May 2015

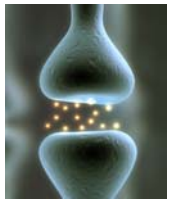
Be Fit-Be Well

CITY OF HAMPTON
PARKS & RECREATION

Feel Better by Moving More

Are achy joints slowing you down? The latest in medical science and your doctors advice might surprise you: move more to ache less. That's right, move more to ache less!

Many people of all ages can suffer from Arthritis pain and inflammation. The most common type is Osteoarthritis and the most common sites are the knees, ankles and hands. Osteo-arthritis is pain and stiffness in the joint that lasts more than a few weeks, may start to limit daily functions, or if you hear bone grating on bone (you should talk to your doctor if you do). There are more than 100 varieties of arthritis according to Jonathan Chang, MD, spokes person for the American College of Sports Medicine; that include rheumatoid, Lyme disease, gout, and fibromyalgia. Your doctor can run tests to find out if you have it.



Arthritis does stem from the natural wear and tear on the joints, however your genetics, gender, and weight also play a big part. Like an elastic band, many peoples joints can take only so many years and miles before they start to deteriorate, and overuse and injury speed the breakdown. Once you pass the age of 40 (roughly), cartilage: the juicy, rubbery tissue that cushions and protects one bone from another starts to disintegrate. Once this happens, inflammation in the joint occurs. This is the body's normally timed response to injury or infection, rushing white blood cells and protective chemicals where they're needed to help us heal.

OK, so you really want to know why motion helps?! According to a recent Norwegian study of 30,000 people, physical exercise does not increase the odds of developing Osteoarthritis, not even in heavy people who workout. In fact, "exercise is the very best medicine you can give your tender joints. It builds muscle, stabilizes joints and gives them flexibility, and keeps weight down, which provides major benefits." states Dr. Chang. Movement does more though, it also promotes your overall health, hormonal balance by boosting the brain chemicals that boost your mood, fights depression, and stress. But keep in mind that you also want to listen to your body (I talk a lot about that in my fitness classes) by know-ing what you can and can't do realistically. Pain is a message from your body, but it doesn't mean stop altogether, it might just mean slow down a bit, use lighter weights, no jumping jacks or deep squats. Each morning when you first wake up, give any joint that aches a number from 1 to 10: 1 means you feel great, 10 means you feel like putting it on the shelf. Then do simple range of motion exercises for that joint, but don't leave the rest of your body to fend for itself, get everything involved. Then check your pain level in those same areas about 1 hour later. Track your pain during and after exercise too. Most people with OA or RA don't want to do any type of exercise when everything seems to hurt all the time. "Some pain during exercise is to be expected with arthritis," says Jonathan Chang, MD, clinical associate professor of orthopedics at the University of Southern California and a spokesperson for the American College of Sports Medicine, "but the pain should not increase during of after exercise." Once you understand the pattern of your pain, work with your doctor to develop a plan to manage the it; which may include OTC (over the counter) anti-inflammatory or prescription medica-tion. The key here is to be honest and with yourself, your doctor, and trainer.

Move of the Month - Side to Cross Over Lunge

1. Stand straight with your feet firmly together. Keep your arms down by the sides. Let your posture remain straight but ensure your shoulders are relaxed. This exercise helps tone the inner thighs since it exercises them from different angles.
2. Using your left foot, you can take a wide side-step. Bend your knees in order to push your hips behind you when you are stepping out. The right leg should remain extended as you shift your body weight on your left side. Let your back remain straight. Keep your face forward by the time you start moving.
3. With your fingertips, touch the ground. Keep your arms on either side of the left foot.
4. Stand back up with your legs crossed.
5. Touch the floor and bend immediately.
6. Stand and repeat the exercise--stand up and start pushing off with the left foot and then return to the starting point.

RECIPE OF THE MONTH - Blue Berry Pancakes

These antioxidant rich pancakes are perfect for kids to help make so on Mother's Day Mom can relax and just enjoy!

3 large egg whites OR 2 large eggs

3/4 cup low-fat 33 percent less sodium cottage cheese

1/2 cup skim milk

1 cup whole-wheat flour

1 tsp. baking soda

2 tsp. sugar

1 12 - oz. packaged, frozen blueberries (with liquid), thawed

Cooking Spray

1. Let kids crack eggs into a medium bowl. Then, let them measure and add cottage cheese and milk into the bowl, using a spoon to mix wet ingredients together.
2. Let kids measure and add the dry ingredients of flour, baking soda, and sugar into the wet ingredients. Have them stir with a spoon just until ingredients are combined, having some lumps is ok.
3. Let kids gently stir the blueberries into the batter.
4. Spray a large nonstick pan with cooking spray and warm over medium-high heat. Portion ¼ cup amounts of batter into the pan adding 3 to 4 pancakes without overcrowding. When bubbles appear on the edges of each pancake after about 2-3 minutes, flip over with spatula and slightly flatten each pancake with the back of a spatula. Cook until that side is browned, another 2-3 minutes.
5. Transfer cooked pancakes to a plate. Continue making pancakes with remaining batter, coating the pan with cooking spray between each batch, until all the batter has been used. Serve pancakes.

