

## Bartley Center Wellness News – 62

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Wellness News quiz:

1. For those who work out at a health club, the average days of participation in calendar year 2001 was.... A. 30 B. 300 C. 75 D. 131
2. Physical activity reduces the risk of premature mortality in general, and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular. True/False
3. For proper wound care: create a barrier to keep the wound moist by applying a heavy lubricant such as Vaseline or Aquaphor. Don't use betadine, alcohol or hydrogen peroxide because these harsh chemicals interfere with healing. True/False
4. Who said - "The weak can never forgive. Forgiveness is the attribute of the strong."

Answers are below in the reading material.

### 1. Fitness Numbers - A Ten Year Comparison

According to "Participation Data" compiled by The National Sporting Goods Association in a 10 year comparative study, the following comparison in **average days of participation** was indicated:

- **For those who work out at a health club:** the average days of participation rose to 131 days per year in 2001 compared to 73 days per year in 1992 - up 79%.
- **For those running/jogging:** the average days of participation rose to 92 days per year in 2001 compared to 64 days per year in 1992 - up 44%.
- **For those doing aerobic exercising:** the average days of participation rose to 94 days per year in 2001 compared to 76 days per year in 1992 - up 23%.
- **For those exercising:** the average days of participation rose to 96 days per year in 2001 compared to 79 days per year in 1992 - up 21%.
- **For those doing exercise walking:** the average days of participation rose to 110 days per year in 2001 compared to 94 days per year in 1992 - up 16%.
- **For those doing step aerobics:** the average days of participation rose to 61 days per year in 2001 compared to 57 days per year in 1992 - up 8%.
- **For those doing calisthenics:** the average days of participation rose to 88 days per year in 2001 compared to 80 days per year in 1992 - up 10%.

For more information or to order the report, email: [info@nsga.org](mailto:info@nsga.org)

### 2. Surgeon General's Report: Sedentary Lifestyle Hazardous to Your Health

The Surgeon General's Report on Physical Activity and Health made one thing perfectly clear: a sedentary lifestyle is damaging the health of Americans and bears responsibility for the growing obesity problem in this country.

It is the first Surgeon General's Report to address physical activity and health. Its main message is that Americans can substantially improve their health and quality of life by including moderate

amounts of physical activity in their daily lives. In fact, regular exercise reduces a person's risk of premature death, as well as the risk of developing heart disease, diabetes, cancer, obesity and other diseases, the report said.

The report emphasizes that the *amount* rather than the intensity of physical activity is important, offering people more options for incorporating physical activity into their daily lives. Thus, a moderate amount of activity can be obtained in a 30-minute brisk walk, for example, or in separate periods of raking leaves and playing with the dog. This draws on research conducted by the Centers for Disease Control and Prevention (CDC) and the American College of Sports Medicine (ACSM) in 1995.

### **Exercise Alone Not a Magic Bullet**

It is important for consumers to remember, however, that experts have not changed their advice that balancing physical activity with food intake is the key to maintaining a healthy weight. This combined approach reaps other health benefits as well.

"The health benefits of regular physical activity alone are real, and the Surgeon General's report confirms this," said John Foreyt, Ph.D., director of the Behavioral Medicine Research Center at Baylor College of Medicine and an obesity expert.

"But exercise alone is not a magic bullet for weight control. The benefits of combining physical activity with calorie control are even greater, including helping America start to make significant progress in stemming the obesity epidemic."

The Surgeon General's report on physical activity does not address nutritional habits and their effect on health, noting that a separate Surgeon General's report covers that issue.

The best advice, according to Foreyt: "**Remember, calories still count.**" The current U.S. Department of Health and Human Services Dietary Guidelines for Americans recommend that people choose a diet low in fat, saturated fat and cholesterol, and decrease calorie intake if they need to lose weight.

Although Americans have struggled to make these choices, recent developments tracked by Calorie Control Council research give cause for hope. Currently, 92 percent of adults consume light foods and beverages. And the majority of these consumers check nutrition labels on products they buy to determine fat or caloric content.

### **Among the Surgeon General's report's major conclusions are:**

- Low levels of activity, resulting in fewer calories used than consumed, contribute to the high prevalence of obesity in the United States.
- Physical activity may favorably affect body fat distribution.
- People of all ages, both male and female, benefit from regular physical activity.
- More than 60 percent of American adults are not regularly physically active. In fact, 25 percent of all adults are not active at all.
- Significant health benefits can be obtained by including a moderate amount of physical activity on most, if not all, days of the week.
- Additional health benefits can be gained through greater amounts of physical activity.
- Physical activity reduces the risk of premature mortality in general, and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular.
- Physical activity also improves mental health and is important for muscles, bones, and joints.

## **3. Tips to Help Wounds Heal**

A slip with a kitchen knife, a spill off a bike or a fall on the sidewalk. It is not uncommon to have a mishap that injures the skin.

When a wound occurs, there are simple steps you can take at home to help speed healing. Experts offer these tips on wound care.

- **Cover the wound** with a sterile dressing and **apply pressure to stop the bleeding.**
- **Clean the wound** with tap or bottled water or sterile saline. Seek medical treatment if you need stitches, cannot clean the wound or if it was caused by animal or human bite.

Also, **seek medical attention if it has been 10 years or longer since you had a tetanus shot.**

- **Apply a topical antibiotic ointment.** Create a barrier to keep the wound moist by applying a heavy lubricant such as Vaseline or Aquaphor. Don't use betadine, alcohol or hydrogen peroxide because these harsh chemicals interfere with healing.
- **Cover the wound with a sterile dressing to create a warm, moist environment—the best condition for wound healing.** This differs from past recommendations to leave the wound open to air. Experts now find that a protected, moist environment decreases pain, infection and the likelihood of reinjury.
- **Apply a dressing that keeps the wound moist and the surrounding tissue dry.** Use a nonstick dressing and gently change it every day or two. Try to keep a wet scab intact. Wounds should normally stay covered for five days or until the surface layers have healed. Don't use plain gauze because it can stick to the scab and cause reinjury when removed.
- **Don't scratch.** Itching is normal to the healing process and scratching may reopen the wound.
- **Eat right and don't smoke.** This will promote healing.

**Seek medical attention if the wound develops signs of infection** including redness, increased pain or swelling or a yellow or green discharge.

#### 4. Quotes:

"The weak can never forgive. Forgiveness is the attribute of the strong." - Mohandas Gandhi

"Time is a dressmaker specializing in alterations. " - Faith Baldwin

"The world is a tragedy to those who feel, but a comedy to those who think." - Horace Walpole

"Don't use a big word where a diminutive one will suffice." - Unknown

"Those who dream by day are cognizant of many things which escape those who dream only by night. " - Edgar Allan Poe

"You do have to be fairly selfish when you have a gift. You cannot afford to let too many outside things get in the way. " - Sarah Brightman

"The greatest mystery is not that we have been flung at random between the profusion of matter and of the stars, but that within this prison we can draw from ourselves images powerful enough to deny our nothingness." - Andre Malraux

"Even when poetry has a meaning, as it usually has, it may be inadvisable to draw it out... Perfect understanding will sometimes almost extinguish pleasure." - A. E. Housman

"Glory is fleeting, but obscurity is forever. " - Napoleon Bonaparte

"Good teaching is one-fourth preparation and three-fourths pure theatre. " - Gail Godwin

**5. A Wellness Challenge** - keep it simple: find and preserve the simplicity in well-being, live healthy by eating healthy and participating in regular, meaningful physical exercise. Not only does it sound simple, it is simple.