

## Fitting News

March 2015

### Guest Article

#### Keeping Families Safe From Accidental Poisonings



Accidental poisonings are often associated with children, but this is an issue that affects both kids and adults alike. According to the Centers for Disease Control (CDC) in 2014, every 13 seconds America's poison centers receive calls regarding accidental poisonings. What most people do not realize is that the age group most likely to be the victim of accidental, unintentional poisonings are children six years or younger and adults 26 years of age and older. In 2013, the California Poison Control system manned by UCSF School of Pharmacy reported the most common, unintentional poisonings involved everyday household products including bleach and over-the-counter medication like acetaminophen (generic for Tylenol®).

The age group most likely to be the victim of accidental and unintentional poisonings in California in 2012 were children five years or younger and adults over 26 years of age.

**Kandace L. West, PharmD, CGP**  
Pharmacist Integrative Healthcare,  
Inc.

[www.medicarepharmacist.com](http://www.medicarepharmacist.com)

818-514-2183

#### Avoid Injury on Your Next Workout

##### Balance it out

1. All balanced fitness programs should include elements of resistance/weight training, a cardio component, flexibility/stretch and balance. Based on your personal preference and goals, you can emphasize any of these, but totally ignoring any one of them will not provide a balanced fitness program. Some carefully planned circuit training can combine elements.

2. Don't do marathon workout sessions. Generally, anything over an hour in a gym is too much. An hour or a bit less will do, provided that it is time, spent training, not standing around talking. Yes, I know my husband's hero, Jack LaLanne, is said to have done two-hour-plus workouts into his nineties. But this is probably not you. He was one in a million.

3. Cross training can be fun because changes to your routine will keep things fun and less boring if you are not used to an exercise program. Also, overuse wear-and-tear is less likely than when doing the same movements over-and-over, month-after-month, year-after-year.

4. Select exercise programs that appeal to you; experiment with different options. For example, small group exercise programs are just the right option for some people.

5. Strength training can be accomplished using weights or [resistance bands](#). If using resistance bands, make sure they are in good condition. You don't want to experience the band backlash that took out Harry Reed last January.

Playing it Safe Remember to do gradual progressions, follow an expert's advice and the current guidelines from The American Council of Sports Medicine (ACSM) and American Heart Association (AHA). They recommend if older adults cannot do 150 minutes of moderate-intensity aerobic activity per week (that's about 30 minutes, five days a week) because of chronic conditions, they should be as physically active as their abilities and conditions allow. In other words, do a little something every day. Shorter durations, such as a 10, 15 or a 20-minute plan is a fine way to start.

For more information about how to exercise safely, [on the Lori Michiel Fitness website, click "Blog" on the menu.](#)



**Lori Michiel, NASM-CPT 818-620-1442 [lorim@lorimichiefitness.com](mailto:lorim@lorimichiefitness.com)**

Senior Fitness Specialist & Consultant

For more information, blogs, exercise snack videos or to subscribe to this newsletter, sign up at [lorimichiefitness.com](http://lorimichiefitness.com)

*Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*