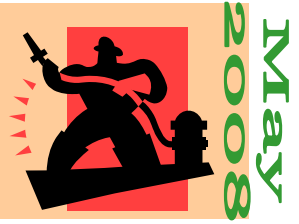




Here's To Your Health!

A Phoenix Fire Department Health Center Publication
www.phoenixfirehealth.com



Want to build explosiveness? Try these exercises next time your bored with your old routine.

Source: Mike Mejia, M.S., C.S.C.S., for Men's Health



Triangle Shuffle

Position three cones in a triangle, 10 yards apart, and stand at the base. Sprint to the cone in front, and then backpedal to your starting spot. Side-shuffle to the cone on your right, then to the left cone and back. Rest 30 seconds. Drop your hips to touch the line beside each cone (or other marker). Repeat 6 to 8 times.

Renegade Reverse Fly

Assume a pushup position with your hands resting on light dumbbells. Spread your feet wide, and squeeze your abs and glutes. Extend one arm out to your side, and then lower it. Repeat with the opposite arm. Keep your hips forward as you raise and lower your arm. Do 5 to 6 reps with each arm.



Standing Bird Dog

From a standing position, bend forward and reach your left arm out as you lift your right leg and arm back. Strive to have your extended arm and leg parallel to the floor without rounding your back or rotating your hips. This might sound easy, but it's not if you keep your hips straight. Alternate for 8 to 10 reps.

Inchworm

Stand with your legs straight and your hands on the floor. Keeping your legs straight, "walk" your hands forward as far as you can. Pause, and then take tiny steps to walk your feet up to your hands. You may need to begin with your hands a few feet in front of you. Repeat for a set of 6 to 8 reps.



Kneeling Sprint Blastoff

Find an area with 10 to 15 yards of running space, and kneel with your hips beneath your shoulders. Now sprint straight ahead. Walk back to the starting line and repeat, but lead with your opposite leg. Push off with your front foot to propel yourself forward. Do a total of 8 sprints.



Memorial Day

Day



Memorial Day was officially proclaimed on 5 May 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11, and was first observed on 30 May 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war). It is now celebrated in almost every State on the last Monday in May (passed by Congress with the National Holiday Act of 1971 (P.L. 90 - 363) to ensure a three day weekend for Federal holidays), though several southern states have an additional separate day for honoring the Confederate war dead: January 19 in Texas, April 26 in Alabama, Florida, Georgia, and Mississippi; May 10 in South Carolina; and June 3 (Jefferson Davis' birthday) in Louisiana and Tennessee.

Source: www.usmemorialday.org

Tomato Paste Boosts Skin's Sun Protection: Study

Consumption of tomato paste may help boost the skin's protection against harmful ultraviolet rays, which can lead to premature aging and skin cancer, British researchers say.



The study included 10 people who consumed about 55 grams of tomato paste and 10 grams of olive oil a day, and 10 others who consumed just the 10 grams of olive oil. After three months, an analysis of skin samples showed that those in the tomato paste group had 33 percent more protection against sunburn and higher levels of a molecule called procollagen, which gives skin its structure and keeps it firm, *BBC News* reported.

The study was presented at a meeting of the British Society for Investigative Dermatology.

The researchers believe the antioxidant lycopene was behind the apparent skin benefit, *BBC News* reported.

"These weren't huge amounts of tomato we were feeding the group. It was the sort of quantity you would easily manage if you were eating a lot of tomato-based meals," said Professor Lesley Rhodes, a University of Manchester dermatologist.

Aching neck?

Try strength training

Strengthen that tight and tender trapezius muscle, researchers say.

New research suggests that strength training may ease chronic neck and shoulder pain, a problem that has grown increasingly common as people spend more time on computers.

Neck and shoulder pain commonly stems from the upper trapezius muscle, which spans the upper back and shoulders, and helps move the neck. Repeatedly performing "monotonous" tasks, such as computer operations or assembly-line work, can cause the muscle to become tight and tender.

The current study included 48 Danish women with chronic trapezius pain, most of whom spent much of their workday in front of a computer. Researchers randomly assigned the women to either perform supervised strengthening exercises or aerobic exercise, or to get general health counseling.

