



Osteoporosis Canada

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COPING

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In this issue

- Travelling with Osteoporosis: Part 4
- Funny Bone
- A recipe from our sponsor

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COPN: Proudly Celebrating our 10th Anniversary **Travelling with Osteoporosis: Part 4** ***Simple Exercises to Stay Limber While You Travel***

This is a revised and updated version of an article published in the March 16, 2012 issue of COPING.

This is the last in a series of four articles on travelling with osteoporosis. Missed the first three articles? Like all COPING newsletters it is available from our library and accessible with just a few clicks of your mouse. Click here to view [Parts 1, 2, & 3](#).

Simple Exercises to Stay Limber While You Travel

When not sleeping, try to move around as much as possible, about every half hour. This not only prevents stiff and sore joints and muscles, it also prevents blood clots from developing in your legs.

While Traveling

- 1) When the aisles are not busy you can request permission from the cabin crew to walk or stand **in the aisle or galley area** so that you can do some stretching exercises that are safe for you.
 - i) Walk up and down the aisles but be sure you are steady on your feet and holding on to the backs of seats so you don't fall.
 - ii) Perform stretches at the ends of the aisles or in the galley areas. Again, steady yourself to make sure you don't lose your balance and fall.
- 2) If you cannot exercise in the aisles, you may stretch **in your seat** as follows:
 - i) While sitting pull in your tummy and circle your wrists and ankles
 - ii) Point your toes up and down to stretch your lower legs
 - iii) Contract and relax your thigh (quadriceps) muscles
 - iv) Lift your knees up one at a time and push them back down with your hands to work your hips and lower back
 - v) Move your shoulders forward and back and then in a circle.

We Have Arrived!

1) Ground transportation – Can you get in and out of any car, taxi, bus or boat? Cruise ships often have little boats called tenders that go to shore to pick up passengers and then pull up against the ship to drop them off. Can you step into

or out of these bobbing boats as required? These are details that need to be clarified prior to booking your trip. When booking a tour, asking about how long you will be required to sit and how many rest-stops there are along the way will allow you to plan accordingly.

2) Hotel rooms – When reserving a room consider these issues:

- i) Many hotels have room that will accommodate individuals with special needs, including grab bars, slip-proof tubs and accessible bathroom fixtures. Ask if you think you will need them.
- ii) Is the accommodation accessible without having to navigate stairs?
- iii) Is there a refrigerator in the room?

3) Eat well and drink plenty of water – Proper nutrition with well-balanced regular meals is important even when you are on vacation. Avoid excess alcohol. Be sure to confirm the tap water is safe for drinking and brushing your teeth. Pay the same attention to the ice cubes that go into your drinks and to fruits and vegetables that are washed rather than peeled.

4) Treat your body well – Get your rest and do your exercises! When tired we tend to forget about our posture. Without good posture we do not move properly, which puts us at greater risk of fracture.

5) Pace Yourself – Remember that you cannot do everything. There will always be more to see, more to buy and more to eat. Trying to do too much is stressful and will tire you.

Finally, Have a Safe Trip! Remember that unfamiliar territory and changed routines can significantly increase the risk of falls and fractures. If you are thorough in your planning and pay attention to your surroundings you will have a great trip to talk about when you arrive back home safely.

FUNNY BONE:

Today, I got so lost the GPS lady told me to, "stop and ask for directions."



A Recipe from our Sponsor

Sweet Pepper, Beans and Broccoli Pasta

Course: *Main Dishes*

Preparation Time: *15 mins*

Cooking Time: *20 mins*

Yields: *4 servings*

3/4 milk product serving(s) per person

For more information about this recipe:

http://www.dairygoodness.ca/getenough/recipes/sweet-pepper-beans-and-broccoli-pasta/?WT.mc_id=EGE12-Data_06

Ingredients

10 oz (300 g) fusili pasta
4 cups (1 L) broccoli, sliced
1 tsp (5 mL) **butter**
3 cloves of garlic, minced
1 red bell pepper, finely sliced
1/2 tsp (2 mL) chili pepper flakes
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) pepper
2 cups (500 mL) **milk**
2 tbsp (30 mL) all-purpose flour
1 can (19 oz/540 mL) red or white kidney beans, drained and rinsed
3 tbsp (45 mL) white wine vinegar, divided
1/2 cup (125 mL) **Canadian Provolone cheese**, grated

Preparation

Cook the pasta in boiling, salted water, adding the broccoli 3 minutes before it's done. Drain and return to pot.

In a non-stick frying pan, melt butter over medium heat. Sauté the red pepper, chili pepper flakes, salt and pepper for 3 minutes.

In a bowl, add a little milk to the flour, mixing until it's a smooth paste. Stir in remaining milk. Pour the flour mixture into the frying pan, together with the beans. Cook, stirring, until the mixture has thickened. Add the pasta with 2 tbsp (30 mL) vinegar. Add pepper and vinegar to taste. Sprinkle with the cheese.

This issue of COPING is sponsored by Dairy Farmers of Canada

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