



## Health & Wellness Newsletter

September 2008

Welcome to your online Health & Wellness Newsletter, where you're kept up to date with the latest news and views to improve your health. Whether you need to boost your body or free your mind, we've got something for you!

### September 2008 Health Calendar

#### *National Heart Awareness Month*



*September is National Heart Awareness Month, which this year will highlight that heart disease and strokes kill more women worldwide than cancer, HIV/AIDS, malaria and TB combined.*

### Top tips for brilliant budgeting

To avoid falling into one of the many budgeting pitfalls, one has to be aware of what makes a successful budget.



Here some of the most important features of a successful budget:

- Accurate income projections
- Regular review of categories to determine if you need more or fewer, review of expenses, and brainstorming about ways to trim costs in each category
- Cash expenditure tracking and recording
- A line item for savings so you treat a contribution to your savings account just as you would a bill you owe
- Identifying spending patterns you may not have been aware of when you weren't tracking your spending
- Most importantly, internal motivation and a positive attitude!

Keep these points in mind and be diligent about putting each one into practice. You may not be perfect in the first month, but soon you'll become more disciplined and start focussing on the bigger picture... financial fitness!

# Think on your feet!



*Do you often find yourself replaying conversations and thinking about all the things you should have said? We have some tips for thinking on your feet so you won't have to fall on your face when quick wit is needed.*

- **Buying time:** Ask the speaker to clarify the question to give you time to gather your thoughts. Adapt the question – rephrase and refocus it, picking out the key words to show you have absorbed their points, while giving you valuable minutes to rephrase a response
- **Taking the question up or down a level:**

If you don't know a specific answer to question, try to focus on the general. If you're asked a more general question, try to offer a more specific example, such as "Well, spam email can be most annoying, but for getting information across quickly or keeping colleagues in the loop, it is very useful" to the question "Email is such a waste of time, don't you think?"

- **Think in threes:** Try to think in terms of a framework that contains three main points, which you can then expand on. To look thoughtful and well balanced, explore your subject from three different viewpoints. Try this, pick three different people names, "This is how Karen would do it, but Steven might look at it like this while Clifford would approach it like this..."
- **Honesty:** When faced with a difficult question, say how you honestly feel and you will be surprised at how people respond. And if you really don't know the answer, say so – your waffling will be seen through!

## Benefits of Pilates

### How is Pilates done?

Pilates is normally done in a Pilates studio with the aid of certain equipment. The exercises are simple and done in repetitions; often more than one body part is exercised simultaneously.



Pilates is normally done as one-on-one sessions; although classes are also sometimes held.

Different exercises focus on different areas of the body, although the core muscles are always kept tightened throughout the session.

### Is Pilates effective?

Pilates is a very effective form of exercise. Pilates itself is designed to target muscle groups that normal gym equipment is unable to use. Furthermore, because of the intense nature of the exercises and the fact that you are generally monitored closely by a trainer, you generally get more benefits from your workout.

## Nutrition Quiz

1. How often should you eat fish, according to experts? **A:** Once a week, **B:** Twice a week
2. What contains the most vitamin C? **A:** Sprouts, **B:** Oranges
3. How much water do experts reckon people should drink every day? **A:** 1 litre, **B:** 2 litres
4. How much calcium do our bodies need to be healthy? **A:** 700 mg per day, **B:** 400 mg per day
5. Which fat is the worst type for our health? **A:** Polyunsaturated fat; **B:** Saturated fat



Answers: 1-B; 2-A; 3-B; 4-A; 5-B

# Obesity may begin at the office



Researchers have found that being a desk jockey weighs heavily on workers, according to the study the more a man sits at his desk, the more likely he is to be overweight.

The finding suggests office work may be an important factor in the obesity epidemic.

The findings presented the sedentary workplace as a potentially hostile environment in terms of overweight and obesity.

They examined data on nearly 1600 male and female full-time workers. They found that workers sat an average

of more than three hours a day, with 25 percent sedentary on the job for more than six hours a day.

Higher total daily sitting time was associated with a 68 percent increased risk of being overweight or obese.

Overall, men sat an average of 209 minutes while at work, 20 minutes more than the average for women. Those extra 20 minutes may make a difference: The study found a significant association between sitting time and overweight and obesity in men.

