



# Wellness Newsletter

## December's Health Focus: Back Pain

ENTER THE GET HEALTHY CHALLENGE! 1ST PRIZE IS A \$100 GIFT CARD.

### Back Pain at Work: Preventing Pain and Injury

Issue: December 4, 2013

Heavy lifting, repetitive movements and sitting at a desk all day can take a toll on your back. Here are a few common causes & ways to prevent back pain at work:

**Force**—Exerting too much force on your back, such as by lifting or moving heavy objects, can cause injury. Lift with your knees & tighten your core muscles. Hold the object close to your body. If it is too heavy, find someone to help you.

**Repetition** – repetitive tasks can lead to muscle

fatigue. Try to alternate physically demanding tasks with less demanding ones. Avoid unnecessary bending, twisting and reaching.

**Posture**— Don't slouch! When standing keep your weight balanced on your feet. When sitting, rest both feet on the floor & keep your knees below your hips. Sit tall—don't collapse in your chair. And keep your core muscles strong.

**Listen to your body**— If you must sit for a prolonged period, change your position

often; stand up and stretch whenever you feel tired.

**Maintain a healthy weight and include physical activity in your daily routine.**

Combine aerobic activity (such as swimming or walking), strength training exercises, and stretching. These exercises can be varied throughout the week for optimum results.

By following these simple guidelines you can take steps to prevent the onset of back pain.

(Source: www. Mayoclinic.com)

### What's Happening?

Dr. Olivieri is coming to the WC on Tuesday 12/10 at 5 PM to talk about **BACK PAIN**. Class size is limited! **MARK YOUR CALENDAR** and register at: [www.cmcwellness.org](http://www.cmcwellness.org)

OUR "GET HEALTHY CHALLENGE" CONTEST DEADLINE IS DEC 20th. Winners will be contacted promptly.

☺ Healthy Holiday Celebrations include portion control. Don't blow the diet by eating too many 'sugar plums'. *Eat Smart!*



DONATIONS OF TOILETRIES ARE BEING ACCEPTED THRU 12/18. PAY IT FORWARD and REMEMBER THOSE IN NEED IN OUR COUNTY. CALL 465-1087 FOR PICK-UP.



Left: Guest presenter & Wellness Committee Member Fran Jiampetti demonstrated "Juicing" at our **Rutgers Healthy Eating Series** in October. Watch our event calendar for the next class (Feb) – see these and other event photos posted on our website. All are welcome to attend! Class registration is required.



L to R: Marilou, Fran, Joann

Be good to each other. . .

"Tell me and I forget. Teach me and I remember. Involve me, and I learn."

Benjamin Franklin

**HAPPY HOLIDAYS!**

Send in your Healthy Living or Fitness Tips to share in this Newsletter.

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Visit the Wellness Website at: [www.CMCWellness.org](http://www.CMCWellness.org)