



AN AVERAGE AMERICAN PRODUCES 1,600 POUNDS OF GARBAGE PER YEAR (1)

69% OF BUSINESSES IN AMERICA IMPLEMENTED "GREEN" PROGRAMS IN 2010 (2)

MAY IS EXERCISE IS MEDICINE MONTH
<http://www.exerciseismedicine.org>

MAY IS ALSO STROKE AWARENESS MONTH
REGARDLESS OF AGE, RACE, OR GENDER, ANYONE CAN HAVE A STROKE. (3)

MOTHER'S DAY, SUNDAY, MAY 8!

CELEBRATE MEMORIAL DAY MAY 30!

Terese Miller, ACE Gold Certified Instructor, ACSM & IDEA Member 310.859.9908
terese.miller@sbcglobal.net © Terese Miller 2011

YOU CAN'T SIT DOWN

A recent *Men's Health* article reiterates what I told you last summer about both the postural, but especially, the cardiovascular dangers of sitting. This is nothing new. "In the early 1700s, the work of an Italian physician named Bernardo Ramazzini led to the field of occupational medicine. He studied the health of workers in over a hundred different kinds of jobs and concluded that 'those who sit at their work and therefore called "chair workers", such as cobblers and tailors, suffer from their own particular diseases... these workers ...suffer from general ill-health and an excessive accumulation of unwholesome humors caused by their sedentary lives.'" (4)



"U.S. Census Bureau statistics suggest that up to 75% of American workers are sitting in front of a computer at work." (4) Truck, bus, and cab drivers are at risk "chair potatoes" (5) too. It doesn't matter if you smoke or don't, exercise regularly, or not. Sitting is an independent, heart attack, risk factor that affects both women and men equally. (6)
What should you do?

"Take two breaks an hour. Grab a drink from the water fountain. Pop over to the cube next door to say hi. Or simply stand and stretch for a minute." (6)

"Stand during phone calls. It may seem like a small thing but it all adds up." (6)

"Don't write long emails. If crafting an email will take longer than 15 minutes, go talk to the person instead. Or stand up and call them." (6)

"Ask HR for a standup desk. Australian researchers found that workers who log more than 6 hours of seat time a day are up to 68% more likely to be overweight." (6)

What am I doing? Well, I wrote this entire issue, on my feet, with frequent dance breaks to this:
<http://www.youtube.com/watch?v=BW0uGI02hrI>

F-A-S-T

Use this acronym if you suspect someone may have suffered a stroke.

"Face. Ask the person to smile. Does one side of the face droop?" (3)

"Arms. Ask the person to raise both arms. Does one arm drift downward?" (3)

"Speech. Ask the person to repeat a simple sentence. Is their speech slurred or strange?" (3)

"Time. If you observe any of these signs, call 9-1-1 immediately." (3)

"Note the time. Within three hours of the first symptom, there is an FDA-approved clot-buster medication that may reduce the long-term disability for the most common type of stroke." (3)



And that's not just during an awareness month. How's your emergency preparedness IQ? If you haven't yet printed a copy of the guide I e-blasted last month, do it now and store it in a Ziploc™ bag with your emergency supplies. Here's the link again. Firefox users may need to copy and paste, to open it in an alternative browser.

<http://www.melindalee.com/images/stories/EmergencyGuide.pdf>

(1)
<http://www.wisegeek.com/m/how-much-garbage-does-a-person-create-in-one-year.htm>

(2)
<http://www.ecoinsite.com/2011/04/69-percent-of-american-businesses-went-green-in-2010.html>

(3)
<http://www.stroke.org/site/PageServer?pagenam=SYMP>

(4)
<http://www.multibriefs.com/briefs/acsm/active8-3.htm>

(5)
<http://www.multibriefs.com/briefs/acsm/active7-27.htm>

(6)
http://www.menshealth.com/health/staying-active?cm_mmc=Yahoo_Blog--Health--the_most_dangerous_thing--Office_Chair_Killing_You