

STAYWELL

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Athletic Trainer Corner

Bunions are an irritating, knobby growth or malformation at the base of the big toe. This often creates an extreme angle of the toe and misalignment of the joint. Bunions can range anywhere from mild to severe and the pain can range the same.

Bunions can be genetic or caused by wearing tight narrow shoes, especially high heels. Bunions may become worse by wearing such shoes.

Bunions are best managed when caught early, before the angle becomes extreme causing pain.

Treatments range from toe spacers, taping, tensioning braces that align the toe, and reconstructive surgery. Minor bunions can be managed and often prevented from becoming severe through selecting proper footwear. Buy shoes with the correct width and shape of the toe box. If you need help preventing bunions, or recommendations for the correct shoes, please contact Brian.



Exercise Information/Exercise Myths

How much do you know about weight and weight loss? Consider the following statement.

T or F - A pound of muscle weighs more than a pound of fat.

It is easy to be swayed by advertising and take the misleading information and misrepresent it.

When a company or celebrity endorser spins the facts, it is easy to be convinced something is true. "Scientifically proven", is a common misleading catch phrase that is used often.

Marketing experts use this phrase to mislead consumers to believe in something that is not true. This is done by placing a



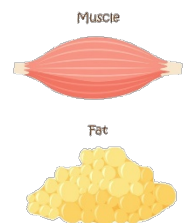
placard on the screen or on the product that reads "Scientifically studied." The phrase is true in that it was scientifically studied for something, but more often than not there were no studies conducted on their product or the claims the company makes.

Example:

Cannabis and cannabinoids have been studied for anxiety, chronic pain, and insomnia. Many manufactures of CBD promote it is "scientifically studied". When searching different websites, there is a common claim that is worded closely the same. "The body has a network of receptors, called the endocannabinoid system. These help maintain overall wellness. CBD attaches to the receptors assisting the body to remain in good health."

No studies have been conducted that verifies CBD does this. As a matter of fact, the following is what reads at the bottom of the websites in very fine print. "These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease." In other words, there is no research that the product works as claimed.

Back to the original statement, **T or F** - A pound of muscle weighs more than a pound of fat. If **True** was selected the answer is incorrect. I ask this question often to individuals and almost 100 percent of the time these individuals give the obvious answer, **True**, because of misinformation and misleading information that muscle takes up less space than fat. We forget that a pound is a pound regardless of the substance. The misleading statement, "Muscle weighs more than fat" is absolutely false if it is the weight that is



considered, which is what the statement is comparing, not the volume. This changes the meaning. It is easy to be misled.

Below are a few examples of how information taken at face value is misleading. Let's look at a few simple statements that are often heard and taken as face value. Notice how misleading the following statements are.

Obesity is the cause of heart disease. If that statement is taken for face value, then skinny people will not have a heart attack. Years ago, I helped someone having a heart attack. The individual was in complete denial of what was happening. I got him medical attention anyway. After his major heart surgery, I asked "why did you deny having those symptoms?" He responded, "I couldn't be having a heart attack because I am not obese."

Doing long endurance exercise does not help you lose weight. This is a common one of late. If we take this at face value then long distance runners should be all sizes. Have you ever seen someone who regularly trains long distance that is obese?



Toning exercise prevents bulking up. In all my years of training in exercise physiology I have never heard the term toning. Only in a marketing sense is that phrase used. If you lift a baby/grandchild, groceries, boxes, a vacuum, shovel, bag, etc., they all weigh more than a toning dumbbell. To maintain muscle and properly tone muscle you have to lift enough weight to match what you carry and lift in everyday life. A 1-3 pound dumbbell does not help you do that.

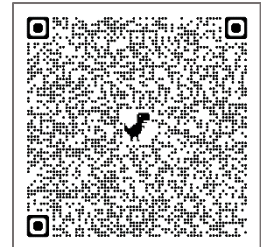
Misinformation and misrepresentation of information is a major problem in our society. When gathering information be sure to look at all sides and claims to make sure you understand it. If you need help understanding a product or claim, feel free to contact Brian.

Sources: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/top-10-workout-myths>
<https://www.mdanderson.org/publications/focused-on-health/exercise-myths.h12-1589046.html>
<https://www.bodybuilding.com/fun/practice-smart-fitness-25-debunked-training-and-diet-myths.html>
<https://www.health.harvard.edu/blog/cannabidiol-cbd-what-we-know-and-what-we-dont->

Quarterly Wellness Initiatives

All Initiatives and challenges are open to employees and spouses. Forms are located at www.ipsc.com or outside Brian's office.

Current programs are also accessible by using the **QR code**.



Second Quarter Programs

- **March Madness**—Re-focus on your emotional health. If you did not fill out a bracket, you can participate in the wellness activity to earn a gift card.
- **Double Dare**—Challenge yourself to do something new. Do two new things this quarter.
- **Decrease the Tension**—Re-Flexibility and hydration impact how we feel and our mood.
- **Eating for Health**—Different kinds of vegetables have a major impact on health and emotional well-being.
- **1-800-Sta-Well**—Exercise 800 minutes during the quarter. Bonus for 12 visits in the Staywell Center or IPSC outlying area exercise equipment

On Going-Repeatable Each Quarter:

- ✓ **Spouse Staywell Letter incentive** —
- ✓ **Shoulder Protection Initiative** —
- ✓ **100 Winks Sleep Initiative** —
- ✓ **Radon Test** —
- ✓ **Weight loss/Maintenance** —
- ✓ **Diabetes Prevention and BP/Cholesterol Improvement Initiative** —
- ✓ **Qtr. Prove IT Fitness Challenge** —