

The Wellness Exchange



A Publication of
BUSINESS HEALTH SERVICESSM

Solutions for a Healthier WorkplaceSM

For more information call 1-800-765-3277 or visit www.bhsonline.com

National Physical Fitness & Sports Month

With summer just around the corner, fun and new adventures beckon at the beaches, mountains, forests, and at the pool. With so much to do, summertime offers a great opportunity to show the children in your life how important physical activity can be in maintaining a healthy lifestyle.

Get Physical

Between the internet, video games, DVDs, and the old fashioned telephone, children are evolving into America's most sedentary population. Developing a love of sports and a habit of regular physical activity as a child can be the foundation for a long, healthy life.

Get Motivated

The key to motivating children is to make physical activity fun. Children tend to pick fitness activities that they enjoy. Take small steps. Encourage your children to swim, bike, or play ball with friends.

Consider having your children take a 10-minute activity break while watching television, on the computer, or playing video games. Encourage your children to participate in school-organized sports and physical education classes.

Get Moving

Children should be active for **at least 60** minutes a day. Running, skating, and climbing are just a few ways to get children moving. Cutting down on sedentary activities, such as watching television for prolonged periods, allows children the opportunity to get involved with more physical activities leading to a healthy, physically fit lifestyle.

Get Involved

Be a role model! Get the whole family involved with games, bicycling, active play, and good nutrition. Getting involved in your children's fitness routine will show your support and help foster a great relationship regarding physical fitness. In addition, by participating in physical activities together, you can increase the amount of quality time you spend with your children.

Get Results

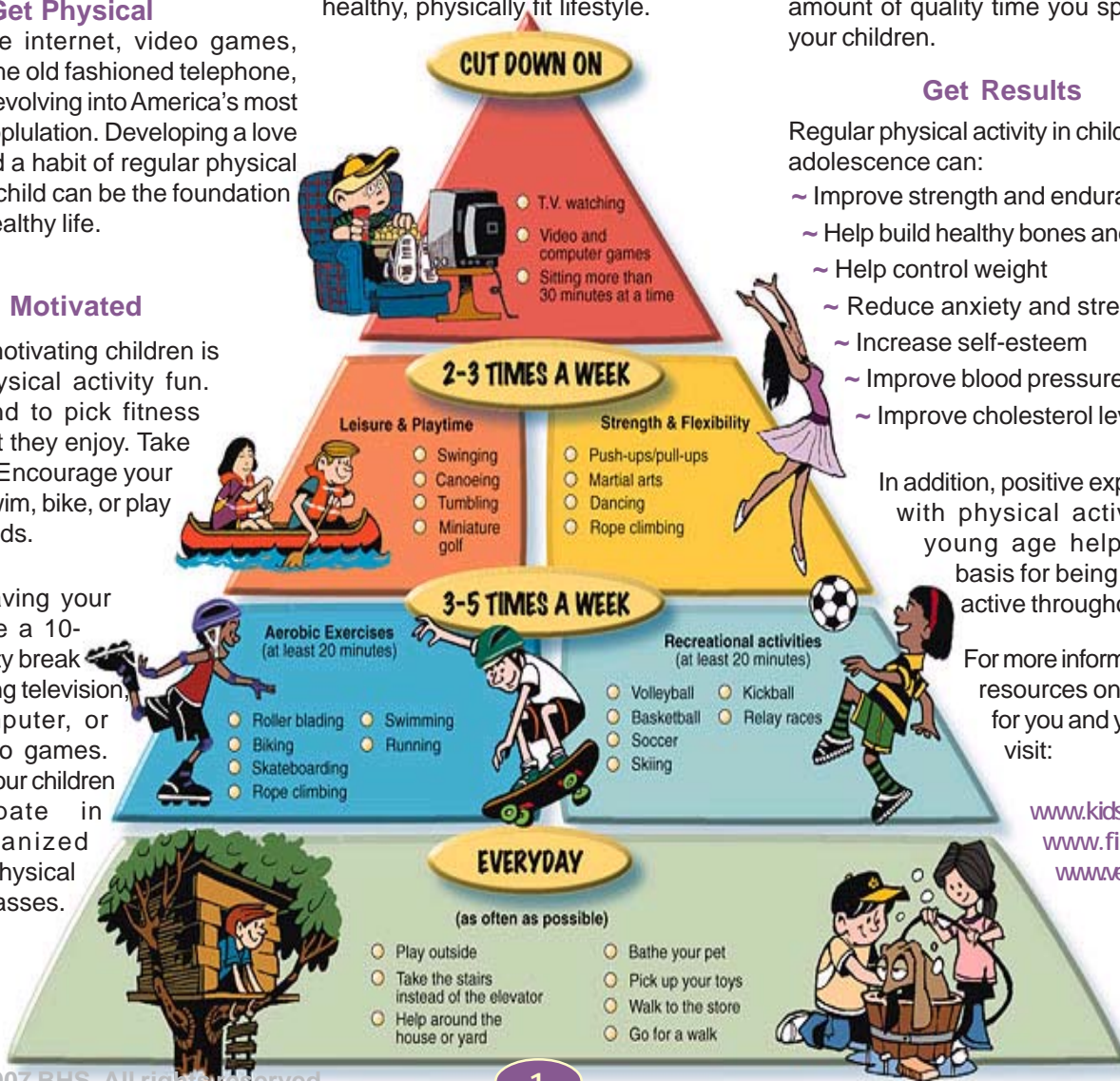
Regular physical activity in childhood and adolescence can:

