

WELLNESS FOR LIFE



MAY 2019 BUSINESS BUZZ

Mental Health Awareness Month

Mental illnesses and other chronic conditions co-occur. People with cancer often have depression; people with schizophrenia often have diabetes; and people with chronic pain often have both physical and behavioral health challenges.

We know that the underlying environment – the “social determinants” of health – plays a role in the development of both physical and mental health conditions. And what we also know is that some common tools and strategies – such as animal companionship, humor, spirituality, work-life balance, and recreation and social networking – lead to improvements in both physical and mental health.

Mental health is essential to everyone’s overall health and well-being, and mental illnesses are common and treatable.

Humor, spirituality, recreation, animal companionship, and work-life balance are important for everyone, but may be of special importance to people also living with chronic health conditions and those who care for them.

NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

Regular physical activity is good for everyone’s health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.

Here are just a few benefits of physical activity:

Children and adolescents – Improve muscular fitness, bone health, and heart health

Adults – Lower the risk of heart disease, type 2 diabetes, and some types of cancer

Older adults – Lower the risk of falls and improve cognitive functioning (like learning and judgment skills)

The Y is a Perfect place to get your physical activity regimen going. With summer right around the corner the time is now not later!

LIGHTHEADEDNESS AND SALT

Feel Lightheaded when you stand up? Take advice to eat more salt with, um, a grain of salt. Scientists fed 412 People A typical U.S. diet or a fruit-and-veggie-rich DASH diet with high (3,300 milligrams a day), medium (2,400 mg), or low (1,500 mg) levels of sodium for a month each.

The people reported lightheaded episodes more often on the high- than on the low-sodium DASH diet. Sodium had no impact when they ate a typical U.S. diet.

What to do: Don’t assume that extra salt will make you less lightheaded

MAY EVENTS

Saturday May 4th

Whisker Walk
8:00am - 9:30am

Saturday May 11th

5K Run/Walk for Parkinson’s
8:00am - 9:30am

Friday May 10th- 17th

Olsen Pool Closed for Cleaning
Therapy pool is still open

Friday May 17th

Middle School Dance
8:00pm - 10:00pm

Saturday May 18th

Kids Night Out
6:00pm - 10:00pm

Friday May 24th

Red Cross Blood Drive
9:30am - 2:30pm

Friday May 30th

Massage with Revive2Aspire
9:00am - 1:00pm

Friday May 31st

Adventure Afternoon
12:30pm - 4:00pm