

# WINTER UPDATE

## RECREATIONAL ACTIVITIES TO MINIMIZE STRESS AND PREVENT BACK PAIN

Going to the chiropractor can heal relieve pain and prevent injuries, but in addition to that, being active is also a great way to help keep your spine healthy. Just going for a brisk 10 minute walk each day is enough time to help improve the health of your spine and prevent musculoskeletal (MSK) conditions. But there are also a few other recreational activities that you can incorporate into your daily routing to prevent back pain and reduce stress.

Here are a few suggestions and why you may benefit from them:

### Yoga and Pilates

Yoga and Pilates are forms of exercise that typically focus on moving the body while focusing on breathing and body awareness. The poses are purposeful and usually work a few areas of the body at once, including the back and leg muscles to build a stronger foundation for other movements. Also, the poses often focus on balance which can be important to prevent falls and injures as we age. Compared to higher impact activities that cause added strain to the body, yoga and pilates are known to be 'safe' for healthy and even injured individuals. Yet, with most practices, being keenly aware of your body is important, as is adapting movement to your skill level. However, regular practice has been shown to decrease back pain. The great thing about yoga and pilates is that there are several types of classes catered to your specific skill and comfort level.

### Aquafitness

Aquafitness is a dynamic, low impact activity that usually involves the entire body in movement, including the abdominals, gluteals, and leg muscles. Since the movements are done in water, the water adds extra resistance to strengthen muscles but also minimizes impact on your joints. Aquafitness has been shown to be an effective management tool for those suffering from certain MSK injuries allowing them to keep active. Notably, people suffering from low back pain may particularly benefit from aquafitness or gently swimming in water. Contact your local community centre or gym to see if aquafitness is part of their regular programming.



### Tai Chi

This Chinese martial art focuses on meditative, deep breathing combined with methodical practice of slow movement enhancing mobility and balance among those who practice the art. Tai Chi is known to have major health benefits - even for those with back pain. Tai Chi can improve pain and function, while decreasing likelihood of chronic pain. It is safe and effective activity for those experiencing long-term back pain symptoms.

### Building your core, so your back's not sore!

Many people have back pain and this can sometimes be caused by weak abdominal muscles. In fact, developing strong abdominal muscles may actually help prevent back pain by enabling proper spinal alignment, making you less prone to back injuries. Your abs anchor your frontal core, and if they are weak, the other structures supporting your spine, such as back muscles will have to work harder. By developing strong core muscles, you will be less likely to injure or strain your back muscles.

Dr. Reena can develop a core strengthening program that is right for you!

Articles provided by the Canadian & Ontario Chiropractic Associations:

<http://www.chiropractic.ca/blog/recreational-activities-to-minimize-stress-and-prevent-back-pain/>

<https://www.chiropractic.on.ca/building-your-core>

## HOW THE COLD WEATHER CAN HAVE AN IMPACT ON YOUR MUSCLES AND TENDONS



You may find that as the weather gets colder, you may experience more aches and pains, and even feel like your muscles are stiffer. This is even more evident for workers who work outside in the winter, or individuals with ailments. The cold weather can increase the risk of suffering musculoskeletal (MSK) injuries and can even increase the intensity of certain MSK conditions.

### How Can the Cold Weather Impact Us?

If you live with an arthritic condition you might find that your symptoms may be exacerbated by cold weather conditions, which can keep you away from doing the activities you enjoy. Conditions like rheumatoid arthritis and osteoarthritis may not react well to sudden weather or atmospheric changes, which may worsen symptoms. Even without any specific conditions, most of us are very aware of how our bodies feel and move when we are cold - we may move slower and walk around when our muscles are tense and stiff. This can result in soreness that we may not experience otherwise. For those who work outside, be conscious of your working conditions. Feeling warm, safe and comfortable is important as heavy lifting and overexertion can increase risk of injury in colder temperatures. Here are a few things that can be done to prevent stiffness and MSK-related injuries during the winter months:

### HOW TO STAY ACTIVE WHEN THE DAYS GET SHORTER!

During this time of year, days are getting progressively shorter and we may start to feel a little more pressed for time. Most of us already struggle finding time to stay active, which can take a toll on our overall health and the health of our spines. As little as fifteen minutes to a half hour of activity a day can help prevent MSK conditions. When you feel short on time as the daylight shortens, here are some ways you can stay active at home:

#### FIT-IN-15

This program was developed by Canada's Chiropractors recognizing the difficulty in scheduling physical activity in your daily routine. It allows you to quickly build a 15-minute workout plan to target muscle strength, flexibility and cardiovascular health. Designed for simple, practical use, Fit-in-15 will help you stay motivated and active from home!

#### SCHEDULE YOUR WORKOUT

If you constantly feel like you are too pressed for time for physical activity, try scheduling it into your day as though it were a meeting you can't miss. Use the [Straighten Up Canada app](#) and set reminders to complete your exercises.

#### WORKING OUT AT HOME

If you don't feel like heading out into the cold or darkness to get your workout, try some resistance training at home or follow along to a workout video. Introduce simple, scalable and easy to do activities to your day, such as push-ups, sit-ups and lunges. These exercises are easy to do since they rely on your own body weight and do not require the use of equipment. You may also find a variety of workout videos on YouTube or popular fitness sites if you do not have the means to purchase a program at home.

