



Michigan Citizen 35th Anniversary

NEWS	FRONT PAGE	THE CITI	OPINIONS & VIEWS	SPORTS	SUBSCRIBE NOW
------	------------	----------	------------------	--------	---------------

» Michigan: Where democracy used to live » Fallout from my Tea Party 'Taliban' comment... What is the lesson here? » Studen

You Are Here: [Home](#) » [Fresh Ideas](#) » Soaking up sun in the garden

Soaking up sun in the garden

Posted by: [The Michigan Citizen](#) Posted date: [May 20, 2013](#) In: [Fresh Ideas](#) | comment : 0

Physical fitness tips to help you remember the garden, not the aches

By [Suzette Olaker, M.D.](#)
[Special to the Michigan Citizen](#)

Now that the weather finally permits gardening, it's tempting to spend long periods at work. Beware of bad habits that can make tasks tedious by treating gardening as you would any other exercise — with warm ups, cool downs and stretches.

- A few minutes of walking briskly is an excellent way to warm up.
- Do one arm rowing by reaching forward with first one arm, then the other. After several repetitions with a comfortable reach, gradually reach further and further — until your upper back twists somewhat with each extension.
- Do arm push-ups while standing by doing push-ups against a wall for upper arm and back.
- A few twists of the head help neck muscles.
- Paying attention to your core while gardening helps increase strength and stamina. Remember, back and abdomen work together; strengthening one part helps the other. Maintaining good alignment is important.
- While gardening, keep your back straight — whether you are standing or squatting.
- Avoid overreaching, which keeps your back in a strained position too long, whether long handled tools while standing, or hand tools while squatting or sitting.
- Don't lift and twist in the same movement. Lift first, then twist.
- Remember proper lifting techniques. Squat, grip the item and then use legs for support when lifting.
- Avoid an achy back by not spending too much time in one position, and include a few stretches to prevent muscle strains. Twist from side to side several times. Do side bends. Then, with arms straight, alternate bending forward and backward (raising arms overhead).
- Take time for a few deep breaths, which helps keep muscles relaxed.
- Instead of bending over with legs straight, try squatting or kneeling (on a pad or using kneepads). Sitting on a pad and working the rows from a seated position is another option.
- After you complete your gardening, spend a few minutes cooling down.

City of Detroit
Office of Emergency Manager
Kevyn D. Orr
Financial and Operating Plan
May 12, 2013


Occupy DOE 2.0. April 4-7

Occupy DOE 2.0.
THE BATTLE FOR PUBLIC SCHOOLS

EMERGENCY MANAGER ORDERS


Top Stories of the Week

[EM Roberts says he's leaving, but not going far](#)




"I'm leaving, but I won't be far....I'm leaving, but I won't be gone....I'm leaving, but I'll still be here." DPS Emergency ... ∞

[Urban renewal displaces residents](#)



Recent evictions in the downtown and midtown area send the message to some that the new Detroit does not include ... ∞

[Lady barber cuts it up](#)



Julie Colquitt, owner of Just Cuttin' Up, always knew she would be a barber. The 47-year-old received her first ... ∞

- Walk slowly while breathing deeply for a few minutes.

- To keep muscles loose, include both rhythmic repetitions and stretches — holding a position at least 30 seconds (the minimum time required for muscles to actually stretch).

n Later in the day, invest in stretches, to keep muscles from gradually stiffening. Try several reps of the following:

- Lie flat on your stomach. With knees straight, lift one leg at a time as high as is comfortable. Hold a few seconds, then release. Next, with legs outstretched, place hands shoulder width apart. Push up as far as is comfortable to arch the back. Hold a few seconds, then release.

- Draw knees up to the chest and rock from side to side. Lie flat for a few seconds, then repeat.

Get your free Vitamin D — all summer long

Vitamin D requires sunlight to convert from the inactive form to the active form.

When ultraviolet rays from sunlight shine on the skin, precursors to vitamin D are formed. They move into the bloodstream and are carried to the liver, where processing continues, and from there, to the kidneys where activation is completed.

Vitamin D increases the absorption of calcium, one function of which is to strengthen bones. It is important in proper development of bones and teeth. It boosts the immune system, which could lower risks of multiple sclerosis and rheumatoid arthritis. Proper levels lower the risks of hypertension, diabetes and memory loss.

