

Bulletin for Health and Wellbeing

June 2017

In this issue:

- Osteoporosis
- Take Advantage of Summer in the Country!

The next edition of the Bulletin for Health and Wellbeing will return in September. Until then, please look forward to:

- The Importance of Good Sleep Habits
- Fall Recipes: Making the Most out of Comfort Food



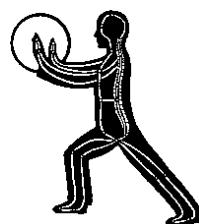
418-368-3212
info@vgpn.ca
visiongaspeperce.ca
facebook.com/visiongaspe

Osteoporosis

Osteoporosis is a disease that affects your bones, making them more fragile and more likely to break. While older women are the most likely to develop osteoporosis, it affects men and women of all ages.

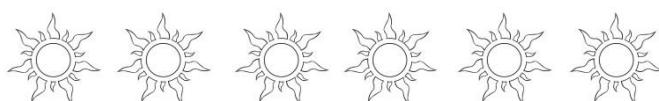
The causes of osteoporosis are not clear, but there are a number of ways you can reduce your risk of developing it or having it affect your life. If you have osteoporosis, it's important that you reduce your risk of falling down, since even a small fall can break a bone.

Minerals – Calcium is great for your bones! You can increase your calcium intake with milk products, fish products with bones (like canned salmon), leafy greens, soy beans and chick peas, and calcium enriched beverages like soy milk and some orange juices.



Exercise – Regular exercise can help prevent bone loss and building and strengthening your muscles will help keep your bones strong. Balancing exercises like tai chi and yoga can help improve your balance and therefore help prevent falls.

Vitamins – Vitamin D helps the body absorb calcium and that makes it the most important vitamin for healthy bones. You can get it in these foods: fortified milk and soy products, fatty fish, fish liver oils, and egg yolks. Your body makes Vitamin D when your bare skin is exposed to the sun, but since that can be dangerous, a supplement is often recommended for people over 50. Talk to your doctor or pharmacist to ensure you get the right dose!



This bulletin should never be used as a substitute for seeing a doctor. If you are concerned about a possible medical condition, please consult your physician.

Take Advantage of Summer in the Country!

Did you know that the summer is good for your health? Couple that with living in the country and you've got a recipe for health and wellbeing that writes itself! Here are some reasons why summer in the country is so good for you:

- Vitamin D from sitting in the sun
- Getting out and getting active
- Drinking more water
- Eating more fruits and vegetables
- Going to the beach
 - Walking barefoot on the sand stimulates your feet and makes your muscles work harder
 - Swimming – a great all over workout that's even good for people with bone and muscle problems
 - More sun!
- Getting some fresh air – especially that sea breeze!
- The warm weather opens up all your insides, improving your circulation!
- Spring cleaning
- Getting out and doing things with others

Sources: Medical Daily : <http://www.medicaldaily.com/health-benefits-beach-3-reasons-hit-beach-summer-246789>

Daily Mail: <http://www.dailymail.co.uk/health/article-110102/Ten-reasons-summer-good-you.html>

MedicAlert: https://www.medicalert.org/health_benefits_of_spring

Activity Corner

Let's celebrate summer with a Word Scramble about Fishing!

CAETKL	
OESHR	
ACST	
CSNELEI	
CPAR	
ONDPA	
NRKSIE	
MOWR	

May 2017 Solution

