

### Inside this Issue:

Nutrition: Exotic Fruits for Your Health Pg 2

Choosing the Right Sunglasses Pg 3

Benefits of Aerobic Activity Pg 3

Swim, Bike and Run: Sign Up for a Triathlon Pg 4

## Flip Flops—Poor Choice for Footwear

Written by: I.F.—Staff Writers

They may be cute and trendy, but flip flops also could be the source of increasing heel and foot pain. Flip flops provide such minimal support for feet that ankle and foot surgeons now warn against wearing them for extended periods,<sup>1</sup> preferring that they be used for the limited duration activities for which they were intended: getting from the pool to the car and back or trekking across hot beach sand.

### The Trouble With Flip Flops

There are several structural problems with flip flops that can lead to the following concerns:

- Spongy or almost nonexistent sole provides no cushioning.
- No arch support causes sore feet and, over time, falling arches.
- They exaggerate problems with a person's natural gait, often hurting the feet in the process.

- Can cause hammer toes, heel calluses and fungal infections between the toes where the thong irritates the skin<sup>2</sup>.

### Health Concerns Related to Flip Flops

The primary health problem related to flip flops is plantar fasciitis, a type of heel pain related to chronic inflammation in the connective tissues of the foot and heels. However, Achilles tendon, bursitis, gout, stress fractures and arthritis can also result from flip flop wearing. Treatment for these conditions may include anti-inflammation medications, physical therapy and supportive foot wear.

Additionally, flip flops are not supportive or safe shoes and can increase the risk of tripping and falling, a risk that should be of particular concern to seniors with

older bones that snap more easily.

### Better Options for Feet

Wanting to wear fun, breezy shoes in the summer is normal. However, feet still require support and comfort. Here are some things to think about as alternatives to flip flops:

- Sandals with solid soles, arch support and enough straps to securely attach them to your feet.
- Shoes should not be completely flat but heels should be no higher than 2 inches.
- Remember to put sunscreen on your feet! Barefoot, flip-flopped or sandaled, the skin still burns!
- Wear shoes that are appropriate for your activities: walking shoes if you are on the move all day, flip flops as an alternative to going barefoot on beach sand.

*story cont'd on page 4*

## Preventing Mosquito Bites

Written by: I.F.—Staff Writers

As warm weather is upon us, so are bursts of a spring or summer rain shower. With this comes the spread of mosquitoes and ticks searching to make a meal out of your blood.

### Why Do Mosquitoes Bite Humans?

Only female mosquitoes bite humans in an effort to draw proteins from our blood. The proteins are used in their egg laying process. Each new "meal" helps to produce up to 250 eggs. When a mosquito bites a human host, it injects saliva into our blood to prevent coagulating (blood

thickening). After she is done receiving our blood a small amount of saliva is left behind. Our immune system reacts by breaking down the proteins, which causes itching.

### What are the Health Implications of Mosquito Bites?

Mosquitoes are considered to be the deadliest animal in the world due to the disease malaria. Malaria is caused from a parasite that lives in mosquito saliva, and can be spread per each bite an infected mosquito will take. Each year there are

between 350-500 million new cases of malaria, killing an estimated 1-3 million people. The disease is common to sub-Saharan Africa, but also resides in tropical regions throughout the world.

Mosquitoes also spread the West Nile Disease, an illness involving the transfer of a neurological virus between animals and people, especially birds. West Nile generally consists of infection and the display of symptoms of the flu or meningitis. Mosquitoes bites are also known to cause

*story cont'd on page 2*

## Preventing Mosquito Bites contd.

an allergic reaction and dengue fever, a disease affecting tropical regions in Asia, South America and Africa.

alternative repellents including citronella, lavender, peppermint, rosemary, Vicks VapoRub, Bounce Sheets and eating garlic

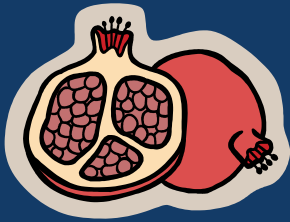
rainstorm, female mosquitoes search for standing bodies of water to lay their eggs.

