



MANISTIQUE STRATEGIC ALLIANCE

...helping to build a healthy community

The Manistique Strategic Alliance for Health (SAH) Coalition continues to work on projects to increase access to healthy nutrition and physical activity choices for all who live and visit the Manistique area. One SAH workgroup is in the planning stages of developing a local Farmers' Market for the community.



In relation to physical activity, the SAH Coalition is working with the City of Manistique and the Manistique Area Schools to develop a Safe Routes to School action plan.

Safe Routes to School Programs across Michigan and the country have helped create safer walking and bicycling routes near schools so parents feel comfortable allowing their children to walk and bicycle to school. This allows children to lead more active and healthier lifestyles. It also helps reduce traffic volume and congestion near schools.

While Safe Routes to School of course benefits the children of Manistique, it will also benefit the entire community. If our community is safe for our children to walk or bike to school, it will also be easier for our residents and visitors to choose walking and biking as they move about town.

The SAH Coalition meets the third Friday of every month at 1:30 pm at the Manistique City Hall. New members are always welcome to join the coalition or to volunteer to work with one of the workgroups (Safe Routes to School, Complete Streets, and Farmers' Market). For more information, please contact Kerry Ott, Sault Tribe SAH Community Coordinator, at 341-9561 or kott@saulttribe.net.



Are You Concerned About Your Child's Development?

Most parents wonder at times if their child is growing and developing like other children the same age. Each child develops differently. If you think your child may have a health condition that will be long lasting, the sooner you check it out the better. The same is true if you think your child's growth or learning is slower than that of other children the same age. Identifying delays or disabilities usually involves both the family and a team of professionals.

There are developmental stages that each child typically goes through. The following guidelines are offered to assist you in the decision to seek help:

Three Months: At three months, most children smile, make cooing sounds, turn their heads toward light and bright colors, grasp rattles or hair, and lift their heads and chests while on their stomachs.

Six Months: At six months, most children follow moving objects with their eyes, turn toward sounds, roll from their stomachs to their backs, reach for and pick up objects, recognize familiar faces, and babble.

One Year: Most children pull themselves to a standing position, drink from a cup, crawl, wave bye-bye, and may have a two- or three-word vocabulary.

Two Years: At two years, most children use two- to three-word sentences, feed themselves with a spoon, build a tower of four blocks, show affection, and play independently.

Three Years: At three years, most children walk up steps alternating feet, put on shoes, repeat nursery rhymes, and play with other children for a few minutes.

If you are concerned that your child is not developing typically, or if your child has been diagnosed with a health condition that will affect his or her development, Early On can help. Early On is for infants and toddlers under the age of three and their families. It is available to families regardless of income. The Early On coordinator can be reached at (906) 341-6423.

Water

...why it's good for you!



With the arrival of spring and people becoming more active outside, the need for increased water intake in our daily diet becomes even more important. We all know that drinking water is good for us, but do we understand why?

Midge Harlow of the SMH Rehabilitation Departments, highlights the top nine reasons to drink water:

Weight loss- Water is one of the best tools for weight loss, first of all because it often replaces high-calorie drinks like soda, juice and alcohol. It also is a great appetite suppressant, and there's the fact that many times when we think we are hungry we are actually thirsty. Water has no fat, no calories, no carbs, and no sugar.

Heart Healthy - drinking a good amount of water could lower your risks of a heart attack. A six year study published in May 2006 American Journal of Epidemiology found that those who drink more than five glasses a day were 41% less likely to die from a heart attack than those that drank two.

Energy- Being dehydrated can sap your energy and make you feel tired. Even mild dehydration, as little as 1 or 2 percent of your body weight. If you are thirsty you are already dehydrated, this can lead to fatigue, muscle weakness, dizziness and other symptoms.

Headache cure- Another symptom of dehydration is headaches. Often when we have headaches, it is simply a matter of not drinking enough water.

Healthy skin- Drinking water can clear up your skin and people often report a healthy glow after drinking water. It won't happen overnight, of course, but just a week of drinking a healthy amount of water can have good effects on your skin.

