

**January  
2012**

**Medically-Based  
Fitness**



## Happy New Year!

### How To Avoid Falling On The Ice.

A New York hip and knee specialist says there are ways to avoid injury during the winter season on slippery sidewalks and roads.

Dr. Ronald Grelsamer, a surgeon and an associate professor of orthopedic surgery at Mount Sinai Hospital in New York, says he is familiar with injuries associated with winter and can provide advice on how to prevent them.

### To avoid injury during the winter season on slippery sidewalks and streets:

-- Move your feet ever so slightly apart as you walk. This will give you better balance. If the street is really slippery, bend your knees a little bit. You may feel that you look funny, but it's worthwhile doing.

-- When going down an incline, consider turning sideways, but do not cross one foot over the other, as you will have no balance while your feet are crossed. If the ground is steep, bend your knees.

-- Protect your dominant arm. Since a fall occurs very quickly, you have no time to plan, but one recommendation is to hold your coat with your dominant hand, which instinctively leaves the other one to break your fall. If you are carrying something, do so with the dominant

hand, because instinctively you will then use the weaker hand to brace yourself, should you fall.

[http://www.upi.com/Health\\_News/2011/01/12/How-to-avoid-falling-on-the-ice/UPI-10451294861960/](http://www.upi.com/Health_News/2011/01/12/How-to-avoid-falling-on-the-ice/UPI-10451294861960/)

### Upcoming Events @ Golden West:

- Every Monday & Tuesday @ 2 p.m. is Balance Class
- Tuesday, January 31st @ 2:30 p.m. Special presentation based on the book "Younger Next Year"

### Set Attainable New Year's Resolutions!

- Plant a seed and it will grow from there...
- "I will eat a little less fried food this year."
- "I will drive a little more slowly this year."
- "I will help others a little more this year."
- "I will interfere in my children's lives a little less this year."
- "I will talk a little less and listen a little more."
- "I will smile a little more this year."
- "I will be a little better person than I was last year."

*Cheers to a New Year and another chance for us to get it right. - Oprah Winfrey*

# 8 Ways To Avoid The Flu Naturally

## Taste The Rainbow

Eating a wide variety of fresh, wholesome foods packed with powerful vitamins and minerals is the first step: vitamins A, B6, C and E and the minerals zinc, iron, copper and selenium are critical for maintaining strength and immunity. Make sure that your diet consists of a rainbow of fruits and vegetables to ensure that you are getting all of the necessary nutrients. Supplementing your diet with a daily multivitamin will fill the gaps where your diet falls short and should be an essential part of your health regime. During cold and flu season, increase your dosage of vitamin C for added virus fighting benefits. Should you still become sick, studies have shown that the powerful antioxidants in vitamin C can reduce both the symptoms and duration of the flu.

## I'll Have Extra Garlic, Please

Certain foods can give you an extra boost and should be factored into your regular eating habits. Garlic is known for its antibacterial, antiviral and antifungal properties and can prevent infections from taking hold and spreading. A daily serving of two raw garlic cloves will provide you with the bulbous herb's healthy benefits. Tip: To avoid offensive garlic breath, cut the cloves into smaller pieces and then swallow them with water or herbal tea. Follow with a sprig of parsley.

## A Mushroom A Day

Mushrooms have been found to increase production and activity of white blood cells, improving your chances of fighting off infection. Both shiitake and maitake mushrooms provide the biggest immunity boost.

## Have a tea party

Jump-start your immune system each morning with a fresh pot of black tea. While the healthy properties in black tea have been known for centuries, a recent Harvard University study confirmed its healing effects. The study found that people who drank five cups of black tea a day for two weeks had 10 times higher levels of the cold- and virus-fighting chemical interferon than those who did not drink tea. Researchers suspect that green tea has the same effect.

## Run Away

Exercising for 30 to 60 minutes daily can give your immune system the extra kick that it needs. A study conducted by David Nieman at Appalachian State University found that people who walked regularly for 12 weeks had half the number of colds and sore throats as people who were less active. It has been estimated that 90 percent of illness and disease is stress related. But don't overdo it! Exercising for more than 90 minutes a day could make you more susceptible to the flu virus.

## Sleep on it

Getting a good night's sleep is essential for the immune system to recharge itself. An overly fatigued body doesn't have the necessary strength to fight off infections.

## Lather Up

A strong immune system should be able to combat the flu virus, but washing your hands frequently can increase your health odds even more.

<http://www.naturalnews.com/019194.html>

## Trivia:

Email your answers to [arose@medfit.net](mailto:arose@medfit.net) and the person with the most answers that are correct will receive two free movie tickets. *(please no cheating by using the Internet)*

**Who did George Jetson work for?**

**What was the name of George Jetson's maid?**

**Who played the Riddler in the original TV series, Batman?**

**Name both of Pop Eye's arch enemies?**

**What animal did Fred Flintstone put out every night?**

**What cartoon character sang the song Eep Opp Ork Ah Ah?**

**Name Mickey Mouse's first cartoon?**



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