

WELCOA* | MARCH 2020

WELL BALANCED^o

*The Fat
Well Issue*

PLANT-BASED PRIMER

START YOUR PLANT-BASED
DIET RIGHT

GROWTH THROUGH GARDENING

THE BENEFITS OF
COMMUNITY
GARDENING

ALLEVIATING ARTHRITIS

MANAGE ARTHRITIS
AT WORK



Move Around

One problem many workers have is that they sit for long periods of time. In fact, research by the Mayo Clinic has shown that sitting for hours without moving not only increases your risk of cardiovascular disease, but can cause high blood pressure. Sitting can also lead to swelling in your joints which can worsen arthritis symptoms.

Because of this, it's important to move around often. Ideally, you should get up and walk around every 30 minutes. This will help you to rest muscles in your hands and wrists and also keep your blood circulation flowing well.



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Keep Your Feet on the Floor

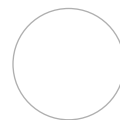
Another way to help prevent arthritis symptoms in the workplace is to make sure to keep your feet on the floor. This will help to ensure your spine is aligned which could otherwise cause pain in the surrounding joints and muscles. If you're unable to reach the floor with your feet, you might also consider investing in a footrest.

Check Your Chair

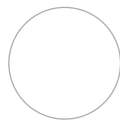
Sometimes your office chair could be the culprit behind your arthritis symptoms. Certain office chairs might not have proper lumbar support which can hurt your spine and pelvis causing them to align incorrectly. A chair with good lumbar support will help to cradle your spine, pelvis, and shoulders, keeping them aligned. This will help to prevent pain in these areas.

Another thing to check your office chair for is if it can swivel. Office chairs that require you to move the chair around with your legs and back can worsen arthritis pain. Chairs that swivel prevent this as they keep your back and surrounding joints from becoming strained due to extreme movement.

Arthritis is a terrible disease that can drastically affect your life, especially if you're working. If you're searching for ways to help prevent and eventually eliminate arthritis symptoms from your life, keep this information in mind.



About DR. BRENT WELLS // Dr. Brent Wells is a graduate of the University of Nevada where he earned his bachelor's of science degree before moving on to complete his doctorate from Western States Chiropractic College. He's a chiropractor based in Alaska, who founded Better Health Chiropractic & Physical Rehab in 1998. Dr. Wells is a member of the American Chiropractic Association and the American Academy of Spine Physicians.



About BILL DELEHANT Project Manager, Wellness Council of America (WELCOA) // As Marketing and Project Manager at WELCOA, Bill manages content deliverables for WELCOA's electronic and print publications and writes about wellness for Well Balanced.

BEATING

Arthritis

IN THE WORKPLACE

by DR. BRENT WELLS & BILL DELEHANT

There are three types of arthritis, and each can lead to severe pain. Psoriatic arthritis causes inflammation throughout the body and can lead to cartilage in the joints breaking down. Rheumatoid arthritis results in inflammation as well, but also causes the body's organs to be attacked by the immune system. Osteoarthritis is the most common form of the disease, and causes the protective cartilage around the joints to wear down, making movement difficult and painful.

Arthritis can affect you in your workplace in many ways. It can limit your leadership skills as you might not be able to lead your team due to pain. It can make typing or writing down important information difficult. Overall, it can make it difficult for you to do your best, which can affect your work's quality. Thankfully, there are some ways you can help to heal arthritis symptoms while working.



EMPLOYEE HEALTH & WELLNESS PROGRAM

unk.edu/wellness



MONTHLY HEALTH OBSERVANCE • March *National Nutrition Month*

National Nutrition Month is an annual campaign focusing on raising awareness around education and the importance of making informed food choices. This year's campaign theme is Eat Right, Bite by Bite with a retro design intended to be fun, accessible, positive and kid-friendly. Join in the effort to promote healthy eating habits and nutrition education.

For more information or to get involved, visit:

Academy of Nutrition and Dietetics
nmm@eatright.org
eatright.org/food/resources/national-nutrition-month

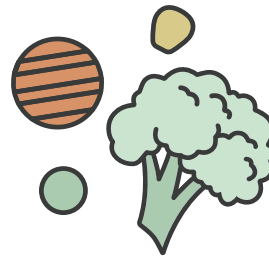


COMMUNITY GARDENS

Widen your social circle and promote fellowship around a sustainable and important activity.

CONVENIENT & HEALTHY

Choose pre-chopped vegetables, frozen brown rice, and bagged salads at the grocery store to reap the benefits of less time and energy cooking.



DON'T JUST SHOP THE PERIMETER

Sticking only to the perimeter of the grocery store leaves you missing out on many convenient and nutritious items.

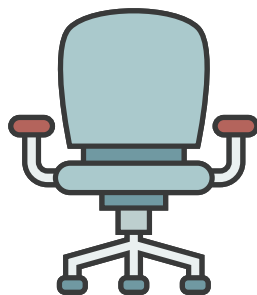


LESS THAN
3%

Fewer than 3% of Americans get enough protein.

DOES IT SWIVEL?

Chairs that swivel can prevent worsening arthritis pain as they keep your back and surrounding joints from becoming strained due to extreme movement.



TOMATO PASTE FOR THE WIN

Relative to raw tomatoes, tomato paste serves up ten times more of the star antioxidant lycopene.