### What Can You Do to Protect Yourself?

Because of their ability to reproduce quickly and their geographic spread from tropical to temperate climates, it is likely that we'll all experience the nuisance of a mosquito bite sometime in our lives. By protecting yourself from the following tips, you can help reduce the risk of being identified as a target:

- When going outside, use insect repellent containing between 20-50% DEET on exposed skin and clothing. This oil also has the advantage of repelling ticks (note: pregnant women should avoid repellants). There are also
- Wear long sleeved pants or shirts, but keep in mind that mosquitoes can still bite you through the fabric. Avoid wearing dark clothes, as these colors tend to absorb more of our body heat. The more warm your body and occurrence of sweat, the more your body becomes a target.
- Avoid wearing pleasant fragrances in your soap, perfumes and shampoo. Like us, mosquitoes are attracted to pleasant smells.
- Stay away from standing water and put lids on your trash cans. After every passing

- Although mosquitoes can bite you both during the day and at night, it is advised to avoid the early morning hours and right after sunset. Mosquitoes are most active with the temperature is between 45 to 68 degrees.
- Bug zappers do not work at killing mosquitoes. Devices that are specifically designed



## Employee Testimonial

Provide a Testimonial About How InjuryFree Has Helped You, and See Your Name Here!

Talk To Your InjuryFree Representative to Get Started!

## Exotic Fruits for Your Health

Written by: I.F.—Staff Writers

The old saying "an apple a day will keep the doctor away" might be true, but this traditional fruit is rapidly being pushed aside by the hype surrounding exotic, super fruit. What are these fruits? Where do they come from? Are they really that good for your body? Understanding these fruits is the first step towards harnessing their assorted health benefits. Be prepared, though; you can expect to pay more for these powerhouse foods.

Most super fruits have one thing in common; they all boast very high levels of antioxidants. Antioxidants help protect your body from free radicals. Free radicals are found throughout the atmosphere, in your body and everywhere else. They cause cell degeneration, aging, disease and much more. Antioxidants help protect your body's cells, as well as repairing any damage already there.

That said, many super fruits are also packed with amino acids, fatty acids and can be used in a variety of other ways. So, it's now time to introduce the stars; the super fruits!

- **Goji** – Hailing from China, this fruit comes from an evergreen shrub and has been consumed for centuries by the Chinese. Goji has high levels of antioxidants and amino acids and purports to fight the signs of aging, the development of cancer and help improve physical stamina.
- **Noni** – Noni is a tropical fruit from the Polynesian islands. Traditionally, it is used as a laxative, as well as a skin treatment. The fruit is high in antioxidants and has been used to treat asthma and more, though scientific studies are required to confirm this.
- **Acai** – This fruit hails from the Amazon rainforest and provides very high levels of antioxidants and amino acids, as well as fatty acids much like the Omega-3 found in fish. You won't find fresh Acai in the grocery store, though; look for it in powders that can be added to drinks and smoothies.
- **Pomegranate** – The pomegranate has long been known to provide high levels of antioxidants, as well as vital amino acids. This fruit can be found in local grocery stores and is grown in the US, as well as around the world.
- **Guava** – Guava is typically found in juice form, though you can also find the fruit in some stores. This fruit is very high in antioxidant, as well as vitamins, minerals and fatty acids.

# Choosing the Right Sunglasses

Most consumers are well aware of the potential for skin damage from sun exposure. That is apparent in the amount of sunscreen slathered on sunbathers at the beach, the number of clothing companies now offering UV protection built into clothing and an increased federal program aimed at reducing skin cancer. How many consumers know that your eyes are just as much at risk from sun exposure? Sun exposure is important; certain vitamins cannot be processed without exposure to direct sunlight; however, too much can be blinding, literally.

Over time, exposure from the UV rays in the sun can lead to cataract buildup, as well as corneal sunburn, which can cause temporary vision loss and extreme pain. The best way to protect yourself from these problems is to purchase a pair of good sunglasses. However, what constitutes "good"? Let's take a look at what offers you the most protection.