Melanin has a role in vitamin D absorption. The darker the skin, the greater the protection against skin cancer but the lower the absorption of vitamin D. Thus, darker-skinned people need more, but in temperate climates may get less vitamin D than needed. Also, use of sunscreens decrease vitamin D absorption.

Scientists differ in their conclusions of how much vitamin D we need. Approximately 20 minutes of sunlight during peak hours can produce 20,000 units of vitamin D in 24 hours in light-skinned people. Optimal sun exposure in melanin dominant people may be up to 6 times higher.

Dietary sources include alfalfa, some mushrooms, beef liver, fatty fish and fish oils. However, the primary "source" is sunlight. Technically, since our bodies are able to manufacture it, "vitamin" D is NOT truly a vitamin. However, it is essential for life.

Vitamin D toxicity from sunlight does not occur because of the action of the body's feedback mechanism, which prevents levels from becoming too high. Excesses are degraded. Toxicities could occur from supplements (scientists still disagree about levels), with symptoms ranging from decreased appetite, nausea and vomiting, to increased urine and thirst, to weakness, itching, insomnia and depression, to renal failure.

What's the best solution? For now, soak up the sun; later, supplement carefully.

Dr. Suezette Olaker is a Detroit-based physician who serves as vice chairman of the Detroit Food Policy Council. She can be reached at solaker2@yahoo.com

1 Tweet 0 Like 0 Share 0 Share

CLIP 0 submit

< Previous

Next >

About The Author

The Michigan Citizen

Number of Entries : 1336

Twitter

about a day ago i said, Photos: Minister Louis Farrakhan in Detroit May 17 <http://t.co/Jk4GbyDsJg>

about a day ago i said, Barrow says Duggan was not a Detroit resident according to City Charter.

about a day ago i said, Tom Barrow has asked City Clerk Janice Winfrey to disqualify Mike Duggan and remove his name from the mayoral ballot.

about 2 days ago i said, Cockrel: When hiring for the City of Detroit, which may file bankruptcy, it's like asking if they want to be a crew member of the Titanic.

about 2 days ago i said, There are about 4,500 foster kids in the Detroit area.

Facebook

The Michigan Citizen Like You like this.

You and 1,964 others like Michigan Citizen.

The Citizen interviews mayoral candidates:

Tom Barrow

Krystal Crittendon

Mike Duggan

Lisa Howze



Related posts



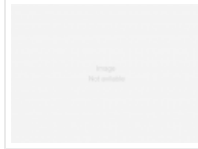
Community-based school opens in Detroit



Turn vacant land into small farmsteads



EMEAC celebrates women and people of color in leadership at community event



'New Work' and community production: Eyes on Detroit

Leave a Comment

You must be **logged in** to post a comment.

Recent Posts



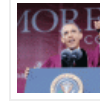
Michigan: Where democracy used to live
May 23, 2013



Fallout from my Tea Party 'Taliban' comment... What is the lesson here?
May 23, 2013



Student loan crisis is coming to a head
May 23, 2013



Obama tells Morehouse grads, 'lead by example'
May 23, 2013

Tale of two cities: Is social media re-segregating Detroit?
May 23, 2013

Journey for Education Justice



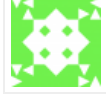
State Takeover of Detroit Library

 Your Email	Subscribe
---	------------------

Most Popular

- 'Bing is corrupt, we want him gone'
- Flower Power: Don't kill the Dandelion, eat it and let it grow
- Job training contractor calls foul play on DESC
- Angela Davis defines what freedom really means
- Big food and local/global grabbing

Comments

- 
 al: If Mr. Ross 's salary is 3% of the school budget he should be accounta ...
- 
 al: Dear Sir We lost a of our intelligent clout when city workers, teach ...
- 
 Tom Barrow: Yes..but the lawlessness is so rampant that the Mayor's office will si ...
- 
 A.Derdelakos: Why not request an investigation by the City's new office of Inspector ...
- 
 The Michigan Citizen: Davis will appear Oct. 24, 7-10 p.m. at Fellowship Chapel, 7700 W. Out ...