Continued from page 1…Now try updating your fitness routine by creating a program that includes at least three sessions of cardiovascular exercise each week. This can be anything from dance aerobics, step aerobics, Zumba, hula-hooping, hiking, swimming or line-dancing. If you have been sedentary recently, walking is the best place to start. Follow the same path for at least 2 weeks, gradually increasing your distance each week.

Then incorporate strength training. Building up your muscles (don't think bulk here), especially around the knees, shoulders, and core, prevents injuries, including strain on tendons and ligaments, which worsens with Osteoarthritis pain. Add body weight exercises like push-ups and modified squats, use a resistance band, and seek out a trainer if needed.

"Every joint has its limitations, "says Dr. Chang, "but a regular stretching routine strengthens tendons and ligaments, maintains and improves range of motion, and plays a big role in staving off injuries." Yoga has many forms and can be very beneficial to every one. You may think it's not for you, however, nighttime yoga helps women with OA sleep more soundly, battling pain related insomnia.

Working out with Rheumatoid Arthritis is a bit different than with OA. They both make your joints stiff and painful and is more common in women than men, also with both, appropriate low-impact exercise can keep joints stronger and functioning better. The bad news is that about 42% of the 1.5 million people living with RA are completely sedentary.

Rheumatoid Arthritis is associated with severe joint swelling and can be difficult to treat, even when treated it can still be painful and over time debilitating. Unlike OA, RA is caused by the immune system attacking the body's own tissues. Patience White, MD, Vice President of Public Health at the Arthritis Foundation; "When the disease flares, fluid builds up in the joints, causing pain and inflammation that can be systemic; it can affect other organs in the body, such as the lungs and heart." But if you can manage it with medication, getting regular exercise is still important. Especially gentle, joint-friendly workouts like Yoga-Lite, Tai Chi and Silver Sneaker type classes. Beyond all the benefits such as increased strength and flexibility, physical activity increases bones density. So take the next step to less pain and a stronger body.

HPR Spotlight—Petrice Richards

Petrice is a Recreational Professional at the Hampton Performing & Creative Arts Center. She was born and raised in Jamaica where she received her Teaching Diploma in Physical Education and Science from the G.C. Foster College of Physical Education and Sports. She taught two years as a primary school teacher and eventually earned a track and field scholarship to Hampton University where she received her B.S. in Recreation Management. In addition to teaching, Petrice played the sport of netball and volunteered as an assistant coach to help young girls in her community learn and play the sport.

While at HU, Petrice was an outstanding athlete setting new conference records in 2010, winning the 100m dash in 11:40 sec and the 200m in 23:53sec. Petrice has a warm heart and a passion for helping others. She is currently pursuing her Master's Degree in Human Services-Health and Wellness from Liberty University and will graduate on May 9, 2015.

Q. How long have you been with HPR

I have been working with HPR for four years .

Q. What do you like most about working at PAC?

Working at PAC is fun, the atmosphere is great, and it gives me an opportunity to display my creative and innovative skills.

Q. What are your hobbies outside of work?

Outside of work, I enjoy cooking, working out, reading the Bible, making jewelry and singing in the bathroom.

Bring your crew and join the festivities or you'll all walk the plank, mateys!

FUN FOR YOU!

Administrative Office
727-6348
Fort Monroe Center
727-6831
Newtown Center
728-1710
North Phoebus Center
727-1160
Northampton Center
825-4805
Old Hampton Center
727-1123
Performing & Creative Arts Center
766-1510
Senior Center
727-1601
West Hampton Center
896-4687
YH Thomas Center
727-1200

www.hampton.gov/parks

Join the fun!

May 10th is
Mother's Day
Don't forget Mom!

May is…

* *National Arthritis Awareness Month*
* *National Osteoporosis Awareness Month*
* *National High Blood Pressure Awareness Month*
* *May 14th — Music & Poetry Night, PAC 7-9p FREE, call 766-1510 for details*
* *May 20th—City Employee Health, Fitness & Wellness Day, Hampton City Hall, 9a-2p FREE*
* *May 21st & 28th—Jazz in the Court, OHCC 6-7p FREE, call 727-1123 for details*
* *Memorial Day Weekend—ALL HPR Lifeguard manned beaches open for the season!*
* *May 30th—Community Open House at the Performing & Creative Arts Center, 11a-2p, call 766-1510 for details*
* *May 30th-June 1st—Blackbeard Festival, Downtown Hampton, FREE*
* *Returning in June to Buckroe Beach...*

WORKOUT ON THE WATERFRONT