Digestive problems- Our digestive systems need a good amount of water to digest food properly. Often water can help cure stomach acid problems and water along with fiber can cure constipation.

Cleansing- Water is used by the body to help flush out toxins and waste products from the body.

Cancer risk- Related to the digestive system item above, drinking a healthy amount of water has also been found to reduce the risk of colon cancer by 45%. Drinking lots of water can also reduce the risk of bladder cancer by 50% and potentially reduce the risk of breast cancer.

Better exercise- Being dehydrated can severely hamper your athletic activities, slowing you down and making it harder to lift weights. Exercise requires additional water, so be sure to hydrate before, during and after.

To help you form a good water habit, start by carrying a bottle of water around with you all the time. You could set a timer to remind you, or you could substitute water for what you are drinking now.

With all the health benefits of drinking water, don't you want to start living better now?

Get ready, here comes spring, cont'd...

WARM-UP AND COOL DOWN...

Incorporate a 5-10 minute warm-up into your routine. Simply performing the intended activity at a slower pace is enough to get the blood flowing and enhance performance.

A gradual decrease in activity is important to help the body flush out waste products produced during exercise and aid in recovery. A few simple stretches at the end will release tight muscles which can cause future injuries.



USE PROPER FOOTWEAR...

According to the American Academy of Orthopedic Surgeons, over 43 million Americans have trouble with their feet, mostly due to improperly fitting shoes. Too tight shoes can cause numbness of the feet in cycling, and blisters in runners. More tips on choosing and replacing footwear can be found at: orthoinfo.aaos.org.

DON'T OVERTRAIN...

Doing too much of the same motion can cause overuse injuries. Frequent runners may experience knee problems. Shoulder and elbow pain are common overuse injuries in tennis and baseball. Be sure to vary your routine, and give your body a break when needed.

PREVENT MUSCULAR IMBALANCES...

Balance out your favorite activities with a structured program to strengthen less used muscles and stretch tight ones. For example, shin splints (pain in the lower leg) can be caused from an imbalance of the front leg muscles and the calves.

BE AWARE OF YOUR ENVIRONMENT

Walking and/or jogging on uneven terrain can increase the risk for ankle and other leg injuries. Hard surfaces like pavement can also pose a risk for joggers.

SPORT SPECIFIC...

• **Cycling** - *pay attention to form.*

Back- Stand and ride with a straight back

Hands- Keep a relaxed grip on the handlebars, straight wrists, and change positions frequently.

Shoulders- Keep elbows slightly bent to help absorb "road shock".

Knees- Make sure knees are slightly bent when leg is fully extended.

• **Wear proper gear.**

Helmets are a no-brainer, but other things like proper fitting (not too tight) shoes and gloves can prevent numbness of the feet and hands.

• **Running/Walking** - *pay attention to form.*

Pay attention to form

Head- Focus eyes straight ahead, head and neck relaxed.

Shoulders- Lift chest and keep shoulders down, and back

Arms- Bend arms at 90 degrees, allow them to swing back and forth. Keep hands loose.

Abs- Pull belly button in towards spine and tuck pelvis to protect back.

Feet- Land firmly on heel and roll smoothly to push off with toes.

• **Wear proper gear**

It can't be said enough, WEAR PROPER FITTING SHOES. Also, wear clothing with reflective gear if out at night.

• **Tennis** - *Focus on technique*

Bend knees and raise heels when serving or hitting overhead.

Avoid landing on the ball of your foot

• **Wear proper gear**

Keep your racket dry to prevent blisters.

Wear shoes with good support and specially padded tennis socks

• **Golf** - *Focus on technique*

Use a medium, neutral grip on the club

Rotate the shoulder and hip about the same amount during the backswing

Shorten the backswing slightly

Keep the spine vertical during the follow-through

• **Wear proper gear**

To prevent hand, wrist and elbow pain, try using larger club grips, and selecting irons with large heads to lessen vibration.