



June 2016



## 5 Ways to Prevent Knee Trouble

By Personal Best Healthlines

- 1. Avoid injury.** A common cause is repetitive trauma from overusing the knee during exercise, sports and everyday labor.
- 2. Stay strong and agile.** Power up the surrounding muscles, which act like shock absorbers for your knees and help keep the kneecap tracking in good shape.
- 3. Stay slim.** Less weight means less force on your knees during everyday activities. Losing a few pounds can help prevent or reduce arthritis pain and swelling.
- 4. Be cautious with sports.** Heavy knee stress — such as Alpine skiing, tennis, team sports and running — puts you at risk for knee problems, some experts say, so muscle up before you play.
- 5. Don't ignore knee pain.** When it begins to limit your ability to do normal things, get it checked out before it leads to worse pain or permanent damage.

## City Events

### 7 Food Habits for Health, Energy and Weight Loss

Tuesday, June 7

12:00 pm - 12:45 pm SMT 4096

### The "I Want it Now" Challenge - Deferred Compensation

Friday, June 10

12:00 pm - 12:45 pm SMT 4080

### Meeting Management

Thursday, June 16

12:00 pm - 1:00 pm SMT 4050

### EAP Highlights

Tuesday, June 21

12:00 pm - 12:30 pm SMT 4096

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12:30 pm - 1:00 pm SMT 4096

### The "I Want it Now" Challenge - Deferred Compensation

Wednesday, June 22

12:00 pm - 12:45 pm SMT 4080

### Free Blood Pressure Screening

Wednesday, June 29

Stop by between 10:30 am & 1:30 pm  
SMT 4070

## Fitness After 50

Exercise and strength-training offer tremendous benefits, especially as our bodies age. Research reveals that regular exercise improves your quality of life and may also extend your life by up to 5 years.



Use these tips to get started:

**Walk more.** It's one of the easiest and least expensive exercises.

- **Enjoy the scenery:** Try parks and trails, museums, galleries, and sightseeing tours.
- **Map it:** Use online mapping software to locate the best routes.
- **Get a fitness tracker** or step counter app for accountability.
- **Make it social:** Find friends or family to walk with—you'll walk more.

**Develop a home workout.** Short on time or uncomfortable using a gym? Use your home instead. Try the American Council on Exercise (ACE) home workout:

[www.acefitness.org/acefit/fitness-programs-article/2863/top-25-at-home-exercises/](http://www.acefitness.org/acefit/fitness-programs-article/2863/top-25-at-home-exercises/).

**Hire a certified trainer** to teach you how to strength-train correctly and help you create a workout plan. Look for trainers certified by the American College of Sports medicine. Review your exercise plan with your health care provider.



## Benefits News and Notes

- **Improved Dental Health Services' Web Site** at [www.smartsmile.com/cityofseattle/](http://www.smartsmile.com/cityofseattle/). You'll find faster navigation; a new online dentist selection tool and your claims online.
- **Mobile Mammography Screening** will be offered July 25 – July 27, 2016.
- **There are so many good reasons** to quit tobacco. What's yours? The Quit For Life® Program can help you to live without tobacco for all kinds of reasons.

### General Information

*Take Charge!* is a general guide to health benefits and healthy behavior. Contact your health care provider with your specific health care concerns.

Call 1-800-784-8454 to enroll. Free for you and adult family members.