Getting workers up and exercising may favourably affect their bosses' bottom line, the researchers added. Time and productivity lost due to chronic diseases associated with overweight and obesity may make it financially worthwhile for employers to be more proactive in the health of their employees by promoting physical activity at work.

## Kindness kick-starters

*It's not difficult to incorporate kindness into your everyday life. You don't even really have to put time aside to do so. Simply do it while you're doing something else. Of course, you may start small and find you enjoy it so much that you clear some time in your schedule to do something bigger. But for now, here are a few ideas that you can start doing today:*

- Smile and say "hello" to someone you don't know. This could be someone at work, the grocery store, or another traffic-frustrated commuter.
- Let someone jump the queue. If you're standing in line at the bank, the canteen, or the shop and you notice someone who seems to be in a hurry, why not let him or her jump the queue?
- Let someone merge traffic. You know the feeling when you're stuck in the wrong lane and no one will give you a gap. Be the gap giver.
- Share the load. Help someone who is struggling with heavy bags or lots to carry.
- Treat someone to fresh fruit. It's healthy, it's delicious, and it may just make someone's day!
- Write a thank you note to someone who has influenced your life positively. Everyone appreciates the knowledge that they have made an impact on someone else.
- Drop off a plant or biscuits at your local police station. These men and women are often only confronted with the negative aspects of life. Show them that you appreciate their contribution to your community.



These are just a few ideas to get you going. Try it, or any other thought of generosity, for one week and notice what happens as a consequence. Chances are you'll notice that kindness has a way of catching on!

## Dealing with divorce



Once the decision is final, you and your spouse should sit your child down and talk to him openly and honestly. Keep your message short and age-appropriate, for example “Mommy and daddy don’t get along anymore, so we think it will be best to live apart”.

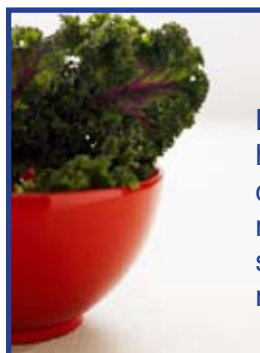
Remember to keep any anger, resentment or blame out of conversations with your child. Children don’t need to know all the detail; just enough to help them understand what’s happening and how this will affect them.

It’s very important that you explain that he is in no way to blame for the break-up, and that your marital unhappiness has nothing to do with him. He may worry that your love for him is temporary or that you might “divorce” him. Emphasize that both of you will always love him and take care of him.

How your child will react to the news will depend on his age and development. Some children cry, some ask a lot of questions and others don’t seem to respond at all. Let him know it’s okay to be upset, that you understand it and that you are sorry your problems are causing him to feel this way. If he doesn’t react immediately, tell him you are always there to talk when he is ready.

Never tell your child to “put on a happy face” or “not to feel sad”. He, just like you, has the right to his feelings.

Most children are concerned about how the divorce will affect their lives. Be ready to answer questions regarding with whom and where he will live, where the partner who is moving out will live, how often he’ll see him or her, and so on.



### Food Fact:

Lettuce aids digestion and promotes liver health. It can also reduce the risk of heart disease, stroke and cataracts. It helps to reduce the risk of cancer, helps prevent spina bifida and anaemia and may ease nervous insomnia.

## Ingrown nails - a quick guide

Treatment of an ingrown toenail is usually symptomatic. Discomfort caused by the ingrown toenail can be eased with analgesics (pain killers). Soaking the affected foot for 15 minutes in warm water can soften the nail. Once softened, a moist wad of cotton can be wedged between the nail and the flesh. This should be repeated at least once a day until the nail has grown long enough to be cut.

At times, the ingrown toenail can become infected. (This is of particular importance to diabetics and persons who have peripheral vascular disease. Both these diseases result in poor circulation, increasing the possibility of infection and the formation of ulcers that are very slow to heal.) You will see signs of increased pain, swelling and redness around the toenail. An infected toenail can effectively be treated with antibiotics or anti-inflammatory ointments (topical steroids). In severe cases, your doctor may decide on surgery to partially or completely remove the infected toenail.

The nail should be cut straight across and, if necessary, the edges should be left slightly longer than the rest of the nail to prevent the nail from growing back into the flesh. (Consult your doctor before cutting, especially if you are a diabetic or have peripheral vascular disease.)