



HealthyLife® Letter

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Promoting Health. Enhancing Life. Reducing Costs.



THROW ME A PIE

The Frisbee Baking Company baked pies for colleges in New England for many years. Students in 1957 soon discovered the empty pie tins could be sailed through the air. Thus the modern Frisbee was named and eventually launched in plastic versions to create hours of fun for people of all ages and for some highly talented dogs, according to the US Census Bureau.

Pledge to workout

If you can't say the Pledge of Allegiance comfortably, you're working out too hard. So says a study from the University of Wisconsin-La Crosse published in the Journal of Strength and Conditioning.

The "talk test" provides a simple and reliable indicator of the proper training intensity for runners, according to the researchers who asked study participants to recite the Pledge during harder and harder running speeds.

At some point, a workout becomes too intense, and you simply can't talk (or say the Pledge of Allegiance or sing). That's the point. You want to back off on your intensity, experts say.

So if you're wondering if you're working out too hard or not hard enough, be patriotic and take the talk test.



Team sports: Do you know what sports Americans are playing? The Sporting Goods Manufacturers Association lists these top 6 team sports:

- Basketball
- Outdoor soccer
- Slow pitch softball
- Baseball
- Touch football
- Court volleyball

ROUTINE SCREENING FOR OSTEOPOROSIS

Women age 65 and older should be screened for osteoporosis. It's important to detect if they are at risk. This audio program features current news and information from the U.S. Agency for Healthcare Research and Quality (AHRQ).



MIND WANDERING

Did you know? Most people spend nearly half their walking hours thinking about what isn't going on around them? A Harvard study tracked people's thoughts and feelings with an iPhone app. The observations in the journal *Science* say we humans spend a lot of time thinking about past and future events or events that may not happen at all—and those thoughts are not generally happy ones. During exercise, it seems, is one of those times people report being happy.

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Walking and talking

Walking and talking on your cell phone can be hazardous to your health. Two new studies of pedestrian safety found that some people were more likely to get run over (in a simulated situation).

“Many people assume that walking is so automatic that really nothing will get in the way,” said University of Illinois psychology professor Art Kramer, who led the research. “And walking is pretty automatic, but actually walking in environments that have lots of obstacles is perhaps not as automatic as one might think.”

The first study, in the journal *Accident Analysis and Prevention*, found that college-age adults who were talking on a cell phone took 25% longer to cross the street than their peers who were not talking on the phone. They were also more likely to fail to cross the street in the 30 seconds allotted for the task, even though their peers were able to do so.

The second study gave adults age 60 and above the same tasks, and included some participants who had a history of falling. The differences between those on and off the phone were even more striking in the older group, Kramer said. “Older adults on the phone got run over about 15% more often” than those not on the phone, he said, and those with a history of falling fared even worse.