- ~ Improve strength and endurance
- ~ Help build healthy bones and muscles
- ~ Help control weight
- ~ Reduce anxiety and stress
- ~ Increase self-esteem
- ~ Improve blood pressure levels
- ~ Improve cholesterol levels

In addition, positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

For more information and resources on activities for you and your child, visit:

www.kidshealth.org
www.fitness.gov
www.verbrow.com



Osteoporosis: Myths vs. Facts



Osteoporosis is a disease distinguished by low bone mass and deterioration of bone tissue,

leading to fragile bones that are more likely to fracture.

If you are like most Americans, you have probably heard a lot of “facts” about osteoporosis. Beware – some of what you have heard may not be true! Read on for some of the common myths about the disease, as well as the facts.

Myth: Osteoporosis is inevitable.

Osteoporosis is mostly preventable, with prevention occurring throughout an individual’s life. There are several things that can be done to improve bone health and prevent osteoporosis, including:

- Eating a balanced diet, rich in calcium and vitamin D
- Engaging in weight-bearing exercise
- Refraining from smoking
- Limiting alcohol consumption
- Having bone density tests done

Myth: Only older women get it.

Both women and men can develop osteoporosis at any age. 20% of individuals with osteoporosis are men, and men over 50 are more likely to suffer an osteoporosis-related fracture than develop prostate cancer. An estimated 80,000 men experience a hip fracture each year, and men are almost 2 times as likely as same-aged women to die within the first year of breaking a hip.

Myth: Osteoporosis isn’t expensive.

Each hip fracture costs in excess of \$40,000 in total medical costs. By 2030, the cost of osteoporosis is expected to be more than \$60 billion.

Myth: Only Caucasian women get osteoporosis.

In women over 50, 20% of non-Hispanic white and Asian women, 5% of non-Hispanic African American women and 10% of Hispanic women are estimated to have osteoporosis.

Myth: Osteoporosis isn’t serious.

Osteoporosis causes devastating and painful consequences. Hip fractures are serious; about 20% of individuals who suffer a hip fracture will die in the year after the fracture. This is usually due to complications related to the fracture or to the surgery after the fracture, such as pneumonia or blood clots in the lung. Additionally, 25% of people who survive a hip fracture will require long-term nursing home care.

Risk Factors

Certain people are more likely to develop osteoporosis than others. Factors that increase the likelihood of developing osteoporosis include:

- ~ History of a fracture after age 50
- ~ Current low bone mass
- ~ Being female
- ~ Having a small frame or being thin
- ~ Older age
- ~ A family history of osteoporosis
- ~ Estrogen deficiency (menopause-related)
- ~ Abnormal absence of menstrual periods (amenorrhea)
- ~ Anorexia nervosa
- ~ A history of not ingesting enough calcium.
- ~ Vitamin D deficiency
- ~ Low testosterone levels in men
- ~ An inactive lifestyle
- ~ Current cigarette smoking
- ~ Excessive use of alcohol



Myth: I would know if I had it.

Osteoporosis is often called “the silent disease” because it progresses slowly over time, with no symptoms, until a fracture occurs. Bone mineral density tests can measure the amount of bone in different parts of the skeleton and can predict the risk of future fractures.

Myth: Osteoporosis isn’t common.

In fact, osteoporosis and low bone mass affect 55% of individuals aged 50 and older, or 44 million Americans.

Myth: Once I have osteoporosis, there is nothing I can do about it.

It’s never too late to take steps to protect your bone health. Consume the recommended amounts of calcium and vitamin D, start weight-bearing exercises, and quit smoking *now* to help slow bone loss. In addition, many treatment options are available to slow bone loss and build new bone. Talk to your doctor or health professional about treatment options that may be right for you.



For more information, visit The National Osteoporosis Foundation at www.nof.org

Please note that the information contained herein should not be used for diagnosis or treatment of any medical condition, and is provided for your information only.