

health link

- family medicine
- chiropractic/active release technique
- nutrition consulting
- physiotherapy
- acupuncture
- registered massage therapy
- naturopath therapy
- laser hair removal
- orthotics

Cold Turkey. The Pressure to Do It Alone.

by Mary Bamford, Registered Dietitian

How often do you say things to yourself such as...

- "I have to change my diet."
- "I need to work much harder."
- "I should be able to do this myself."
- "I know what I am supposed to do, I just need to do it."

Do these 'have to', 'need to' and 'shoulds' inspire you? Do they help you make changes in your lifestyle that stick?

We live in an absurd culture. **Forbidden fruit is everywhere.** We must navigate a tsunami of temptation and punishment.

Our environment bombards us with delicious temptations. Research has shown that **we say no to tempting food choices over 240 times per day**--yet with all these good choices 60% of us still overeat and are overweight. That is a monstrous tidal wave of temptation.

Add to this temptation great amounts of punishment, blame and judgement--all those 'have to', 'need to', 'shoulds' ...and let us not forget the 'should not's'.

A healthy lifestyle is no longer a natural, peaceful and joyous part of daily living.

Many Canadians try to change their eating and lifestyle cold turkey. We voraciously buy books and magazines in search of a magic diet or quick fix. We are determined that this time we will do this for ourselves. We are embarrassed and ashamed that we cannot



avoid forbidden fruit on our own. **Over ninety percent of people who go on "diets" blame themselves when the diet does not work.**

So What Does Work?

The evidence is strong that personalized medium- to high-intensity counselling interventions produce large and significant positive dietary changes and weight loss. There is also research evidence that face-to-face client-counsellor interactions are most effective at maintaining weight loss.

Lifestyle change, overweight and obesity are complex problems. Getting expert advice and support makes sense.

Book a free 10 minute consultation with one of Adelaide Clinic's Registered Dietitians to see what we can do to help you. Give yourself a break from a cold turkey sandwich.

SHOVEL for Health and Wellness

by Mark McFadden, Physiotherapist

Canadian Centre for Occupational Health and Safety recommends

15 minutes of light snow shoveling is considered moderate physical activity by the American College of Sports Medicine. *

15 minutes as the duration of continuous shoveling followed by a 2-3 minute rest. Resting longer in colder weather.*

15 scoops per minute with each shovel+snow scoop not exceeding 5 to 7 kg (about 10 to 15 lbs) is considered a fast rate for shoveling.*

The World Health Organization recommends a minimum of 150 minutes of moderate intensity aerobic activity weekly for healthy adults.

SHOVELING RATES*

FAST = 15 scoops/min @ 10-15 lbs per load

LOW = 10 scoops/min @ 24 lbs per load maximum

* Remember that your shovel (3 lbs) is included in the load suggested

TECHNIQUE:*

Principles of heavy lifting should be used.

- Work within your body's capacity paying attention to how your body is feeling during and after shoveling.
- Keep the load/scoop as close to your body as possible.
- Bend as necessary using your knees and your hips, while keeping your back and abdomen stable and braced without holding your breath.
- Rotate your entire body by moving your feet. Avoid rotating and twisting of the upper body, especially when bending forward!

THE RIGHT SHOVEL:*

WEIGHT: Use a non-stick, lightweight polyurethane (plastic) shovel with a maximum weight of 1.5 kg (3 lbs)

LENGTH: The handle should come up to the user's chest

SHAFT: A proper ergonomic shovel can reduce the amount of forward lean at the trunk when used properly. Be inquisitive about the validity of the ergonomic. A standard shovel is still a better option than most other snow removal options.

HANDLE: D shaped handle with a non-slip grip.

BLADE: A smaller blade shovel (10-14") should be used for lifting and placing snow.

SNOW SCOOPS: are effective tools that allow an individual to move large quantities of snow at one time. Push the snow, don't pull. Don't lift scoops and avoid jamming against cracks which frequently cause injury.

ICE CHOPPERS: Literally – break up this task with frequent breaks and always use two hands. This job has a unique set of demands that can be harmful if done in excess of the body's capacity. Help soften the ice with salt or wait for a little sunshine!

PRIOR TO SHOVELING:*

- Avoid caffeine and nicotine
- Avoid eating large meals
- Drink plenty of water
- Dress in several layers
- Wear proper footwear
- Warm-up for five to ten minutes to prepare your joints and to increase circulation.

Heart attack rates* are increasing among individuals shoveling snow following heavy snowfalls.

SO...THINK TWICE ABOUT SHOVELING SNOW especially if you:

- Have existing health problems, or injuries or you are older
- Are at risk for a heart attack, including:
 - Anyone who has had a previous heart attack
 - People with family, or personal history of heart disease
 - High blood pressure or high cholesterol levels
 - Smokers
 - People leading a sedentary lifestyle

SNOW WEIGHTS*

LIGHT SNOW	---	3 lb/cu. ft
WET /HEAVY	---	21 lb/cu. ft
COMPACTED	---	30 lb/cu. ft
ICE	---	57 lb/cu. ft

* Information source and an excellent read / Snow Removal Ergonomics by the Occupational Health Clinics of Ontario, Sudbury
<http://www.ohcow.on.ca/clinics/sudbury/Toolboxes.html>