

# UPCOMING EVENTS

Mark Your Calendars



Remember: AEDD/CLS will reimburse up to \$30 for participation in community health & fitness events. Below are some events that will take place in the coming months. Please contact Roger at (501) 666-0246 for details .

### Eating your way to a Healthy Heart

WHEN: Feb. 6th, at 7:00pm  
WHERE: Natural Grocers  
9210 N. Rodney Parham Rd.

Learn practical ways to create an enjoyable eating plan that will lower your risk of heart disease, as well as other nutrition-related conditions. Use this opportunity to have all your nutrition questions answered by Registered Dietitian David Rath, BSc, MA. This lecture is free to attend.

### Freezin for a Reason

WHEN: Feb 6, at 9 am  
WHERE: Conway High School West 2300 Prince Street, Conway, Arkansas

Freezin for a Reason is for runners and walkers of all abilities. We offer a 10K and 5K. For those serious runners, we will have awards in multiple age categories. This year we will also have the 1st ever Lap for Life. The Lap for life will be for families and their children to take one lap around the track to honor all those past and present patients of Arkansas Children's Hospital. Children and strollers are welcome at event. T-shirt included.

### Little Rock Marathon

WHEN: March 16, at 7am  
WHERE: 500 West Markham St.  
Little Rock, AR 72201

Celebrate the 14th Anniversary of the Little Rock Marathon, Half Marathon, 10K, 5K, and Kids Run on March 5-6, 2016! One bodacious race with the world's largest finisher's medal. We love walkers. 8-hour time limit. Tons of volunteers with loads of southern hospitality. The Little Rock Marathon and Half Marathon are a running and walking tour through the scenic streets of Arkansas' capital city.



105 E ROOSEVELT RD.  
LITTLE ROCK, AR 72206



**LIVING WELL**  
employee wellness program

Please let me know what you'd like to read about. Please send photos of you and your coworkers doing wellness activities.  
Send to: roger.decker@aeddinc.org  
This is for entertainment and informational purposes and is not intended as medical advice.



### Making your resolutions stick

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes.

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. Here are a few tips to consider when thinking about a New Year's resolution:

**Start small** Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

**Change one behavior at a time** Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

**Talk about it** Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

**Don't beat yourself up** Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

**Ask for support** Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies on setting attainable goals, as well as help you change unhealthy behaviors as well as address emotional issues.

If any employees are interested in joining 10 fitness, they can sign up for a gym membership anytime at our Administration Building. Payroll Deduction is available and 10 Fitness is also waiving their joining fee for all AEDD employees (a savings of \$59)! If interested in signing up for a membership, contact Roger in HR 501.801.3635.



**Don't forget our annual Bravo Wellness screenings are in May! Hopefully saving money on your insurance premiums will give you even more motivation to keep those healthy New Year's resolutions!**

## Workout got you sore?

You've been sticking to your New Year's Resolution and exercising more than you ever have before. But now you are stiff and sore all of the time. You could go get a massage, and that would definitely help. But what if you can't afford to do that every week? I have the answer for you. It is called Self Myofascial Release. Self Myofascial release:

- Corrects muscle imbalances
- Improves joint range of motion
- Relieves muscle soreness and joint stress
- Decreases neuromuscular hypertonicity
- Improves neuromuscular efficiency
- Maintains normal functional muscular length

IDEA | fitnographic | By Joy Keller

# The Benefits of Self Myofascial Release

**Research supports foam rolling for improved health and fitness.**

Self myofascial release (SMR) has been a buzzword in the fitness industry for about a decade now, and for good reason. Not only does this self-massage technique help keep personal training clients and group exercise participants in prime physical condition, but it also helps fitness professionals stay active so they can continue to Inspire the World to Fitness. Here are some interesting results from recent studies on the benefits of SMR.

**1 SMR**  
"An acute bout of on the quadriceps muscles enhances knee-joint range of motion "without a concomitant deficit in muscle performance."....."

**2**  
According to one study, SMR is "a valuable tool for preparing a competitive or recreational athlete for exercise" and offers "increased strength and jumping ability."

**3**  
Foam rolling reduces arterial stiffness and improves vascular endothelial function.

**Subjects**  
who used a foam roller before doing vertical jumps and other athletic drills experienced "significantly less" fatigue than their counterparts who did not participate in SMR.

Integrating SMR into a warm-up routine helped 13 out of 14 study subjects with plantar issues to either maintain or increase their performance.

96 | IDEA Fitness Journal | October 2013

For step by step instructions on how to do SMR, go to <http://www.joachimstraining.com/wp-content/uploads/2013/08/A-great-primer-on-how-to-use-a-foam-roller-correctly.-Self-Myofacial-Release-.pdf> or contact Roger @ 501.801.3635

## National Burn Awareness Week 2/1-2/7



**Burn Awareness Week**  
Preventing Burn Injuries

The smell of cookies baking in the oven or tasty sauces simmering on the stovetop is hard to resist for adults and children alike. However, before you dip your finger into the pot to taste that delicious soup, know that scalds from cooking liquids, grease, and food, as well as tap water and steam were responsible for 46 percent of all burns in 2012. Of these, 53 percent of the victims were children under five and most of these burns occurred in the home – usually in the kitchen or bathroom.

Scalds are the most common burn injury among young children and one of the leading causes of accidental death in the home for children under age four. U.S. hospitals treat an estimated 110,000 people under 19 for scalds every year.

While thousands of scald burns occur annually, increased awareness of the dangers can prevent injuries. To help people be mindful of scald burns, the American Burn Association has declared the first week of February as National Burn Awareness Week.

**Following a few simple precautions will help keep you and your little chef safe from potential burns:**

1. Cool a burn under cold running water for 10-15 minutes and call 9-1-1 for serious burns.
2. Always supervise children in the kitchen and dining areas.
3. Create a "No Child Zone" while preparing and serving hot foods and beverages.
4. Don't carry/hold a child while cooking on the stove. Instead, place the child into a high chair or other safe area while cooking.
5. Children love to reach, so to prevent hot food or liquid spills, simply use the back burner of your stove and turn pot handles away from its edge; also, keep hot foods away from the edge of your counters.
6. Keep clothing from coming in contact with flames or heating elements.
7. A small adjustment to your water heater can give you one less thing to worry about. To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or the manufacturer's recommended setting.
8. Make a habit of placing matches, gasoline, and lighters in a safe place out of children's reach and avoid novelty lighters as they may look like toys in a child's eyes.
9. When filling the bathtub turn on cold water first then mix in warmer water carefully.

<https://blog.mass.gov/blog/safety/9-safety-tips-for-national-burn-awareness-week/>

## Exercise of the Month– Jack Squat

The jack squat is a great move that not only works the legs, but can also be used as a cardiovascular workout by itself. Whenever you get both of your feet off the ground at the same time, your heart rate goes sky high—leading to more calories burned! Try this exercise for 1 minute.

If 1 minute is too difficult, then try doing 3 sets of 10-12 reps.

If 1 minute wasn't too hard, then try adding (3) 1 minute rounds to your current workout plan. Your future body will thank you!



### Jack Squat

Start in a wide squat with toes out, arms down, fingertips touching floor (as shown). Remain in squat and jump feet together as you clap hands overhead. Jump back to start, staying low. Go for 1 minute.

WORKS BUTT, LEGS

If you have any questions concerning how to do this exercise properly or you need an easier alternative, contact Roger at 501.801.3635.