



Healthy Lifestyles

Small steps ... right direction!



Exercise Challenge: Make your own stretchy bands and test your flexibility



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DID YOU KNOW?

Tech Neck – A Real Epidemic

Have you ever heard the term Tech Neck? Tech neck is considered an epidemic and it's affecting kids as young as 8. This may cause postural abnormalities and changing growth patterns, especially in the upper spine. can lead to headaches, neck pain, shoulder pain, mid back pain, lower back pain and other postural complications. It can even cause numbness and pain into the arms and hands. **A study of 38 healthy individuals found that the use if a smartphone created a flexed cervical posture, which then resulted in a disturbance in neck proprioception. This suggests that prolonged smartphone use can impact your ability to move your neck and return impact your reflexes.** Why are proprioception and reflexes so important? The brain requires constant stimulation from the body. This connection and stimulation is how the brain coordinates your body and health. When the neck becomes changed due to contact stress the stimulation to the brain is affected. Over 60% of all stimulation to the brain is directly from the spine and over 1/3 of all stimulation to the brain is from the neck alone!

With a rise in headaches, neck pain, ADHD, sensory processing disorders, sleep issues and many more we have to realize that our technologies can be directly contributing. "Text Neck" can completely alter the way your brain perceives the environment and your health.

It has also been shown that prolonged use can impact our feed-forward motor control (a way our central nervous system regulates motor control and spinal stability during sudden perturbation – a disturbance of motion.) Feed-forward motor control controls equilibrium and how we sense balance. Patients' neck muscle activity and response were delayed during a series of rapid arm movements; The study also found that sustained neck flexion can have an impact on spine sensory-motor control. This is something we should be having conversations about.

RECIPE CORNER: TASTY AND HEALTHY! GIVE IT A TRY!

Slow Cooker Chicken Tortilla Soup!

Ingredients

- 1 pound boneless, skinless chicken breast
- 4 cups low-sodium chicken broth
- 1 15-ounce can black beans, drained
- 1 15-ounce jar low-sodium salsa
- 1/2 avocado, diced
- 12 tortilla chips, crumbled

Directions

Place the chicken, broth, black beans and salsa in a slow cooker. Cook on low for 8 hours or high for 4 hours. Remove chicken and shred, then return to soup. Spoon soup into bowls, top with avocado and tortilla chips.

Serves: 4 | Serving Size: 1/4 recipe

Per serving: Calories: 344; Total Fat: 12g; Saturated Fat: 1g; Monounsaturated Fat: 3g; Cholesterol: 55mg; Sodium: 259mg; Carbohydrate: 35g; Dietary Fiber: 9g; Sugar: 5g; Protein: 33g

YOU ARE WORTH IT!