

A HEALTHIER YOU

TIPS AND RESOURCES FOR OPTIMAL WELL-BEING

APRIL 2024



EMBRACE SPRING WITH ALLERGY PREVENTION

As the vibrant colors of spring begin to emerge, so do the allergens that can trigger seasonal discomfort. The arrival of pollen, dust, and other airborne particles can wreak havoc on our respiratory systems. However, with proactive measures and a touch of mindful care, we can navigate this blooming season with ease.

Spring allergy prevention is not merely about avoidance; it's about taking charge of our health and wellness proactively. Here are some tips to help you through this season:

Stay Informed: Keep an eye on local pollen forecasts to anticipate high pollen days. Planning outdoor activities accordingly can minimize exposure.

Protective Measures: When heading outdoors, consider wearing sunglasses to shield your eyes and a wide-brimmed hat to prevent pollen from settling in your hair.

Mindful Cleaning: Regularly clean your living space, focusing on areas prone to collecting dust and pollen, such as carpets, curtains, and bedding. Using a HEPA filter in your vacuum cleaner can trap allergens effectively.

Allergy-Friendly Landscaping: Opt for low-allergen plants in your garden to minimize pollen exposure.

Consultation: If allergies persist, schedule a visit with your clinic provider to explore suitable treatment options, including over-the-counter medications or allergy shots.

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“I feel like I should clean the house, so I’m going to lay down and nap until the feeling passes.”

- Unknown



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CELEBRATING NATIONAL FOOT HEALTH MONTH: A STEP TOWARD BETTER HEALTH

As we step into April, we welcome the blooming of flowers and warmer weather but also an important observance: National Foot Health Month. This dedicated month reminds us of the critical role our feet play in our overall well-being and encourages us to take proactive steps toward better foot health.

Understanding the Significance of Foot Health

Our feet are remarkable structures, each comprising 26 bones, 33 joints, and a network of muscles, tendons, and ligaments. They serve as the foundation of our body, supporting our weight and facilitating movement. Yet, despite their importance, foot health is often overlooked until problems arise.

Common Foot Issues

Many of us experience foot-related problems at some point in our lives. From minor nuisances to chronic conditions, foot issues can significantly impact our daily lives. Common foot problems include:

PLANTAR FASCIITIS

Inflammation of the band of tissue that connects the heel bone to the toes, causing heel pain and discomfort, especially upon waking or after long periods of rest.

BUNIONS

Painful bony bumps that form on the joint at the base of the big toe, leading to swelling, redness, and difficulty wearing shoes.

INGROWN TOENAILS

When the edge of a toenail grows into the surrounding skin, causing pain, tenderness, and the risk of infection.

ATHLETE'S FOOT

A fungal infection that causes itching, burning, and cracked skin, typically between the toes, but can spread to other areas of the foot.

FOOT ARCH PROBLEMS

Flat feet (pes planus) or high arches (pes cavus) can contribute to foot pain, instability, and gait abnormalities.



Tips for Maintaining Foot Health

Fortunately, there are simple steps you can take to promote foot health and prevent problems:

Choose Proper Footwear

Invest in shoes that fit well, provide adequate support, and have cushioned soles. Avoid high heels, narrow-toed shoes, and flip-flops for extended periods.

Practice Good Hygiene

Wash your feet daily with soap and water, and thoroughly dry them, especially between the toes. Trim your toenails straight across to prevent ingrown nails.

Maintain a Healthy Weight

Excess weight can strain your feet and exacerbate existing foot problems. Aim for a healthy weight through a balanced diet and regular exercise.

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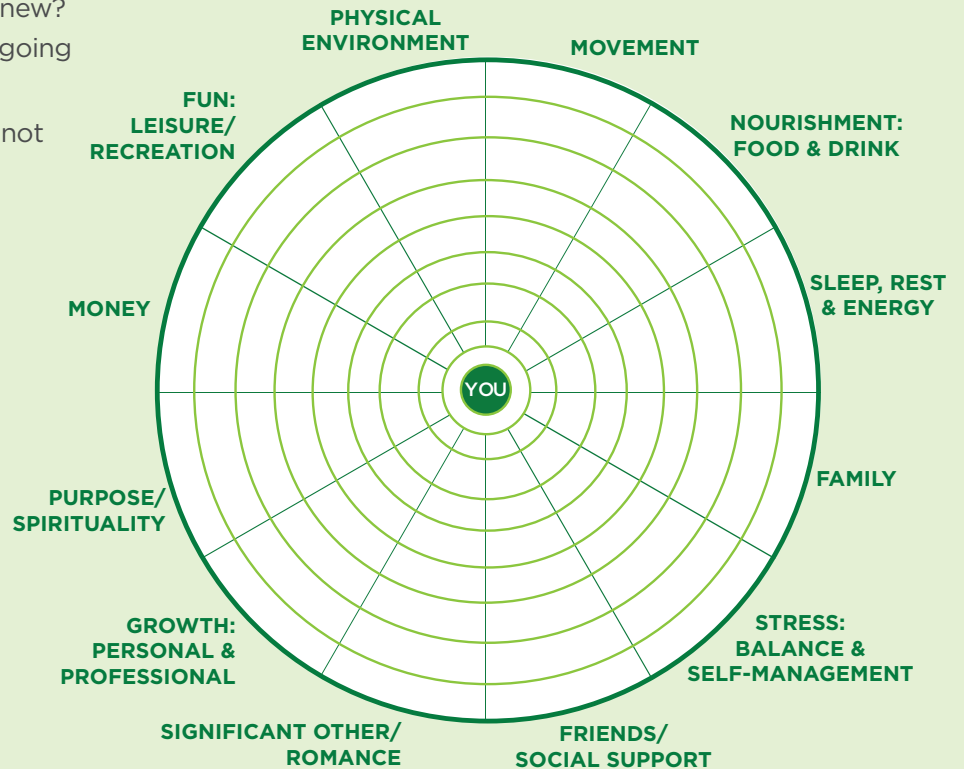
FRESHEN UP THIS SPRING

