



Here's To Your Health!

A Phoenix Fire Department Health Center Publication

www.phoenix.gov/fire/wellness.html



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Warm Up Before Basketball!



Warm Up Benefits

Increased Muscle Temperature - The temperature increases within muscles that are used during a warm-up routine. A warmed muscle both contracts more forcefully and relaxes more quickly. In this way both speed and strength can be enhanced. Also, the probability of overstretching a muscle and causing injury is far less.

Increased Body Temperature - This improves muscle elasticity, also reducing the risk of strains and pulls.

Blood Vessels Dilate - This reduces the resistance to blood flow and lower stress on the heart.

Improve Efficient Cooling - By activating the heat-dissipation mechanisms in the body (efficient sweating) an athlete can cool efficiently and help prevent overheating early in the event or race.

Increased Blood Temperature - The temperature of blood increases as it travels through the muscles, and as blood temperature rises, the amount of oxygen it can hold becomes reduced. This means a slightly greater volume of oxygen is made available to the working muscles, enhancing endurance and performance.

Improved Range of Motion - The range of motion around a joint is increased.

Hormonal Changes - Your body increases its production of various hormones responsible for regulating energy production. During warm-up this balance of hormones makes more carbohydrates and fatty acids available for energy production.

Mental Preparation - The warm-up is also a good time to mentally prepare for an event by clearing the mind, increasing focus, reviewing skills and strategy. Positive imagery can also relax the athlete and build concentration.



Warm Up Tips



Gradually increase the intensity of your specific sport. This uses the specific skills of a sport and is sometimes called a related warm-up. For runners, the idea is to jog a while and add a few sprints into the routine to engage all the muscle fibers.

Add movements not related to your sport in a slow steady manner: calisthenics or flexibility exercises for example. Ball players often use unrelated exercise for their warm up.

Which to choose? The best time to stretch a muscle is after it has an increased blood flow and has increased temperature to avoid injury. **Stretching a cold muscle can increase the risk of injury from pulls and tears.** So you are better off doing gradual aerobic exercise before stretching. Keep in mind that **the best time to stretch is after exercise because your muscles are warm and pliable with the increase of blood in them.** Make sure your warm up begins gradually, and uses the muscles that will be stressed during exercise.

Keep in mind that the perfect warm up is a very individual process that can only come with practice, experimentation and experience. Try warming up in various ways, at various intensities until you find what works best for you.

Source: www.sportsmedicine.about.com

Flu Vaccine Myths



Doctor's

Corner

The Health Center is offering all sworn members flu vaccines. All members are encouraged to be vaccinated to prevent getting and spreading the flu. Here are some myths about the flu shot.

I don't need the flu vaccine. If I do get the flu, I will just take the new flu medication.

The new anti-viral medications prescribed for the flu do not eliminate flu symptoms. According to the medical literature, they have the ability to reduce the severity of the flu somewhat, and may shorten the duration of the flu by only about three days. The anti-viral will not stop the flu or prevent the flu.

"Flu" continued on page 2

Uniform Store to Carry Ankle Braces

Ankle braces will soon be available in the Uniform Store to purchase with your clothing allowance. These braces are recommended for basketball and other sports where ankles are prone to injury. Call the Uniform Store for more information at 262-7661.

I am not in a high-risk group.

You may not be in a high-risk group, but your customers are, and members of your family may be. If you get the flu, you put people around you at high risk for serious illness. You can help ensure your loved ones stay healthy this flu season.

If my customers get the flu vaccine, then I do not need to.

Can you be sure they got the flu vaccine? What if they did not? Remember the flu vaccine is 70-75% effective. In the case of the frail and elderly, the effectiveness may be as low as 30%. Getting the flu shot adds an extra level of protection in addition to decreasing the spread to your customers and family.

I am healthy now and never get the flu.

Absolutely anyone can get the flu. Why chance it? All major health organizations and the Center for Disease Control recommend that all individuals working in the health care environment get vaccinated annually.

I got vaccinated last year.

