



934TH AIRLIFT WING

**May 2021
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Prevention Connection: Building a Healthy Community

Inside: Prevent Osteoporosis Before It's Too Late, May is National Pet Month, and My Little Place in the Woods

We all know the COVID-19 virus has changed and uprooted our lives in many ways. There are several reasons to feel that life is a struggle. May is Mental Health Awareness Month. According to the CDC, mental health is an important part of our overall health and well-being, along with our emotional, social and physical wellness.



May is
Mental Health
Awareness
Month

One way to stay mentally strong is to be physically active. Even though we are seeing the light at the end of this very long pandemic, we need to keep the focus on our mental and physical health. They go together like peanut butter and jelly. Therefore, continue to exercise. If you've fallen off, get back on. No shame, just start back up. Your mental health depends on it.

The following are links to a few articles regarding staying active. Friends, remain vigilant, stay strong both physical and mentally.

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_%20Staying%20Active%20During%20Coronavirus%20Pandemic.pdf

https://www.exerciseismedicine.org/support_page.php/stories/?b=959

Special points of interest:

For more information on mental and physical well-being go to the following:

<https://www.cdc.gov/mentalhealth/>

<https://mentalhealthmn.org/learn-more/mental-health-and-physical-health/>

<https://hside.org/link-between-physical-and-mental-health/>

Prevent Osteoporosis Before It's Too Late

by Eric Neal, Exercise Physiologist

Osteoporosis is a disease of the bones. It causes bones to be weak and break easily. In many cases, people actually break their hip prior to the fall due to osteoporosis. Osteoporosis affects women to a much greater extent than men, which includes over 8 million of the estimated 10 million Americans with osteoporosis (1).

Below are some factors that increase risk of osteoporosis for women.

Past Menopause – lack of estrogen to protect bone density causes bone loss (2).

Do not get enough calcium, vitamin D, and physical activity.

Weigh less than 127 lbs. or have eating disorders, especially anorexia and bulimia nervosa (3).

Smoking – women who smoke have lower bone density and often go through menopause earlier than non-smokers (4).

Osteoporosis is treated through drugs and hormones to prevent more bone loss or build new bone mass (5). To avoid going through treatment, I'd like to offer the suggestion of prevention. Start while you are young to focus on healthy bones by consuming a diet high in calcium and vitamin D, avoid smoking and heavy drinking, and perform weight-bearing activities to keep your bones strong and dense. Starting prevention of osteoarthritis through exercise and nutrition will not only make you more physically and resilient now, but will also aid in your resilience throughout your lifetime. Start now before it's too late.

Sources:

(1) Wright, N.C., Looker, A.C., Saag, K.G., Curtis, J.R., Delzell, E.S., Randall, S., et al. (2014). The Recent Prevalence of Osteoporosis and Low Bone Mass in the United States Based on Bone Mineral Density at the Femoral Neck or Lumbar Spine. *J Bone Miner Res*; 29(11): 2520-2526.

(2) Finkelstein, J.S., Brockwell, S.E., Mehta, V., Greendale, G.A., Sowers, M.R., Ettinger, B. et al. (2008). Bone Mineral Density Changes during the Menopause Transition in a Multiethnic Cohort of Women. *The Journal of Clinical Endocrinology & Metabolism*; 93(3): 861-868.

(3) <https://www.womenshealth.gov/a-z-topics/osteoporosis>

(4) smokefreewomen. (n.d.). 11 Harmful Effects of Smoking on Women's Health.

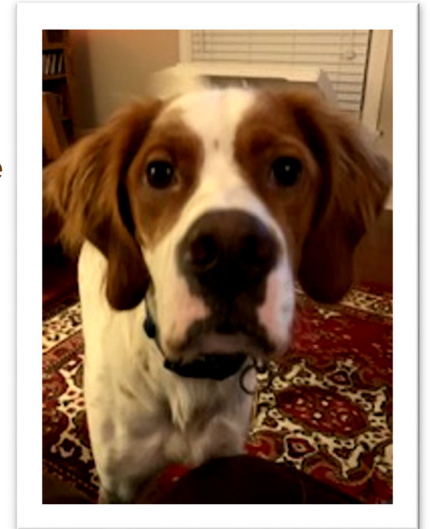
(5) <https://www.womenshealth.gov/a-z-topics/osteoporosis>

May is National Pet Month

Did you know that over 80 million households either have a dog or cat? If you include other pets (i.e. birds, horses, fish, ferrets, rabbits, etc.), the number exceeds over 100 million households. There must be a good reason if nearly one-third of U.S. households has a pet.

According to the CDC, there are many health benefits of owning a pet. They increase opportunities to exercise, getting outside, and socializing. Pets also help decrease blood pressure, cholesterol levels, and triglyceride levels, and they help us manage loneliness and depression. Likewise, some studies show that after being around pets, most people's cortisol level lowers (that's the stress hormone), while increasing the feel-good hormone of serotonin.

