

WOW

Working on Wellness

QUARTERLY
NEWSLETTER
FROM THE
OFFICE OF
HEALTH
PROMOTION

Tips for Preventing Back Pain:

Your best bet in preventing back pain is taking the following steps to help keep you as safe as possible.

► While Lifting:

1. Get as close as you can to the load, almost as if you're hugging the object. This will put less pressure on your lower back.
2. Keep yourself in an upright position while squatting to pick the object up.
3. Keep a wide base of support. Your feet should be shoulder width apart.
4. Do not hold your breath. Focus on tightening your stomach.
5. Use your legs as much as possible. They are one of the strongest muscles in your body.
6. Make sure you're turning with your feet and not with your back.
7. Lift slowly by straightening your hips and knees. Keep your back straight.
8. Set down the load carefully, squatting with the knees and hips.

► While Sitting at Work:

1. Keep your neck at a comfortable position while sitting at a desk.
2. Make sure the top of the screen is eye level or within 15 degrees below eye level.
3. Keep your screen less than an arm's length away from you.
4. Arrange your desk where you can easily reach items without twisting.
5. Stand up and stretch at least once an hour.
6. Arrange the position of your keyboard to allow your elbows to be open, bent no more than 90 degrees, and close to your sides.
7. Take 10- or 15-second breaks throughout the day by looking away from the computer monitor. This will help decrease eye tension and strain.
8. Use a telephone headset or speaker phone to help you avoid awkward positions while talking and doing other tasks.

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Newsletter Mission

- Provide factual, informative, & interesting information.
- Promote healthful lifestyles through ideas & contributions.





Good Eats: Strawberries

Strawberries are a member of the rose family. On average, there are 200 tiny seeds on every strawberry. Follow these tips for selecting and storing this delicious fruit!

Select: Choose shiny, firm Strawberries with a bright red color. Caps should be fresh, green and intact. Avoid shriveled, mushy or leaky berries.

Store: Do not wash Strawberries until ready to eat. Store in refrigerator for 1-3 days.

Nutrition Benefits: Fat free; saturated fat free; sodium free; cholesterol free; high in vitamin C; high in folate.

Hit the Trails!

One of the under used treasures in South Dakota are the many, many miles of trails throughout the state, both in state parks and in local communities. Many cities and towns in South Dakota have started on the 'path' to wellness and a healthy lifestyle by adding walking, hiking, and biking trails to encourage exercise. Regular physical activity decreases the risks for chronic disease, improves overall quality of life, and enhances well-being.

The South Dakota Department of Health and its Healthy South Dakota program are pleased to post links to these community trails to encourage South Dakotans to use the trails for physical activity. If you have a trail in your community, send us the details so we can include it as we continue to update the web page with more community links. Check out the trails site at:

<http://www.healthysd.gov/Communities/>

Featured Resource

Drinking sugar sweetened beverages (SSBs) is associated with obesity and a number of negative health conditions, including diabetes and cavities. The Department of Health Nutrition and Physical Activity Program and Oral Health Program partnered to develop SSB posters entitled "What's in Your Drink" which are available on the Oral Health Program's website.

For additional copies of the posters, go to <http://www.doh.sd.gov/oralhealth>, click on Materials and Resources, then Order online, then click on the Nutrition tab, and scroll down to place your order for items NUT 080 and NUT 081.



DID YOU KNOW?

Tobacco use remains the greatest cause of preventable death in South Dakota and the United States. Nearly one in every five deaths in the United States is tobacco related (CDC, 2008). Among South Dakotans, in 2008 there were 1,275 deaths, or 18.1 percent of total deaths, in which tobacco was a contributing factor (South Dakota Vital Statistics Report, 2008). In addition, direct medical costs, lost productivity due to tobacco related diseases, and serious respiratory problems for those exposed to other's secondhand tobacco smoke are consequences of tobacco use.