

# Health & Wellness Newsletter



## Physical Health

### 4 Exercises that help Joint Pain

When you're suffering from arthritis pain, perhaps the last thing you want to do is exercise. And yet, as counterintuitive as it may seem, gentle movement can make a world of difference when it comes to decreasing the pain and fatigue associated with arthritis, says Dr. Patience White, chief public health officer for the Arthritis Foundation.

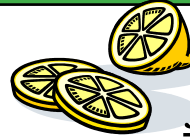
The key to making the exercise habit stick is choosing a routine that fits both your physical condition and interests. Of course, always check with your physician before starting an exercise program, especially if it has been some time since you've been physically active. Once you get the green light, go slow — just ten or 15 minutes a day — then increase to 30 minutes a day as you build stamina, Dr. White suggests. Include at least one activity from each of these three areas: flexibility, strength, and cardiovascular. Ready? Check out these 4 arthritis-friendly workouts. They're sure to get you going.

**Yoga:** It's based on moving through a routine of set poses, or stretches, which increase flexibility, yet protect joints from injury.

**Tai chi:** This slow and graceful series of movements puts your joints through their full range of motion without any strain or heavy impact. Studies show that the fluid motions of tai chi can reduce arthritis pain while improving mobility, breathing, balance, and relaxation.

**Swimming:** Try a water-based exercise routine that takes advantage of the buoyant yet resistant quality of water to increase joint flexibility and/or build strength.

**Walking:** It's safe, low impact, strengthens muscles, and helps keep weight in check. Aim for a pace that leaves you slightly short of breath, but not so much that you can't carry on a conversation normally.



## Healthy Dessert Recipe

### Lemon Cream Cheese Crunch Bars

- 1 (8-ounce) can Pillsbury Reduced Fat Crescent Rolls
- 1 (4-serving) package Jello sugar-free vanilla cook-and-serve pudding mix
- 1 (4-serving) package Jello sugar-free lemon gelatin
- 1 cup Carnation Nonfat Dry Milk Powder
- 1 1/2 cups water
- 1 teaspoon coconut extract
- 1 (8-ounce) package Philadelphia fat-free cream cheese
- 1 1/2 cups raisins
- 1/4 cup (1 ounce) chopped pecans
- 1/4 cup flaked coconut

Preheat oven to 425 degrees. Spray a 9-by-13-inch rimmed cookie sheet with butter-flavored cooking spray. Pat rolls in pan, being sure to seal perforations. Bake for 6 to 8 minutes or until light golden brown. Place cookie sheet on a wire rack and allow to cool. Meanwhile, in a medium saucepan, combine dry pudding mix, dry gelatin, dry milk powder, and water. Cook over medium heat for 6 to 8 minutes or until mixture thickens and starts to boil, stirring constantly. Remove from heat. Add coconut extract and cream cheese. Mix well using a wire whisk. Fold in raisins, pecans and coconut. Spread mixture evenly over cooled crust. Refrigerate for at least 2 hours. Cut into 24 bars.



## Quote of the Week

**All you've got  
is all you can give  
and that will  
always  
be enough.**



## Spiritual Health

Lord, teach us to number our days aright,  
that we may gain wisdom of heart . . . Psalm 90

Help us do today the things that matter,  
not to waste the time we have.

Yes, the moments we have are precious, Lord,  
see that we count them dear.  
Teach us to number our days aright.  
Fill us this day with your kindness,  
that we may be glad and rejoice all the days of our life.

Glory to the Father. . .



## Emotional Health

### **Friendships are good for your Health**

Spending time with friends is fun, but it may also yield a multitude of long-term physical and emotional health benefits. Studies show that healthy relationships make aging more enjoyable, lessen grief, and provide camaraderie to help you reach personal goals, among other things. Maintaining positive relationships should rank up there with healthy eating and exercise as a necessary investment in your health.

A number of studies have highlighted the importance of friends and good relationships to health, Here are some of the findings:

**Socially engaged adults age more successfully.** According to surveys of women over age 60, those who are socially engaged and visit with friends and family throughout the week are happier as they age.

**Friends can help you achieve your weight and fitness goals.** Encouragement and just sharing goes a long way to boosting your willpower.

**Happiness is catching.** If you have a friend you consider to be happy, you are more likely to be happy and you are able to spread that happiness to the people around you.

**Building a circle of friends makes you happy.** People who see themselves as a leader in their social circle are happier than those who see themselves as outsiders.

**Friends lessen grief.** The most welcome forms of support were simply being physically present, listening, and offering sympathy, encouragement, and practical help, such as making meals or funeral arrangements. In contrast, feeling socially alone tends to worsen grief.

**Being social boosts your immune system.** Being socially engaged leads to more positive emotions, which in turn may actually boost your body's immune system and reduce the physical signs of stress, say health experts.



## Joke of the Week

Have you ever noticed... anybody going slower than you is an idiot.  
And anyone going faster is a maniac.