GM) of food involves the laboratory process of artificially inserting genes into the DNA of food crops or animals. The result is called a genetically modified organism or GMO. GMOs can be engineered with genes from bacteria, viruses, insects, animals, or even humans. Most Americans say they would not eat GMOs if labeled, but unlike most other industrialized countries, the U.S. does not require labeling.

This non-GMO Shopping Guide is designed to help reclaim your right to know about foods you are buying, and help you find and avoid GMO foods and ingredients.

### Tips for Avoiding GM Crops

#### 1. BUY ORGANIC

Certified organic products are not allowed to contain any GMOs. Therefore, when you purchase products labeled "100% organic," "organic," or "made with organic ingredients," all ingredients in these products are not allowed to be produced from GMOs. For example, products labeled as "made with organic ingredients" only require 70% of the ingredients to be organic, but 100% must be non-GMO

#### 2. LOOK FOR "NON-GMO" LABELS

Companies may voluntarily label products as "non-GMO." Some labels state "non-GMO" while others spell out "Made Without Genetically Modified Ingredients." Some products limit their claim to only one particular "At-Risk" ingredient such as soy lecithin, listing it as "non-GMO."

#### 3. AVOID AT-RISK INGREDIENTS

Avoid products made with any of the crops that are GM. Most GM ingredients are products made from the "Big Four:" corn, soybeans, canola, and cottonseed, used in processed goods.

Some of the most common genetically engineered Big Four ingredients in processed foods are:

##### Corn:

- Corn flour, meal, oil, starch, gluten, and syrup
- Sweeteners such as fructose, dextrose, and glucose
- Modified food starch

##### Soy:

- Soy flour, lecithin, protein, isolate, and isoflavone
- Vegetable oil and vegetable protein

##### Canola:

- Canola Oil (also called rapeseed oil)

##### Cotton

- Cottonseed oil

##### Sugar:

- Anything not listed as 100% cane sugar

In addition, GM beet sugar recently entered the food supply. Look for organic and non-GMO sweeteners, candy and chocolate products made with 100% cane sugar, evaporated cane juice or organic sugar, to avoid GM beet sugar.



## ***Arthritis***

written by Harvard Medical School

Arthritis is the most common chronic disease in the world, and it's the leading cause of disability in the United States. There are more than 100 types of arthritis. Osteoarthritis is the most common form--it affects some 21 million Americans. Because it becomes more common with age, nearly everyone older than 65 has at least some arthritis.

There is no cure for arthritis, but there are many ways to reduce your symptoms and prevent disability.

**Exercise:** Regular exercise can limit pain, reduce stiffness, and improve balance. Physical Therapists can help you get started.

**Protection:** Overuse of arthritic joints can lead to pain, swelling, and additional damage. If you are having a flare-up, take some time away from exercise and rest your joints. Don't stay in 1 position for too long. Avoid positions or movements that put extra stress on joints. If necessary, use adaptive aids, such as long-handled grippers for reaching objects that are out of reach.

**Weight control:** If you are overweight, losing weight can reduce pain by taking pressure off of your joints, especially your knees and hips.

**Hot and Cold Therapy:** A warm shower or bath can relieve the morning stiffness and relax joints and muscles before exercise. Cold packs, which reduce inflammation, can ease pain after exercise or injury.

### *Exercises for Particular Joints*

**Hand:** Open your hand, holding your fingers straight. Bend the middle finger joints. Next, touch your fingertips to the tops of your palm. Open your hand. Repeat 10 times with each hand. Next, reach your thumb across your hand to touch the base of your little finger. Stretch your thumb back out. Repeat 10 times.

**Shoulder:** Lie on your back with your hands at your sides. Raise one arm slowly over your head, keeping your arm close to your ear and your elbow straight. Return your arm to your side. Repeat with the other arm. Repeat 10 times.

**Knee:** Sit in a chair that is high enough for you to swing your legs. Keep your thighs on the seat and straighten out one leg. Hold for a few seconds. Then, bend your knee and bring your foot back as far as possible. Repeat with the

other leg. Repeat 10 times.

**Hip:** Lie on your back, legs straight and about 6 inches apart. Flex your toes toward the ceiling. Slide one leg out to the side and then back to its original position. Try to keep your toes pointed up the whole time. Repeat 10 times with each leg.

If you feel you are experiencing any symptoms of Arthritis, stop by Gajda Health Plus Network for a consultation!



## ***Patient Testimonial by Rick Butler*** ***President of Sports Performance Volleyball***

It seems like only yesterday that I was a senior in college on the phone from California speaking to the man who didn't believe in stretching, and was using balance beams, primer boards, and rubber bands versus regular weight training to enhance the performance of elite level athletes. That single phone call was the biggest influence of my professional career. I remember hanging up the phone and saying to myself, "I have to meet and work for this man." That is how much you impressed me then and I have never lost that respect. The lessons that I learned from you are responsible for any success that I have had throughout the years. Your boundless energy and the passion that you always had was an influence on my life that I will never forget. I have tried to carry that same passion with me as I have gone through my career and never had you far from my mind.

As I look around the world of fitness I am constantly seeing your concepts and ideas everywhere I turn. I cannot begin to count the number of times I have told old friends and associates about my experiences with you and how you were 30 years ahead of your time.

Most importantly, you introduced me to the world of volleyball. I realize that without your guidance and support along with people like Jim Coleman, my career might have taken a completely different path. I realize I owe you a debt that I can never repay, but I hope that after 29 years you know how much respect, admiration, and love I have for you and that I could never have wished for a better mentor than yourself.

With the greatest respect,  
Rick Butler



## Save 15% on A Professional Massage

**Mention our August Newsletter and save 15% on a massage from John A. Strobel, a Licensed Massage Therapist since 1982!**



**As always, we'd all like to thank you for your continued trust in us.**

**The Gajda Health Plus Family**