

July 2014: Arthritis Awareness

Walking is the best medicine!



Despite the known benefits of physical activity to help manage arthritis, adults with arthritis are less active than adults without arthritis. Walking has been shown to improve arthritis pain, fatigue, function, and quality of life, but over 50% of people with arthritis do not walk at all. Walking is low impact on your joints, can be done almost anywhere and doesn't require special equipment or a gym membership. Celebrate Arthritis Awareness Month by

starting a walking program today!



Getting started

Federal guidelines recommend all adults, including adults with arthritis, get at least 150 minutes per week of at least moderate intensity aerobic activity and that they do muscle strengthening exercises at least 2 days per week.⁴ Walking is a moderate intensity activity that people with arthritis can do to meet physical activity recommendations. If you walk for 30 minutes a day on 5 days a week you will meet these recommendations. Don't think you can walk for 30 minutes at one time? You can break it up into 10 minute sessions and spread it out during the day—walk the dog 10 minutes in the morning, take a 10 minute walk to discuss a project with a co-worker, and walk 10 minutes around a sports facility or parking lot while waiting to pick up your kids from after school activities.



<http://www.cdc.gov/features/arthritisawareness/>

Fun ways you can fit walking into your life:

- Walk your dog or volunteer to walk dogs at an animal shelter.
- Suggest to co-workers to have walking meetings, or walk on your lunch break.
- Park 10 minutes away from your office and walk the rest of the way.



- Walk around the soccer field, basketball court, or softball field when your children or grandchildren are at sports practice.
- Buy an inexpensive pedometer and work to increase your steps a little each day.
- Have a friendly competition with a spouse, friend, or co-worker.
- When the weather is bad, stop by your local mall and walk a few laps.
- Sign up to participate in a walk near you, such as CHCGD's Medicine on the Move program!

Medicine on the Move
Walking Program
 Chat with Your Doctor/Nurse Practitioner while Taking a Stroll

Improve Your Health and Get answers to your Questions

Saturdays 9:00 am - 10:00 am
 Riverscape Park

Provider	Topic	Date
Christina King, CNP	Asthma/Allergy	May 31
Dr. LeRoy	Men's Health	June 28
Dr. Noordsij-Jones & Dr. Lambes	Arthritis	July 26
Dr. Lamb	Immunizations	Aug. 23

Community Health Centers of Greater Dayton
 937-528-6850, x2004

RSVP to Fatty Griswold - pgriswold@chcgd.org

Healthy Recipe Corner

Bran Flax Muffins

A treat to bring along on a hike or any summer outing!



1-1/2 cups Whole Wheat Flour

3/4 cup Flaxseed Meal
3/4 cup Wheat or Oat Bran Flakes
1 cup Brown Sugar
2 tsp Baking Soda
1 tsp Baking Powder
1/2 tsp Salt
2 tsp Ground Cinnamon
1-1/2 cups Carrots finely shredded
2 very ripe Bananas, mashed
1/2 cup Raisins
1 cup Walnuts, chopped (optional)
3/4 cup Milk or non-dairy milk
2 Eggs, beaten
1 tsp Vanilla Extract

1.) Mix together flour, flaxseed meal, bran, brown sugar, baking soda, baking powder, salt and cinnamon in a large bowl.

2.) Stir in carrots, bananas, raisins and nuts. Combine milk, beaten eggs and vanilla. Pour liquid ingredients into dry ingredients. Stir until ingredients are moistened.

3.) Fill lined muffin cups 3/4 full. Bake at 350 degrees F for 15-20 minutes.



Adapted from http://www.bobsredmill.com/recipes_detail.php?rid=781