Regardless of the brand you purchase, make sure that your sunglasses offer between 99 and 100% UV blocking, for both UVA and UVB

rays. Don't be fooled into thinking that expensive sunglasses offer this protection; you'll have to look at the label. You'll be surprised by the number of designer sunglasses that lack this protection. Most prescription sunglasses provide this benefit. If you have a pair of sunglasses that you're unsure of, your local vision center can often provide help.

**Do not purchase sunglasses that do not list both UVA and UVB protection.** Many manufacturers only provide protection from one type or the other, not both. Make sure that the label shows both types and the percentage of ultraviolet light protection provided. Much like sunscreen, a good pair of sunglasses will protect your eyes from damaging, invisible light and provide comfort at the same time. UVA and UVB protection is the single most important factor in choosing a pair of sunglasses. Tint, shade and design have little to do with actually protecting your eyes from these invisible assailants. However, the sunglasses you choose should not be so dark that they interfere or distort the color of traffic lights or other visual images. Tint is simply a matter of

personal preference; some tints can actually enhance the color of your surroundings, while still blocking the harmful rays of the sun. Protection is also important for your entire family. Help protect your children's sight by using quality sunglasses that actually provide UVA and UVB protection. That means you'll have to avoid the toy sunglasses; however, you can find quality sunglasses for children that are still fun to wear.



## Benefits of Aerobic Activity

*Written by: I.F.—Staff Writers*

Aerobics has been the traditional form of working out for so many years that now many people are trying to get away from it because they are either bored of it or think fad exercises are more effective. Of course, change is very important in an exercise regime because the moment you get bored with your exercise routine you have no motivation to do it, and therefore you eventually stop working out. There are so many different types of aerobic activities today to choose from that you are bound to find one you like and even several between which you can alternate.

Aerobic activity, which is integrated into a workout class, is perhaps one of the best ways to experience aerobics. When you are in a class with others who are feeling just as nervous and reluctant as you this can actually increase your motivation and with an instructor guiding you there is no time to back out once the class has started. If you find you get started and then quit after only a few minutes than taking a class would be great for you.

Some of the benefits aerobic activity can produce for you include:

- Increased heart rate
- Enhances your body's energy levels and delivers more oxygen to the muscles
- Heart beats faster and increases the blood flow to your muscles and then back to your lungs

Aerobics literally means "with oxygen" and your body's aerobic system is your heart, lungs and blood vessels. The main benefit of aerobic activity is how well your body can deliver oxygen to your muscles and use it for energy. Therefore, aerobic activity increases your ability to transport and take in that oxygen to

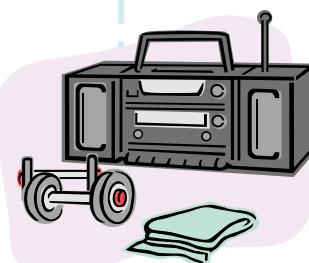
ultimately increase your cardio abilities.

A good aerobic activity such as a step class or even just plain cardio can help you live a longer and healthier life. The key to any aerobic activity is making it fun, because these benefits are something we all need to experience in our lives. To get results via aerobic activity, participate with moderate to low intensity levels in short durations at first and then increase your durations and intensity, as you feel yourself progressing.

One way to stay motivated during any type of aerobic activity is to listen to your favorite music, educational books on tape or try to watch your favorite television shows to keep your mind occupied before it tries to slow you down. You may find with nothing to distract you, the easier it may become to want to quit early. By listening to music or watching television your mind is focused on something else.

**Aerobics can increase your mood, make you feel more energized, help you maintain your weight and even keep your blood sugar low.** With so many different benefits, it is hard to understand why people do not want to participate in some form of aerobics. With so many negative influences in our society today when all it takes is a short duration of an aerobic exercise to improve your fitness levels, maintain your weight and more, why not?

