

## Save Your Vision

March is Save Your Vision month. Vision is extremely important for our everyday living, of course, many of us take it for granted or assume we do not have any problems. Therefore, periodic eye and vision examinations are an important part of preventive health care. Many eye and vision problems have no obvious signs or symptoms. As a result, individuals are often unaware that problems exist. Early diagnosis and treatment of eye and vision problems are important for maintaining good vision and eye health, and when possible, preventing vision loss. In general and as a rule of thumb, everyone should get their eye exams annually, but there are certain recommendations for different age groups. Go to [www.aoa.org](http://www.aoa.org), for more information about the recommendations for eye exams and the different types of eye and vision problems that people may suffer from.

## Exercise/Workout

When it comes to exercise, there are a few questions that need answered. What about warming up and cooling down? How often and how long should I exercise? Of course, you will ultimately answer these questions yourself, but here are a few tips to help arrive at your answer. Warming up should be done before you exercise because muscles that have not been used are cool. Stretching and/or walking slowly for 5 to 10 minutes before your workout warms your muscles and makes them more flexible and less prone to injury. Right after exercise, cooling down allows your heart rate to return to normal slowly. Once again stretching and walking together allows your muscles to be more flexible and less stiff while allowing your heart and breathing to return to normal levels.

Now for the hard part, actually exercising. How often and how long should this be done? There are three ways to measure your exercise: frequency (how often), duration (how long) and intensity (how hard you workout). Try to perform aerobic exercise at least 3 times a week, if you decide to do more, allow at least 1 day for rest. Your goal should be to exercise for 30-60 minutes at a time; you may need to gradually work up it. How hard you workout is based on keeping your heart rate up and exercising at your target heart rate. To make sure you are benefiting from your exercise you should monitor your heart rate (pulse) during exercise. Before you start, you need to determine your target heart rate by calculating your maximum heart rate (MHR). The following formula will help you determine your maximum and target heart rate: start by subtracting your age from 220. We will use 40 for an example.  $220 - 40 = 180$  beats per minute (bpm). So your MHR would be 180 if you are 40 years old. Your target heart rate should fall in between 60% to 85% of your MHR.  $180 \text{ (MHR)} \times .6 \text{ (60\%)} = 108 \text{ bpm}$  and  $180 \text{ (MHR)} \times .85 \text{ (85\%)} = 153 \text{ bpm}$ . So your heart rate during exercise should be in the range of 108-153 bpm to achieve the maximum benefits of your aerobic exercise. Remember, do not push to hard if you are just starting to exercise or just starting to use your heart rate as a measure to determine your intensity level. Naturally, if you keep up the hard work you will find out you will be able to exercise for longer periods of time at your target heart rate due to the heart muscle becoming stronger and more efficient in its work to pump blood through the body.

## From the Nurse's Desk:

Nurse Tiona: Dental Care for Children

Maintaining good dental care for your children can start with them eating a well balanced diet. Avoiding sugary food and drinks, brushing teeth twice daily and after meals whenever possible with fluoride toothpaste, and visiting the dentist twice yearly for a routine checkup and cleaning are also essential for proper care. Using dental floss is important in healthy teeth and gums also, a toothbrush can not reach all spaces between your teeth or areas under the gum line. It allows plaque to build up and by using the dental floss it removes the particles and helps to prevent tooth decay. Clay County Schools are currently working with Overton County Health Department to provide free dental care to students in grades 7-12 in Clay County. To see if your child qualifies or if you would like to find out more about the program, please contact Clay County Coordinated School Health at (931) 243-5510.

## Next Month:

We will discuss some of the different types of exercise and equipment that may benefit you and make your exercise experience more enjoyable. Until then, keep up the efforts for a healthier you.