

Sierra Vista

Physical Education Newsletter

Friday, May 13, 2016

Good morning. Another awesome year of PE is in the books. Thank you so much for all of your support this year and please enjoy the information below. Have a great summer!

Caldwell Health Fact

Did you know the human body obtains essential vitamins and minerals through food? I am a big believer in using “food as your supplement” instead of taking tons of pills to get your nutrients. Most supplements are made from low quality ingredients and most people can’t absorb their supplements because of gut issues. Spend your money on high quality, clean foods. For example you can get your vitamin C from drinking pulp free orange juice, vitamin A from eating pastured eggs, Vitamin D from goat milk, and calcium from either dairy or bone broth.

Health and Nutrition Articles to Get You Thinking

I am always learning as a teacher and health practitioner. Each month I post different articles and topics to get you thinking more about exercise, nutrition, and health. The articles this month cover topics such as the “Orthopedic Perfect Storm and Skin Care Tips.”

Orthopedic Perfect Storm

Sitting is an ORTHOPEDIC PERFECT STORM

NECK PROBLEMS
Tilting your head forward or at your desk puts an additional 10 lbs of extra pressure on your spine sitting and can lead to postural neck, chronic migraines, headaches, dizziness, nerve damage, headaches, compromised shoulder function, and compromised athletic function.

TMJD
Forward head on neck position from slouching leads to compromised jaw mechanics, and is a source of teeth grinding and ear infections, jaw pain, and headaches.

CARPAL TUNNEL SYNDROME
Sitting with rounded shoulders with poor neck position can cause compressed wrist tendons and inflamed nerve tunnels, which can cause carpal tunnel syndrome.

KNEE PROBLEMS
Too much sitting can lead to shortening and weakening of the quadriceps and calves which can lead to mechanical knee pain.

LOWER EXTREMITY PROBLEMS
Decreased muscular activity caused by sitting leads to decreased venous flow and increased lower extremity congestion and swelling (aka "water legs").

HEAD WEIGHS
10 lbs.
30 lbs.
60 lbs.

SHOULDER DYSFUNCTION
Sitting's poor posture causes severely rounded shoulders which can cause shoulder impingement, rotator cuff dysfunction, instability, "swaybacking", shoulder, and general shoulder pain.

POOR DIAPHRAGM FUNCTION
A rounded or overextended sitting posture can lead to compromised diaphragm function which results in poor breathing patterns, increased VCO2 max, decreased spinal stabilization, and increased stress breathing patterns which can lead to poor sleep, poor fat metabolism, early death, exacerbation of existing diabetes (affects compromised ability to down regulate at night).

LOW BACK PAIN
The most likely to be the most acute of non-specific low back pain, hernias, and disc pathologies.

HERNIAS
Sitting is a contributing factor to hernias because sitting forces the abdominal wall to function poorly, making it more susceptible to hernias.

PELVIC FLOOR DYSFUNCTION
Prolonged sitting compresses pelvic floor function which can lead to bladder incontinence, hemorrhoids, poor spinal stability, and sexual dysfunction. Peeing yourself is NOT normal.

HIP DYSFUNCTION
It's not normal for your hips to be at a 90 degree angle all day. Sitting causes a compromised hip function, impingement which leads to osteoarthritis, shortening of muscles, and compromised athletic ability.

Back pain is the #1 cause of work days lost in the US (Bureau of Labor Statistics, 2010)

\$20 Billion/Year
Health care expenditures attributable to sitting on average Carpal Tunnel Syndrome
Source: Institute of Labor

\$96 Million/Year
is spent treating back pain in the U.S.
Source: JAMA, From 2002 to 2009
Source: Institute of Labor

8 out of 10
Back pain affects people during their lives and is the leading cause of disability worldwide (World Bank)

StandUpKids.org

Skin Care

http://www.ewg.org/enviroblog/2016/03/potentially-toxic-chemicals-plummet-teens-after-switching-safer-cosmetics?inlist=Y&utm_source=201603EWGNewsletter&utm_medium=email&utm_campaign=201603EWGNewsletter

Physical Education Happenings

Mr. Caldwell (nealcaldwell@iusd.org or 949-936-6649)

The past few weeks we have really focused on health and nutrition along with focusing on “personal trainers in training.” It is very important to me that when they leave my class they have a basic understanding of how to eat right, hydrate properly, the power of sleep, positive thinking, the basic health benefits of team and individual sports, and the skills to walk into any gym and know how to work-out and work-in properly for their needs.

Lastly your son/daughter learned the basics of badminton, team handball, and some of the skills of softball.

Personal Trainers In Training

<http://caldwellpe.com/personal-trainers-in-training-part-2/>

Workout Of The Day(WOD)

<http://caldwellpe.com/workout-of-the-daywod/>

Crossfit(WOD)

<http://caldwellpe.com/crossfit-wod-2/>



After School ELDOA Class

The past 6 weeks I have been teaching an after school ELDOA class. ELDOA is a great way to combat the “Orthopedic Perfect Storm” and keep your spine healthy and your fascia supple! I will probably offer this class again in September. Click on the links to learn more about ELDOA.

<http://caldwellpe.com/after-school-eldoa-week-5/>

<http://caldwellpe.com/eldoa-info/>

T6-T7 ELDOA



Lunchtime Sports

Lunchtime Ultimate Frisbee Champs. Each player took home nice Billabong/RVCA belt as a prize!



To learn more about Physical Education at Sierra Vista, go to www.CaldwellPE.com. Please feel free to contact me anytime. Thanks for your support!

Sincerely,
Neal Caldwell