- Maintain an active lifestyle - make sure you are doing some form of physical activity to exercise your muscles and joints
- Dress warmly - wear proper clothing to keep your body warm and protected from the cold
- Wear proper boots that are waterproof and warm, and have threads to prevent falls
- Wear a warm hat - keeping your head warm reduces the amount of heat that escapes from your head
- Do not stay in the cold for too long - if you work outside, move indoor during your breaks if possible

The winter months shouldn't keep you from doing the things you love, or keep you indoors in pain. Keep active and dress warmly, and you may be able to minimize the aches and pains of the season. Your chiropractor can also help you manage your condition-related pain during the winter months, and help you prevent MSK conditions if you work outdoors.

#### **Article provided by the Canadian Chiropractic Association:**

<http://www.chiropractic.ca/chronic-pain-2/how-the-cold-weather-can-have-an-impact-on-your-muscles-and-tendons/>

For more tips, visit the Canadian Chiropractic Association:  
<http://www.chiropractic.ca/blog/how-to-stay-active-at->

## EATING RIGHT FOR YOUR MSK HEALTH!

Are you eating to maintain a healthy body? Currently, 1 in 4 people suffer from musculoskeletal (MSK) conditions, and these conditions increase with unhealthy lifestyle choices. One key component to obtaining a healthy lifestyle and decreasing your risk for MSK conditions is eating a proper balanced diet, high in vitamins and minerals. Combine regular physical exercise with a healthy diet, and you are on your way to reduce your risk for MSK conditions!

A lack of proper nutrients increases your risk for bone, muscle and joint disease; therefore it is important to know which foods can help ward off the risks and set you up for a positive, healthy lifestyle. Physical activity and a balanced diet may also reduce the occurrence of injuries and accidents, and may reduce the development of MSK conditions such as back pain, osteoarthritis, and osteoporosis.

According to the International Life Sciences Institute, osteoporosis can result from inadequate consumption of calcium and vitamin D intake and they are recommended as a part of a healthy diet. Both nutrients are important to improve MSK health; calcium helps build bone tissue, whereas vitamin D promotes the absorption of calcium itself.

As reported by the International Osteoporosis Foundation however, they are not the only means to prevent MSK conditions and positive health; listed below are a few nutrients and why they are good for your MSK system, as well as some food sources to consider for your diet.

### PROTEIN

Protein is necessary to gain bone mass during childhood and adolescence, and helps to preserve bone mass as we age.

Foods High in Protein:

- Fish: salmon, mackerel, sardines
- Legumes: kidney beans, lentils
- Chicken
- Nuts and Seeds: almonds, cashews, pine nuts, flaxseed
- Dairy: Greek yogurt, cottage cheese
- Eggs

### FRUITS AND VEGETABLES

Adding fruits and vegetables to your diet has many health benefits to your health. They contain an array of vitamins, minerals, antioxidants and alkaline salts. Studies have shown higher fruit and vegetable consumption is associated with positive effects on bone density in elderly men and women.

### MAGNESIUM

Do you know that magnesium plays an important role in forming bone mineral? In fact, magnesium contributes to the structural development of bone. As you age, magnesium absorption decreases, and may increase risk of fractures.

*Article provided by the Canadian Chiropractic Association:*  
<http://www.chiropractic.ca/blog/eating-right-for-your-msk-health/>



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Foods High in Magnesium:

- Green vegetables
- Legumes
- Fish
- Nuts & seeds

### VITAMIN K

Maybe this is one you haven't considered. We think about adding vitamin C and vitamin D to our diet, but vitamin K is equally important. Vitamin K is needed for mineralization of bone.

Foods High in Vitamin K:

- Lettuce
- Spinach
- Cabbage
- Soya bean products

### ZINC

For bone tissue to renew and mineralize, zinc is required. Severe deficiency is usually associated with caloric and protein malnutrition, and contributes to impaired bone growth in children. Milder degrees of zinc deficiency have been reported in the elderly and could potentially contribute to poor bone structure due to its role in regulation of bone formation and resorption. You can supplement zinc, but there are also ways to add it into your regular diet.

Foods High in Zinc:

- Red meat
- Poultry
- Whole grains
- Legumes

These are just a few nutrients to consider as you prepare your food for the day. Adding some key elements to your diet could help play a preventative role with certain MSK conditions, especially as you age.

## PRODUCT SPOTLIGHT



### ULTRA CALM BAR

- Dietary supplement which addresses stress-related concerns
- Contains 200 mg of L-theanine (contained in green tea)
- Supports relaxation, sense of calm, healthy stress response

### ULTRA PROTEIN BAR

- Meal replacement or snack
- Ideal for increasing protein and fibre intake
- Limits sugar consumption
- Contains 20g of protein
- Gluten Free!



### ULTRA MEAL BAR - RICE PROTEIN

- Ideal for improving body composition
- Alternative to soy and milk products
- Contains 12g of easily digestible rice protein
- Contains essential vitamins and minerals, including high potency B vitamins
- Gluten free!



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