



THE MONTH OF SEPTEMBER CELEBRATES AND PROMOTES THE IDEA THAT IT'S NEVER TOO LATE TO TAKE CONTROL OF YOUR HEALTH. THE OCCFIT SOLUTIONS TEAM WISHES TO PROVIDE OUR CLIENTS WITH THE INSPIRATION AND PRACTICAL ADVICE TO IMPROVE YOUR PHYSICAL AND MENTAL WELLBEING!

HIGHLIGHTS OF HEALTHY AGING

Here are some scientifically proven tips to maintain your health as you age

A. Eat Whole Foods

- i. Focus on consuming whole grains, vegetables, fruits and low-fat dairy and limit fatty meats, butter, sugar, salt, and packaged foods with long expiration dates.
- ii. Why? Because studies have found that this nutrition pattern helps people live longer and can even protect against heart disease, cancer, Parkinson's Disease, and Alzheimer's Disease!

B. Get Your Steps In

- i. Aim to walk for 30 minutes a day. If that seems like too much, try breaking it up into short strolls through the day.
- ii. Why? A regular light exercise routine helps maintain brain health by increasing more blood and oxygen to your brain. In addition, regular exercise helps control your weight, get better sleep at night, and boosts your mood.

C. Socialize

- i. It may not seem like it, but scientific evidence proves the feeling of loneliness and lack of social interaction can be harmful to your physical health. Stay connected to your family and friends and try to get out of the house with people you enjoy being with.
- ii. If you are unable to socialize in person, use social media or a simple phone call to stay connected to your friends and family!
- iii. Studies show that less-lonely individuals carry lower levels of stress hormones that cause inflammation, arthritis and diabetes.

D. Review Your Over-the-Counter Drugs

- i. Talk with your doctor about what over-the-counter drugs are okay to use and discuss any potentially unsafe ingredients.



AGING & ARTHRITIS PAIN

Arthritis is a condition that can cause swelling, pain, stiffness and decreased range of motion in your joints. These symptoms can range from mild to severe and may get worse over time. As we age, the likelihood of developing arthritis increases. Luckily, there are some preventative measures that can be taken to reduce your risk of arthritis or delay its onset.

A. Maintain A Healthy Weight

- i. Extra pounds put pressure on your weight-bearing joints, such as your hips and knees. As a matter of fact, each pound you gain adds nearly 4 pounds of stress on your knees and puts 6 times more pressure on your hips!

B. Monitor Your Blood Sugar

- i. High blood sugar can stiffen the supportive tissue found in your joints. This stiffness makes your joints more sensitive to stress

C. Eat Fish

- i. Twice a week, try to eat fish that are high in Omega-3s, such as salmon, trout and mackerel
- ii. Omega-3s help reduce inflammation

H. Practice Good Posture

- i. If your job requires a lot of typing and/or sitting down, pay attention to your posture. It may also be helpful for you to get a special keyboard, wrist cushion/pad.

I. Stretch

- i. Gentle stretching can improve your range of motion and keep your joints limber
- ii.



ARTHRITIS IN THE HANDS AND WRISTS

The hand and wrist contain several small joints that work together to make your hand perform dexterous tasks, such as tying your shoelaces or typing on a computer. When your joints are affected by arthritis, these activities of daily living become dreadful. Because an associated symptom of arthritis is swelling, our Product of the Month is our CICATREX® Glove Short Cuff with open fingertips.



The CICATREX® Glove Short Cuff with open fingertips is perfect for mild to moderate swelling from acute to chronic edema. The glove is designed to be nearly seamless with open fingertips and is designed to be ambidextrous. This glove is great for pain management for arthritis for the hand and wrist.