Winter Schedule is in Effect

**Try This!**

**Restorative Yoga**
Wednesdays, 1:05-2:00 p.m.
With Linda

**Mixed Mondays**

Mondays, 12:10-12:55 p.m.
See the group exercise board for classes offered!

**Seminars**

**Eating Organic: The Clean Fifteen and the Dirty Dozen**

Friday, March 11, Noon - 1:00 p.m.
Trustman Boardroom, Stoneman 2
Presented by:
Arete Pappas, Dietetic Intern

---

**Ask the Dietician about Sodium Alternatives**

**Sodium in Your Life: Q & A**

**Q: Why should I be concerned about too much sodium in my diet?**
**A:** Our bodies need sodium for many essential processes, however, too much can be harmful. Excessive salt in our diet can lead to high blood pressure which is a risk factor for heart disease and stroke.

**Q: How much sodium should I be consuming?**
**A:** The U.S. Centers for Disease Control and Prevention 2015-2020 dietary guidelines recommends that Americans consume no more than 2,300 mg (one teaspoon) of sodium per day. The American Heart Association recommends that Americans consume no more than 1,500 mg of sodium per day (one-half to three-quarters of a teaspoon). Currently, the average American is consuming 3,400 mg of sodium per day (about one tablespoon). It is important to understand that this recommendation includes not only the salt you may add during cooking and at table, but also what is already present in the food at the time you buy it. 75% of the sodium we eat comes from pre-packaged foods.

**Q: What foods should I limit or avoid in order to reduce my sodium intake?**
**A:** Try to avoid or limit salty foods such as salted nuts, chips, cured or smoked meats and cheeses (e.g., cold cuts, bacon, sausage and processed cheese), condiments, prepared seasonings, ‘convenience’ and other processed foods.

**Q: What foods are best?**
**A:** Try to buy fresh or frozen (not processed) foods whenever possible, as these foods are generally lower in sodium. This includes fruits, vegetables, meat and fish. When buying canned goods, try to buy low-sodium or no-salt-added varieties and always rinse the contents to remove some of the sodium. Preparing your own foods is an excellent way to monitor sodium intake as you are in control of what goes into your meals. Instead of using salt, flavor your dishes with herbs, spices, black pepper, garlic, lemon juice or no-salt seasonings. It can be difficult to cook every day and at times, you may reach for a TV dinner. If you choose that TV dinner, read the label and choose one that is lower in sodium. Make healthier choices when choosing snacks, such as unsalted nuts and seeds and low sodium chips and pretzels.

**Q: How do I know how much sodium is in my food?**
**A:** The nutrition facts label on the back of all packaged foods provides us with the nutritional information that we need. First, read the label to see how much sodium is in one serving. If it is less than 120 mg (5%), then this is a healthy choice. However, if it is greater than 480 mg (20%), you may want to rethink your choice. Second, always look at the serving size and ask yourself ‘how many servings am I actually going to consume?’ Are you going to eat more or less or the exact serving size? The answer to that question will impact how much sodium you are getting from that product, as you may need to double or half the sodium, depending on how much you actually eat.

Source: [http://www.cdc.gov/salt/](http://www.cdc.gov/salt/)
Upper and Lower Crossed Syndrome

Q: I sit at my desk for most of my work shift and have developed discomfort, even pain, in my neck, shoulders and back. What is causing this and what can I do about it?

A: Take a close look at the picture to the left, below. Is this you? If it is, you fall into the same category as many professionals who spend most of the day at their desk. Sitting with the hip and spine in a flexed position for long periods of time causes a “downward spiral” of events known as ‘Dr. Vladimir Janda’s Upper and Lower Crossed Syndromes’ (UCS and LCS). The picture to the lower right displays the negative physiological effects of both. Although there are various treatments to help correct both syndromes, and contacting a good physical therapist is highly recommended, this article will focus on the best form of treatment: prevention. Here are some great tips to help you prevent both UCS and LCS:

- **Correct Work Station Posture and Set-up**
  - Visit the website at [http://www.webmd.com/back-pain/proper-sitting-posture-for-typing](http://www.webmd.com/back-pain/proper-sitting-posture-for-typing), to learn how to sit correctly at your work station. Additionally, you can always contact Employee Occupational Health for a more thorough evaluation of your work station.

- **Take five minutes every hour to stand up and move**
  - Taking the hips and spine out of flexion and moving the body generally are highly effective preventive techniques.

- **Stretch**
  - Taking ten minutes once or twice a day to stretch can work wonders in preventing UCS and LCS. Refer to the BIDMC Portal for some great stretch break videos!

- **Move More**
  - In general, the human body is not made to sit for extended periods. Be sure to be active, and get moving at least three to five times per week for 30 minutes or more.

---