Source: <https://www.cdc.gov/healthypets/health-benefits/index.html>



Pick the Right Pet

Before adopting a new pet, make sure that it is the right one for you and your family. Do some research beforehand about the specific needs of the animal. Ask yourself these questions before getting a pet:

How long will this animal live?

How much exercise does the pet need?

How large will it become?

How much will it cost for veterinary care?

Do I have enough time to properly care for and clean up after the pet?

What type of habitat does this pet need to be healthy?

What type of exercise does this pet need?

Are pets allowed in my house, apartment, or condominium?

Are there young children, older people, or people with weak immune systems who will care for or be around the pet?

My Little Place in the Woods by Ch. Jeff Cooper

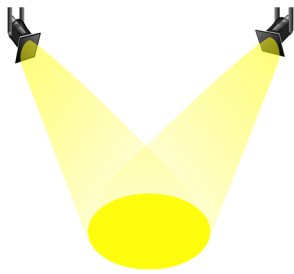
I have a good friend who graciously lets me use his land as a place to hunt, hike, or just get away. It's 40 acres of quiet, secluded rolling hills of pasture and timber, with a creek running through the center of it. Recently I spent a couple of hours there, watching, listening, and meditating.

I arrived before sunrise so I would not disturb any of the animals I hoped to see. An owl greeted my arrival with a hoot which was answered by a turkey's gobble. As the sun rose and the shadows receded multiple hues of green filled the landscape. A single drop of dew rested on top of each blade of grass, sparkling like a tiny LED light. Two deer meandered past me, oblivious to my presence as were the two wood ducks that floated by on the creek. They were joined by Canada geese honking overhead. Shortly a raccoon showed up. When he detected my presence, at about 20 feet, he froze in mid-stride. We had a stare down until he slowly walked on, not really sure what to think of my presence. A short while later three turkeys pecking the ground for bugs ate their way past me. The sun now fully up and nature about its business for the day, I slowly slipped out of the trees and returned home.

Such mornings not only fill me with a sense of peace, but leave me in awe and wonder. I marvel at the sights and sounds and movements that flood my senses. But even more so, I marvel at the Creator responsible for what I just experienced. Whenever I look at a great work of art, my thoughts are drawn to the artist. Similarly, when I encounter an engineering feat I think of the skill and talent of the designers and builders. On those special mornings in the woods, I pause to consider the God who created all that my senses are absorbing.

There I am reminded that I too am His creation. As I observe the untroubled nature of the animals around me, I remember that He watches over me with the utmost of care. Watching them effortlessly forage for food, I think of how He provides for my needs, even those I am unaware of. I am thankful for the inner peace that stays with me even when I leave the woods and enter the chaos of a noisy world. In the New Testament book of First Peter, we find these words: "Cast all your anxiety on him, for he cares for you." That is what I remember during my time in the woods. In that spot in the woods, I am re-assured, refreshed and restored.

Do you have your special place "in the woods" where you contemplate your Creator's watchful care over you? Where your soul is nourished and strengthened? Where you pause to remember that you are His special creation? I trust you do, for we all need a little place in the woods.



Resource Spotlight

934th Exercise Physiologist— Health Promotion Program (612) 713-1472

The Exercise Physiologist provides in-person practice assessments for the HAMR and Alternative Fitness Components in consideration as future components of Air Force Fitness Assessments. The Health Promotion Program has several virtual courses and services for those unable to be in-person.

Prevention Partners/Response:

Violence Prevention: 713-1159

Sexual Assault Response Coordinator:
713-1315

Director of Psychological Health:
713-1224

Airman & Family Readiness: 713-1516

Personal Financial Counselor:
612-297-2826

Chaplain Corp: 713-1226

Equal Opportunity: 713-1221

Exercise Physiologist: 713-1472

Security Forces (BDOC): 713-1101

Military One Source: 1-800-342-9647

DoD Safe Helpline: 1-877-995-5247

Suicide Prevention Lifeline:
1-800-273-8255

National Domestic Violence Hotline:
1-800-799-7233

National Human Trafficking Resource
Center: 1-888-373-7888

The Health Promotion Program is built on a virtual platform providing videos on Air Force Connect App for 934 AW in Multimedia and Fitness areas that focus on Exercise, Sleep, and Nutrition. Availability for follow up on any questions, exercise prescription, and dietary guidance is available. In addition, Functional Movement Screening can be conducted virtually and provided to Exercise Physiologist for follow-up. The BE WELL options of Better Body Better Life, Cardiovascular Intervention, Strength Intervention, and BE WELL 1.0 (Fitness, Nutrition, and Behavior) are in the works for additional virtual options with follow-up.