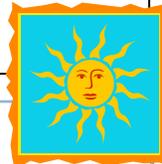


May 2012

## Wellness Newsletter – Osteoporosis Awareness & Prevention!



### May is National Osteoporosis Awareness and Prevention Month!

May is the perfect time to think about your bones: are you protecting them by getting enough calcium and exercise? The best way to prevent osteoporosis is to ensure you're getting an adequate amount of calcium (1,000 to 1,200 milligrams per day depending on age and gender) and vitamin D, which helps the body absorb calcium.



Weight-bearing exercise is another great way to strengthen bones and prevent osteoporosis. Try walking, jogging, running, climbing stairs or aerobics for the biggest benefits. **Regular, lifelong exercise, paired with adequate calcium and vitamin D are your best bet for preventing osteoporosis.**

A great source of calcium and vitamin D is dairy, so make sure to get your recommended three servings a day, either from low-fat or non-fat milk, yogurt or cheese. Each 8 ounce serving of milk has about 300 milligrams of calcium or a third of your daily needs. Check out the Dairy Council of California's Calcium Quiz at [dairycouncil.org](http://dairycouncil.org) to make sure you are getting enough.

### The Sunshine Vitamin

Vitamin D, often called the "sunshine vitamin" because our skin can synthesize it in the sun, is also crucial for bone health. Vitamin D helps our bodies absorb calcium, making it more available for bone building. Because we spend more time indoors, relying on the sun for our vitamin D is often not enough.

#### Food sources:

**Drink milk** - milk is fortified with vitamin D. Because it naturally has calcium, milk is a powerhouse for bone health! Other food sources include fatty fish and to a lesser extent, egg yolks and cheese.

#### Vitamin D recommendations:

Everyone from age 1 to 70 get 600 IU of vitamin D per day. An 8oz glass of milk is typically fortified with 100 IU, so 2-3 cups paired with 15 minutes of sun exposure a day will help meet this recommendation.

#### Some factors can interfere with the skin's production of vitamin D:

Sunlight falling on skin through a window will not produce vitamin D. Sunscreen, cloudy days, shade and having dark-colored skin will limit production. Everyone produces vitamin D differently, and a blood test can let you know if your levels are low.

Source: [ods.nih.gov](http://ods.nih.gov)

#### Vitamin D is essential to good health:

Deficiency in vitamin D in children can cause rickets and in older adults can cause muscle weakness that may lead to falls.



### Move of the Month: Wall Sit

Targeted Area: Thighs, abdomen and back. Improves posture and leg alignment.

Stand with heels one shoe-length from wall. Keep feet straight ahead and shoulder-width apart. Place back, hands and shoulders against the wall. Slide up and down, bending your knees half-way to a sitting position. Keep your shoulders back and abdomen flat, with your back flat against the wall. Do this 10 times, 2 to 3 times per week.

-- National Osteoporosis Foundation [www.nof.org](http://www.nof.org)

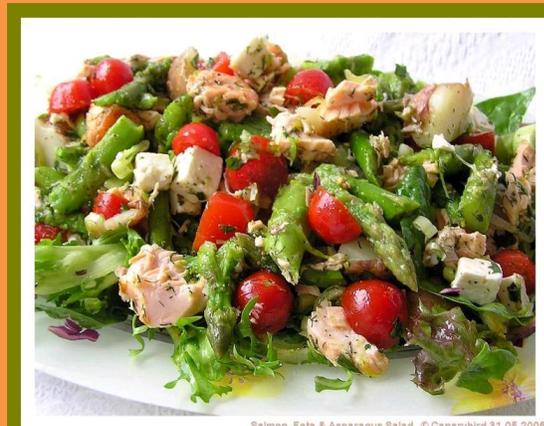
### Recipe of the Month: Tuna, Asparagus and Feta Salad

(Courtesy of [MealsMatter.org](http://MealsMatter.org))

This Mediterranean-inspired salad provides three servings of vegetables, calcium-rich cheese and tuna for omega-3 fatty acids.

**Ingredients:** 2 cups romaine lettuce, torn into pieces; 1/2 cup cherry tomatoes, halved; 1/2 cup steamed asparagus pieces; 1/2 can tuna, drained; 1 oz. Feta cheese, crumbled; 1/2 Tbsp. extra-virgin olive oil; 1 Tbsp. Balsamic vinegar.

**Preparation:** Mix the romaine, tomatoes and asparagus. Add the tuna and feta cheese. Sprinkle with olive oil and toss to coat. Add the Balsamic vinegar and toss again. Season with salt and pepper to taste.



Salmon, Feta & Asparagus Salad © Canarybird 31.05.2008