Check out your gym or even the workout DVDs you can buy for home and find one you think you will enjoy doing on a regular basis (no less than 3 times a week). Once you have a routine down you will find it much easier to stick with and even enjoy.



# Flip Flops—Poor Choice for Footwear

story cont'd from page 1

- Let shoes air out, especially in humid regions, to prevent fungus growth.
- Pack changes of shoes so you can wear walking shoes when you need to walk, sexy heels for your dinner date, but indulge in a flashy pair of flip flops to show off your summery pedicure during your downtime.

Sources:

1 Popular Flip Flop Sandals Linked to Rising Youth Heel Pain Rate. American College of Foot and Ankle Surgeons. <http://www.acfas.org/press/press-releases/Seasonal/prachingheels.htm>

2 Painter, K. Trouble Afoot with Flip Flops. USA Today.com June 1, 2007. [http://www.usatoday.com/news/health/painter/2007-07-01-flip-flops-trouble\\_N.htm](http://www.usatoday.com/news/health/painter/2007-07-01-flip-flops-trouble_N.htm)



## Swim, Bike and Run: Sign Up for a Triathlon

Written by: I.F.—Staff Writers

Much like marathons, triathlons are athletic event where competitors must cover long distances, often spanning diverse geographic conditions. However, unlike marathons, triathlons are not completed solely on foot. This event sees the competitors swimming, cycling and running. These events usually occur in sequence, with each event taking place immediately after the preceding event. Even the time taken to change clothing or put on racing gear is taken into the final race time. Triathlons, also unlike marathons, are extremely competitive.

While a marathon runner often races simply for fun or to beat personal goals, triathlon competitors race to win. While the French lay claim to the origin of the triathlon in the form of Le Trois Sports held in the early 1920s and 30s, the first official triathlon event was held in San Diego in 1974. This event saw 46 competitors and was a breakaway from what the triathlon had traditionally been used for, which was marathon and 10K training for runners.

The distance covered by triathlons varies greatly with the type of race and the age of participants. Typically there most common types include Sprint, Olympic, Half-Ironman and Ironman. Kids' races are much shorter than those for adults for obvious reasons. However, the standard international average distances involved in triathlon racing are .93 miles for swimming, 24.8 miles for bicycling and 6.2 miles for running. US favored distances (Sprint) are somewhat shorter, coming in at .5 miles for swimming, 12.4 miles for biking and 3.1 miles for running.

Triathlons are singular events, meaning that no team tactics are allowed. In these races, the participants pit their skills and stamina against those of other racers, as well as the clock. Aid volunteers are the only ones allowed to distribute food and water to participants, in an effort to eliminate any advantages.

The triathlon sees three times sections. Swimming is traditionally the first segment, though some races have events staged differently. The time for swimming begins at the starting gun or bell and runs through the first transition. The second times section begins with the start of the cycling segment and ends with the second transition (transitions include time for changing clothing). The third timed segment begins with the start of the run and ends with the finish of the race. Racers are judged on their individual segment time, as well as their combined time for the entire race.

The triathlon has rapidly gained in fame and prestige from its humble origins as a training practice and is now a part of the Olympics, as well as enjoying popularity around the world.



### The Flip Flop Quiz:

1. What occasions are appropriate for flip flops?
  - A) Dances
  - B) Walking from pool to car or across hot beach sand
  - C) Walking anywhere and everywhere
  - D) Business meetings
2. What health problems are associated with regular flip flop use?
  - A) Asthma
  - B) Plantar fasciitis (heel pain)
  - C) Hammer toes
  - D) B and C
3. What should you look for in a good summer shoe?
  - A) Heel no taller than 2 inches
  - B) Arch support
  - C) Solid sole
  - D) All of the above

### Answers:

1) B, 2) D, 3) D

**Do you have a health-related question that needs answering?**

**E-mail us your ideas and questions!**

**newsletter@  
injuryfree.com**



**20250 144th Ave NE #305**

**Woodinville, WA 98072**

©2010 InjuryFree, Inc.  
All rights reserved.