Strains of the flu virus change every year, and new vaccines are produced to counter them as soon as they are identified. In addition, the vaccine loses its potency after one season/ year. So the vaccination you had last year will not be effective against this year's virus.

I will get sick from the flu vaccine.

There's no live virus in the injectable vaccine, so you cannot get the flu from the shot. You may get a low-grade fever and muscle aches that last about a day or two. Remember the vaccine can take up to two weeks to become completely effective so you could still get the flu during those two weeks. If you get the flu after this period, you may experience milder symptoms than if you had not had the immunization.

The flu cannot be all that bad; after all, it's just a really bad cold.

The flu can be deadly. Approximately 36,000 people die from the flu and flu related complications in the U.S. each year. 95% of these deaths occur in individuals age 65 and older. The flu shot protects you and it may help you from spreading it to individuals in this vulnerable age category.

I already had the flu.

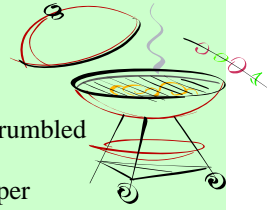
The flu will keep you in bed with a sudden onset of the following symptoms: high fever, severe body aches, backaches and headaches for days or even weeks. It will keep you from carrying out your daily activities and from working.

Source: Health Center staff. Disclaimer: This article is intended to serve as an informational resource only. It is not meant to reflect medical advice, medical care, and treatment decisions must be determined on the basis of all the circumstances of each case. A Physician or PA should be consulted about specific medical questions regarding influenza immunizations.

"Flu" con't.

Tired of the same old grilled chicken? Try this **Balsamic Chicken Marinade** to "kick it up a few notches!"

1/4 cup balsamic vinegar
2 teaspoons olive oil
1 1/2 teaspoons garlic, minced
1/2 teaspoon dried rosemary, crushed, crumbled
1/2 teaspoon dried oregano
1/2 teaspoon coarsely ground black pepper
1 pound boneless, skinless chicken breasts
2 red potatoes, quartered lengthwise and cooked
2 red onions, cut into 6 wedges
1 sweet yellow pepper, cut into 2-inch (5 cm) strips
1 sweet red pepper, cut into 2-inch (5 cm) strips



In a glass dish, combine the vinegar, oil, garlic, rosemary, oregano and pepper. Add the chicken, turning to coat with the marinade. Cover the chicken and refrigerate for at least 30 minutes. Add the potatoes, onion wedges and pepper strips to the marinade. Coat a grill rack with nonstick spray. Fire up the grill and heat for 10 minutes. Place the rack on the grill. Cook, turning the chicken and vegetables occasionally until the chicken loses its pink color throughout and the vegetables are tender, 8 to 10 minutes.

309 calories, carbs: 38 g, sodium: 89 mg, fat: 4 g, protein: 30 g, fiber: 5 mg, cholesterol: 66 g.
Source: menshealth.com

Sneaker Shopping Tips

Shopping for basketball shoes? Here are some tips for buying the right ones.

- ▶ Shop late in the day when your feet are swollen, because your feet swell when you play hoop.
- ▶ If you wear ankle braces when you play, be sure to wear them when trying new shoes.
- ▶ Wear the same thickness of socks that you'll be playing in when trying new shoes.
- ▶ Some players feel comfortable wearing two pairs of socks. Others prefer one thick pair of cotton socks. Listen to your feet and choose what works for you.
- ▶ Don't be satisfied with the first pair of shoes, no matter how good they feel. Try different brands.
- ▶ Walk around, jog in the store and make quick starts.
- ▶ Lace up tightly to make sure they are snug everywhere.
- ▶ Check the big toe in each foot. It should be away from the tip of the shoe by about the length of your thumbnail.
- ▶ Pick up the shoe and try to bend it in half. If it flexes at the arch, you don't want it. If it bends at the ball of the foot, it is a better shoe.

Phoenix Fire Department Member Specials

Contact [Tiffany Lidington](#) at 602-534-1689 for [City of Phoenix](#) rates & information.



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Castle Sports Club
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Contact Mark Marmostein
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