Spring is upon us! What does this time of year bring to your mind? Spring Cleaning, Spring Training, April showers bringing May flowers. These things have one thing in common: a new, fresh beginning.

- Do you have an area of your wellness journey that needs a little decluttering/cleanup and a little extra training?
- Are you ready to start something new? Think about and consider what is going well right now.
- Consider areas you value that are not being honored the way you want.

Some of the areas to consider are:

- Exercise
- Diet
- Physical environment
- Fun-leisure/recreation time
- Sleep
- Personal or professional growth
- Your purpose/spirituality
- Stress balance
- Money
- Significant other/romance
- Social support/friends and family



Stretch and Strength

Incorporate foot exercises and stretches into your routine to improve flexibility, strength, and balance. Pay attention to your arches and ankle stability.

Regular Checkups

Schedule regular foot exams with a podiatrist or healthcare provider, especially if you have diabetes, circulation issues, or a history of foot problems.

This April, let's take a step toward prioritizing foot health. By adopting simple yet effective habits and seeking timely care when needed, we can ensure that our feet continue to support us on our journey to better health and well-being.

Wellness Wheel

Use the center of the wheel as 0 (unsatisfied) and the outer edge as 10 (most satisfied). Draw a line at your level of satisfaction in each area at this time in your life. Looking at the wheel overall, you may get a sense of how balanced your life feels to you now.

Pick one area this spring to freshen up.

- On a scale of 1 (not happy) to 10 (it is going perfectly), how would you rate your current satisfaction in this area?
- Where do you want that satisfaction to be in 3 months?
- What step(s) will you start this week to move your number closer to a 10?



EVERYDAY ERGONOMICS

Now that spring has arrived, a list of tasks is always awaiting our attention: clearing out old items, bringing in new ones, and tackling the wintertime accumulation that needs sorting and organizing. Rearranging our space can bring renewed energy and enhance our well-being, but the journey to get there can be strenuous and physically demanding. We must ensure we're physically prepared and adequately equipped as we prepare for these tasks.

Projects we will likely face range from decluttering and organizing to deep cleaning and routine maintenance. Starting in a good physical state is key to setting ourselves up for success and minimizing the risk of injuries. This involves incorporating stretches and light exercises to increase blood circulation and enhance tissue flexibility, reducing the chances of sprains, strains, and other injuries.

We often find ourselves in awkward positions during these tasks, highlighting several important considerations. Firstly, when lifting objects, it's vital to maintain proper form. When dealing with objects that are oddly shaped, very heavy, or located in difficult-to-reach areas leads us to another consideration. Using appropriate equipment is crucial, especially in tight or confined spaces where movement is limited. Access to this equipment can significantly reduce stress and the risk of strain. If equipment is unavailable, seek assistance to help lighten the load. The same lifting principles apply when doing a two-person lift.

Even with these precautions, the days can still be long and taxing. Therefore, it is important to take regular breaks to rest throughout the day. By implementing these strategies, we can reduce the risk of injuries while participating in these projects.

FOOD FOR THOUGHT

April produce brings good hydration! Add to your daily fluid intake with high-water-content foods like strawberries, pineapple, kiwi, celery, mushrooms, carrots, cucumbers, tomatoes, zucchini, radishes, or watercress. Including a variety of these foods in our daily meals and snacks this month while drinking water throughout the day can help us stay hydrated and refreshed!



Need to see our providers?
Schedule a visit at the NACS
Health & Wellness Center by
scanning the QR code.



NACS Health & Wellness Center

3905 Carroll Road, Door 27
Fort Wayne, IN 46818
(260) 338-5303

Monday	1 p.m. - 6:30 p.m.
Tuesday	6:30 a.m. - 11 a.m.
Wednesday	3 p.m. - 6:30 p.m.
Thursday	6:30 a.m. - 9:30 a.m., 3 p.m. - 6:30 p.m.
Friday	Closed



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