

STAYWELL

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No Holiday Weight Gain

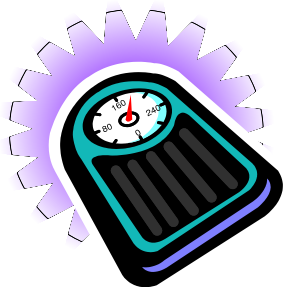
Once again the holidays are quickly approaching and it is time for the No Holiday Weight Gain Program. Each employee who completes the program will receive two movie tickets. If a spouse is enrolled, the employee will receive an additional set of movie tickets - just for signing up the spouse! If the spouse completes the program and does not gain weight during the holidays,

he/she will receive another set of movie tickets. This adds up to a possible total of six movie tickets. As always, anyone who is uncomfortable recording his/her weight may keep it private. Registration forms and instructions are available outside Brian Coles' office or online at www.intermountainpower.com.

All preholiday weigh-ins will need to be completed by November 23, 2011. Final weigh-ins will begin on January 3, 2012 and continue until January 9, 2012. Remember that the first weigh-in is the only one that will count. Shift workers may report when they return on day shift; however, the final weigh-in must be completed by January 9, 2012.

No Holiday Weight Gain Exercise Program

This year we are offering a bonus to the No Holiday Weight Gain Program. If you log the required minutes of exercise



from November 23 to January 3, you will receive a \$15 gift card.

DE-STRESS-Beat the Blues

We are once again offering the DE-STRESS Beat the Blues Program. The goal is to not only beat the winter blues, but to reduce the stress that develops during this time of year. The program has a variety of choices a person can make to lower stress or beat the winter blues. Pick up a packet to learn more about the program and incentives available or go online to www.intermountainpower.com.



Avoiding Slips, Trips, and Falls

Everyone has slipped, tripped, or fallen for one reason or another. Research indicates that falls are not age related. Results from a study of 10,615 individuals ages 20-87 indicate that there is no difference regarding the number of falls experienced. The younger population reported just as many falls as the elderly.

So why the big fuss about falling as we get older? The answer is morbidity, or complications suffered from the falls. Approximately one-third of those over age 65 will fall each year and falls are the most common cause of injury visits to emergency rooms in this age group. Falls also

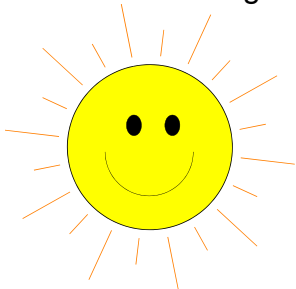


account for 70 percent of accidental deaths in those over age 75. The elderly are ten times more likely to need hospitalization after a fall and eight times more likely to die from a fall. Many times, because of the long down time following a fall, other illnesses can increase and the quality of life can decline significantly.

So what does this have to do with younger people and why should they care? This is the time when muscle mass, balance, bone density, and conditioning begin to decline if action is not taken to prevent it. The following lifestyle choices can help prevent some of the problems that might happen later in life.

Fall Prevention Tips

- Improve muscle strength and posture. The average person loses half a pound of muscle mass per year after age 30. Stronger muscles improve posture, bones, reaction time, and agility.
- Keep bones strong. Weight bearing exercise and getting enough calcium will help keep bones strong.
- Exercise regularly. Cardiovascular exercise helps muscles, bones, nerves, and blood vessels. It also diminishes the effects of aging.
- Get enough vitamin D. One of the most interesting preventions against falls is adequate amounts of Vitamin D. Adding vitamin D alone can reduce the risk of falls by 17



percent. Vitamin D regulates calcium and phosphorus. It turns into calcitriol, which aids in immune system, central nervous system, bone formation, and muscle tone.

- Improve agility, speed, and balance. One of the reasons elderly people fall is because they react too slowly when they stumble or trip. Studies



have shown that reaction times, agility, and quickness can improve with exercise. Regular exercise will help diminish falls up to age 95.

- Make environmental adjustments. Keep walkways wide enough to accommodate a wheel chair, remove clutter, move cords, install handrails on stairs, and add lighting to areas that are too dark or create harsh shadows.
- Wear proper footwear and tie shoelaces. As we age, our feet change and become less sensitive. Wearing loose or untied shoes increases the chance of falling.



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