



Naugatuck Valley Health District Newsletter

March 2018

Serving Ansonia, Beacon Falls, Derby, Naugatuck, Seymour, & Shelton

NVHD
98 Bank Street
Seymour, CT
203-881-3255
www.nvhd.org

Immunizations:

Vaccines for adults and children are given at NVHD, by appointment, 203-881-3255, ask for Kristin.

Flu Clinic:

Flu shots will be given at NVHD by appointment, 203-881-3255, ask for Kristin.

Insurance accepted:

Aetna, Cigna, Anthem, Connecticutcare, BC/BS, Medicare Part B

Lead Program for Children: Children up to age 6 are screened for lead by their doctor. Education, case management, physician referral, environmental investigations are provided for children with high lead levels.

Women, Infants, and Children (WIC): Supplemental food and nutrition program. Mon., Wed., Thurs., Fri. 8-5, Tuesday 9-6 by appointment, 203-888-1271.

NauVEL: Grants available to remove lead hazards from your home for eligibility and applications call Carol at 203-881-3255.



As the weather starts to get warmer, consider taking a walk outside! Walking is a low-risk exercise and easy to start. It can help keep you fit and reduce your risk of serious diseases, like heart disease, stroke, diabetes and more.

American Heart Association recommends that adults get 150 minutes or more of moderate-intensity physical activity or 75 minutes of vigorous activity each week. **Even short 10 minute activity sessions can be added up over the week to reach this goal.** If you would benefit from lowering your blood pressure or cholesterol, aim for 40 minute sessions of moderate to vigorous activity 3 to 4 times a week. You could do this by walking 2 miles briskly (about 4 miles/hr). If that's too fast, choose a more comfortable pace.

Get ready: All you need to get started are comfortable clothes and supportive shoes. Layer loose clothing, keeping in mind that brisk exercise elevates the body's temperature. Shoes designed for walking or running are best. Make sure you have a little wiggle room between your longest toe (1/2") and the end of the shoe. Avoid cotton socks since they retain moisture and can promote blisters.

Work on your technique: Begin with short distances. Start with a stroll that feels comfortable (perhaps 5-10 minutes) and gradually increase your time or distance each week by 10-20 percent by adding a few minutes or blocks. If it's easier on your joints and your schedule to take a couple of 10- to 20-minute walks instead of one long walk, do it!

Focus on posture. Keep your head lifted, tummy pulled in and shoulders relaxed. Swing your arms naturally. Avoid carrying hand weights since they put extra stress on your elbows and shoulders. Don't over stride. Select a comfortable, natural step length. If you want to move faster, pull your back leg through more quickly. **Breathe deeply.** If you can't talk or catch your breath while walking, slow down. At first, forget about walking speed. Just get out there and walk!

Pick up the pace: To warm up, walk at an easy tempo for the first several minutes. Then gradually adopt a more purposeful pace. A good way to add variety is to incorporate some brisk intervals. For example, walk one block fast, two blocks slow and repeat several times. Gradually add more fast intervals with shorter recovery periods. Concentrate on increasing your speed while maintaining good posture. Walking hills is a great way to tone your legs. Using Nordic walking poles can help your burn more calories and give you better posture and overall muscle endurance. Treadmill walking, while not as scenic, can be convenient during bad weather.

The end of your walk is an ideal time to **stretch** since your body is warmed up. Stretch your hamstrings and calves as well as your chest, shoulders and back.

Join Our Step Challenge!

NVHD is organizing a walking team as part of the American Public Health Association's nationwide **1 Billion Steps Challenge!** (www.nphw.org/ent-involved/steps-challenge)

Team NVHD Happy Feet will enter our steps each week into the CT Public Health Association's statewide count (www.cpha.info)

Tracking for a 6-week period, from February 26th — April 6th

Ends with National Public Health Week (April 2-8)

Call NVHD at 203.881.3255 if you'd like to add your steps to our local total! Ask for Gaby

Stay tuned for community walking events to be organized by NVHD



Track your progress. Although experts recommend walking at least 30 minutes a day, there are no hard and fast rules. Walking 60 minutes/day and brisk intervals will help you burn more calories. Fit walking into your schedule whenever you can. That may mean three 10-minute walks over the course of a day. The best schedule is one that keeps you walking and keeps you fit!

Be safe: Avoid traffic accidents. Listening to lively music while you walk is a great way to energize your workout. But if you wear headphones, keep the volume down and watch out for traffic that you may not hear. Wear light colors or reflective clothing and carry a flashlight or glow stick if you walk when visibility is low.

Walking on sidewalks is best, but if you have to walk on the street, stick to streets with lower speed limits. Faster streets are riskier because motorists are less likely to see pedestrians and cannot stop as quickly. Accidents involving pedestrians have an 85 percent chance of becoming fatal if the car is moving at 40 mph as compared to only 5 percent if the speed is 20 mph.

If you experience foot, knee, hip or back pain when walking, STOP and check with your doctor to find out the cause. You may need special exercises or better shoes. If you have osteoarthritis and experience increased joint pain lasting an hour or two after walking, consider an alternate activity like stationary cycling or water exercise. But don't stop exercising! **Happy Walking!!**

Source: American Heart Association



Healthy, Yummy Pico De Gallo

Ingredients:

- 1 medium tomato, diced
- 1 onion, finely chopped
- 1/2 fresh jalapeno pepper, seeded and chopped
- 2 sprigs fresh cilantro, finely chopped
- 1 green onion, finely chopped
- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions:

In a medium bowl, combine tomato, onion, jalapeno pepper (to taste,) cilantro and green onion. Season with garlic powder, salt and pepper. Stir until evenly distributed. Refrigerate for 30 minutes.

Source: Allrecipes.com

