

6. Regular physical activity is important to get the calcium from the blood into the bones
7. Weight bearing exercise is ideal – standing more, walking, hiking, fitness classes etc.
8. So are activities with stops and starts that stress the bones a bit
9. Add a little bit of weight bearing exercise every day
10. Always check with your doctor before starting a new or more vigorous exercise regime
11. Decrease or avoid caffeine and nicotine as both “rob” bones of calcium



12. It is never too early or too late to make the needed changes

So in the case of bone health, the right foods have the potential to heal, to strengthen, and to prevent fractures. Small changes can make a big difference.

The sheets for calculating your calcium and Vitamin D intake are also on the Health and Wellness bulletin board. A bone density x-ray is very easy and is the best test for catching a loss of bone density early. For women over 50 years of age, ask your doctor or Nurse Practitioner if you have not had this test done.

Consider the Thursday exercise class here at the church – there is no cost and new people are welcome to join at any time. Is anyone joining me in working on stronger bones?



Karen Watson – Parish Nurse



Healthy Reflections Body, Mind and Spirit

March 2018 – *Unlock the Potential of Food*

March is National Nutrition Month. Each year during March, the Registered Dietitians of Canada launch a campaign designed to increase our awareness of the importance and the health benefits of eating well. This year their campaign features

the potential of food to:

1. Fuel
2. Discover
3. Prevent
4. Heal, and
5. Bring us together



I have posted copies of the fact sheets for each of these topics on the Health and Wellness bulletin board. Please help yourself to this information. You will also find the fact sheets and feature recipes on the website www.NutritionMonth2018.ca – you might find some yummy new things to try.

Following is a brief summary of each topic

The Potential to Fuel: The importance of snacks throughout the day to boost energy. “Think of snacks as mini-meals that add nutrition and an energy boost.” Plan ahead, be aware of portion size, and make nutritious choices....



The Potential to Discover: Involve kids in planning, shopping, cooking and preparation from an early age – this can set them

up for a lifetime of healthy eating. Pick a recipe together, use your imagination to make it fun, and be a role model....

The Potential to Prevent: Building a balanced diet, with healthy eating patterns is known to prevent certain diseases and lower the risk for some chronic diseases.



The Potential to Heal: Our food choices have the potential to “enhance lives and improve health.” Dietitians can develop diet plans which promote healing and improve management of certain health conditions.



The Potential to Bring us Together: We know this one don't we? We love to come together around food. It is an “enriching experience for people of all ages to come together to

share meals – this activity connects people, opens dialogue and often encourages a more balanced diet.”

More on the Potential of Food to Prevent and Heal

I recently had a humbling experience related to diet and nutrition. I have always been so grateful to have good health. Because I have remained active in sports and physical activity and ate reasonably well, I felt certain that I had strong bones and a strong body. After my incident with a fractured wrist this winter, I found out that my bones were not as strong as I thought they were.



In my mind, I was doing all the right things. Nonetheless, the beginnings of osteoporosis showed up on an x-ray. I have to

make some changes. Looking over the literature on bone health I am reminded that women are twice as susceptible as men to osteoporosis as we age – one in 4 women and one in 8 men over the age of 50 will be affected by osteoporosis. I suspect that more than a few of you may also be affected, so let's review the information together.

Osteoporosis develops when the key bone minerals (especially calcium) are lost faster than they are replaced. This happens somewhat as a matter of course when we age. Our nutrition patterns may also change as we age. For women, the loss of estrogen at menopause is a key factor as are other hereditary factors. Our bones do not renew themselves (remodel) as quickly – this remodelling of the bone normally occurs throughout life and keeps the bone tissue healthy and strong. It is therefore especially important to pay attention to our dietary intake of calcium after age 50.

The following are the main points for maintaining bone health. After healing from one broken bone, I am paying attention!

1. Bones need calcium to maintain density – 1200-1500 mg. per day
2. Dairy products are the best sources of Calcium (except for fish with the bones in ☺)
3. Dietary sources are best, however supplements may be necessary
4. Calcium supplements should be taken in small doses at least twice per day rather than one larger dose
5. Vitamin D is essential to aid calcium absorption; you may need a Vitamin D supplement - especially in winter

