

Exercise of the Month: Push-ups

The chest is made up of the Pectoralis Major and Pectoralis Minor muscles. Both are located on the front side of the upper body. The primary actions of the chest are mobilizing and stabilizing the shoulder joint. The chest is important in actions such as deep breathing and serves to hold the upper body together. One of the best ways to build a stronger chest is the traditional push up. The push up can be modified to the upper body strength of the individual.

Push Up

Place your palms and toes on the ground. (Modified would be palms and knees)

Hands are placed just outside of the shoulders. Feet are spread apart slightly to give a better base.

Draw your belly button through the spine to contract your core muscles.

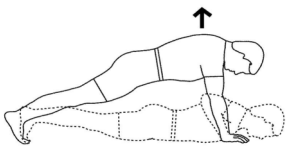
INHALE: Lower body by bending elbows to a 90° angle with the floor.

EXHALE: Push back up to starting position. That is one rep.

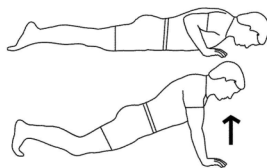
Do a set of 10-15 reps even if you have to modify with placing your knees on the ground.

*Keep body in as straight of a line as possible.

Regular Push Up



Modified Push Up (On Knees)



Free Apps!



So many people have phones and electronic devices that allow them to listen to music, answer email, check the weather, surf the internet, and so much more. While some of these features come with a cost, there are a growing number of applications (apps) that are actually free. Among these free ones are some great new apps that now can help you keep track of your nutrition and fitness.

Below are a couple of apps that the Welborn Health Plans Registered Dietitians and Fitness Experts would recommend:

- ☺ **My Fitness Pal:** This app allows you to track food and exercise choices, has the largest food database and an extensive list of exercises.
- ☺ **MyNetDiary:** This app has a free membership and a membership with a fee. The free membership is not as full as the fee one but is still easy and fast to enter food choices and has the involvement of Registered Dietitians also. Can be used from a computer as well.
- ☺ **Daily Burn:** Allows you to scan food and bar codes and the app automatically records calories. Personal tracking and scheduling of exercise programs is also available.
- ☺ **Endomondo Sport Tracker:** Real time GPS capabilities makes this app different. There is also real time live audio to allow your friends to help you along the way. Will calculate distance, speed, calories burned, and route.

Whatever app you might choose, it is good to know that there are reliable electronic programs that can help you stay healthy.

Prehypertension is important

Everyone has heard that high blood pressure, referred to as hypertension, is not good. It makes your heart work harder, contributes to hardening of the arteries, and increases the risk of stroke and heart disease which are the first and third leading causes of death in the United States. Some may not be aware but high blood pressure can also lead to kidney disease, blindness, and congestive heart failure. Statistics have shown that if you don't have high blood pressure by the time you are 55, there is a 90% chance that you will develop it at some point later in life.

Many have heard of prehypertension and wonder if this is something to worry about. Prehypertension is when the blood pressure readings

are between 120/80 mmHg and 139/89 mmHg. Prehypertension increases your risk for heart disease and stroke. For every 20 point increase in the top number (Systolic) or every 10 point increase in the bottom number (Diastolic) your risk doubles. That means that anyone with a blood pressure that consistently stays in the prehypertensive range has twice the risk of heart disease and stroke than those with low blood pressure.

So if everyone may develop it at some point, how can anything stop it? Research has shown that with lifestyle changes many people can prevent high blood pressure or at least delay the onset as long as possible. Watching the amount of salt, caffeine and fat

in your diet, exercise, eating more fruits and vegetables, and not smoking are healthy lifestyle habits that can keep your blood pressure from progressing from pre to full blown hypertension requiring medication.

So don't take that blood pressure reading lightly. Pay attention to what it is today so that you can keep it from going up in the future. If you are at high risk for hypertension due to family history, lifestyle changes may not be enough in the long run, but it is the best way to prevent this disease for as long as possible.



Entry Form

This Month's Question: Why is prehypertension something to take seriously?

Your Answer: _____

Name: _____

Phone Number: (____) _____ - _____

Company You Work For: _____



Question of The Month



All correct entries received will be entered into a drawing to win a \$25 American Express Gift Card! Please submit your Entry Form By: 8/31/2011 You may send it or fax it to the address below:

Mail To:

Welborn Health Plans WELCARE
101 S.E. Third Street
Evansville, IN 47708

Fax:

ATTN WELCARE
716-541-6370

Congratulations To:
Dan Baldwin
From
EVAPAR
For Answering
The Question of The
Month Correctly

Enjoy Your \$25 American
Express Gift Card!



Exercise: A Prescription for Successful Aging

Exercise is good for you in so many ways. It can help you lose weight, gain strength and even fight mild depression, among other benefits. Other exercise perks include better cholesterol levels, lower blood pressure, improved blood sugar control, stronger bones, less arthritis pain and a more efficient heart and brain.



10 Poison Ivy Facts

Did you know that poison ivy, oak, and sumac are only found in North Amer-

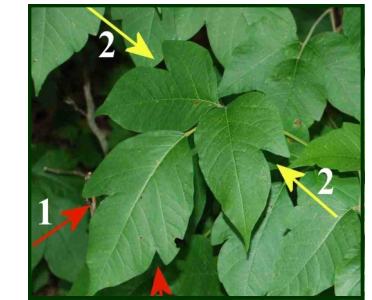
ica, except for Hawaii and Alaska? Here are a few facts about the oil called **urushiol** that is produced by these plants that may surprise you.

1. The plants are getting bigger and more potent due to the increased carbon dioxide in our atmosphere.
2. Not everyone is sensitive to the oil, but don't assume you are one of these people. It can take multiple exposures to the oil before you have a reaction.
3. All parts of the plants have this oil on it and can cause a reaction.
4. Burning the plant vaporizes the oil and it can cause serious lung damage if inhaled.
5. It can not be spread from person to person even if blisters pop open. Once the rash appears, the oil is no longer present on the skin.
6. The oil can survive on clothes, tools, gloves for months or **even years**.
7. Scratching the rash does not spread it. Only the oil causes the rash.
8. The rash may not appear for a few days or a week and can last for up to 3 weeks.
9. The oil is absorbed usually within the first hour it is on your skin. The sooner you wash it off the better.
10. Animals do not react to the oil, but they can carry the oil in their fur.



The USDA has been providing food guidance to American consumers for almost 100 years. Through the years they have established guidance for food choices using *The Food*

MyPlate was designed to remind Americans how to eat healthy. It illustrates the five food groups using a familiar place setting. It focuses on steps that you can take to



Notice the asymmetrical notches on the leaves. Some types of poison ivy have more visible notches than others.

My Plate

Wheel in 1984, *The Food Guide Pyramid* in 1992, *The MyPyramid Food Guidance System* in 2005, and now have introduced the *MyPlate* in 2011.

make better food choices in 3 major areas. These include: balancing calories, foods to increase, and foods to reduce. It seems far easier to understand - just fill your plate like the logo.

For more information, go online at www.ChooseMyPlate.gov.