For 10 weeks, women in the strength-training group worked out their neck and shoulder muscles using hand weights, three times per week for 20 minutes. Women in the aerobic-exercise groups worked out on a stationary bike.

Neck continued on page 3



20th Annual
Health, Fitness and Safety Symposium
May 19 –22, 2008

Pain decreased 70 to 80 percent

After 10 weeks, women who strength-trained showed a 70 percent to 80 percent decrease in their pain ratings from the beginning of the study. In contrast, those who got aerobic exercise often felt better in the couple hours afterward, but there was no long-term pain improvement. The findings are published in the journal *Arthritis & Rheumatism*.

The results suggest that specific exercises targeting sore neck and shoulder muscles can bring more pain relief than general exercise, according to lead researcher Dr. Lars L. Andersen, of the National Research Centre for Working Environment in Copenhagen.

Stronger muscles = less pain

Strength training itself boosts the metabolism of protein in muscle, he told Reuters Health, and this might help repair painful muscle tissue. In addition, stronger muscles can bear more of a workload, which might help prevent pain from developing.

Neck pain can have various sources, including arthritis and chronic headaches. According to Andersen, tightness and tenderness across the upper back and shoulders are clues that the pain stems from the trapezius.

Exercises you can do at home

The strength exercises used in the study were simple, standard ones for the shoulders and upper back — like slowly shrugging the shoulders while holding a weight in each hand, arms extended by the sides of the body. So they can be performed at home, Andersen said.

Some people with chronic neck pain may want to get the help of a physical therapist to start, he noted, but that's up to the individual.

Source:



Smoothie Recipes

BRAIN BOOSTER

The berries here aren't just super food for your brain; they offer an important cancer-fighting bonus.

- 1/2 c fresh or frozen blueberries
- 1/2 c fresh or frozen raspberries
- 1 c pineapple OJ
- 1/2 c low-fat vanilla yogurt
- 1 c ice

BERRY BERRY

Using all unsweetened fruit, this recipe delivers an antioxidant whallop without the sugar.

- 1/2 cup frozen unsweetened raspberries
- 1/2 cup frozen unsweetened strawberries
- 3/4 cup unsweetened pineapple juice
- 1 cup soy milk or 1% milk

MEMORY AID

This low-calorie smoothie is a good source of fiber, phytochemicals, and antioxidants. Blueberries in particular contain compounds that can help prevent cataracts, cancer, constipation, and memory loss.

- 1/2 c orange juice
- 1 pint nonfat vanilla or peach frozen yogurt
- 2 1/2 c sliced peaches
- 3/4 fresh or frozen blueberries

MUSCLE BUILDER

This mix features the brawn-building power of protein from both peanut butter and whey.

- 2 Tbsp peanut butter
- 1 banana
- 1/3 c whey protein
- 1/2 c fat-free chocolate frozen yogurt
- 1 c fat-free milk

BETA BLAST

This smoothie is a muscle-rejuvenating, beta-carotene-filled, orange-colored wonder.

- 3 small ice cubes
- 2 apricots (sliced and pitted)
- 1/2 papaya (frozen in chunks)
- 1/2 mango (frozen in chunks)
- 1/2 cup carrots
- 1 tablespoon honey

HEART HELPER

The fiber from the fruit teams with the artery-protecting antioxidants and healthy monounsaturated fats of the peanut butter to keep your ticker tickin'.

- 1 banana
- 1/2 c raspberries
- 1 Tbsp peanut butter
- 1/2 c nonfat chocolate frozen yogurt
- 1 c fat-free milk

MOOD MAKER

An all-fruit smoothie, packed with carbs to boost your serotonin levels. Add a handful of flaxseeds for an extra dose of mood-boosting omega-3 fatty acids.

- 1/2 c fresh or frozen blueberries
- 1/2 c fresh or frozen mango
- 1 c pineapple OJ
- 1 c ice

BETTER BREAKFAST

Less than a minute and you're drinking a better breakfast.

- 1 banana
- 1 peach (cut up)
- 1/4 c orange juice
- 1 c ice

Source: <http://msn.menshealth.com/cda/article.do>