

jazzercise®

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Social Networking Spreads Medical Myths

It's late, you're tired, and you can't sleep. So, you write on your Facebook wall that you can't seem to catch enough ZZZzzzs. Within seconds, a helpful friend responds with her Aunt Jenny's surefire remedy for insomnia. Ten minutes later, your sister posts the URL to a blog jammed with tips and tricks for falling asleep in five minutes. Isn't social networking great? You can find the answer to almost anything without ever leaving the comfort of your desk chair.

There's just one problem. Inaccurate medical advice is rampant online. Dozens of online sites, masquerading as helpful sources for health and wellness, are spreading misinformation. According to a recent study, Internet users are passing along these medical falsehoods at record speeds.

Just this month, the American Journal of Infection Control has published a study that measures the effects of social networking on modern day health care. During the course of four months, researchers studied 52,000 tweets. The researchers found that hundreds of Twitter users casually posted medical advice - some of it inaccurate - which then spread to millions of people via the Twitter network. Although only two percent of the tweets contained medical mishaps considered dangerous, the handful of harmful tweets actually reached tens of thousands of followers. In fact, one individual tweet with medical misinformation about antibiotics spread to more than 850,000 people!

Twitter is not the only culprit for medical misinformation on the web. Facebook, MySpace, personal blogs, and chat rooms are jammed with health and wellness advice that appears to be official, yet has absolutely no medical basis.

Tips for weighing the accuracy of health and wellness information that you read online.

1. **Consider the Source** - Avoid reading about cough and cold remedies from a college student's personal blog. Instead, go directly to the official sites of reputable health organizations, such as the Center for Disease Control and Prevention, the National Institute of Health, the Mayo Clinic or WebMD.
2. **Double-Check Your Information** - When searching for health and wellness information on the Internet, it's always best to check more than one source. If medical information is accurate, then multiple health organizations will concur with the findings.
3. **Notice the URL** - Remember that sites ending with ".com" are typically for-profit sites, whereas official governmental sites end with ".gov," and educational sites end with ".edu." An article may look official, but always check the actual URL address to be sure it's from a legitimate source.
4. **Buyer Beware** - If any blog or tweet is promoting a particular product, then read the author's suggestions with a grain of salt. Reputable medical organizations will give sound advice without a sales pitch for the newest miracle drug.
5. **Talk to Your Doctor** - Even though it's more convenient to Google your latest symptoms, nothing takes the place of having an actual conversation with your doctor. Online anecdotal stories and advice don't account for your individual age, gender, prior illnesses, family history and risk factors.

Bikini Body Pilates Style

Get ready for swimsuit season now! Brand new Bikini Body Pilates Style classes are specially choreographed to define your legs and glutes, burn mega calories, and strengthen and stretch your entire body. These are not your regular Jazzercise classes! Mix up your routine with four Bikini Body Pilates Style classes for great results. Ask Manoli for details.

Did you know?

New Version of CyberStretch by Jazzercise

Do you have tension in your neck and back from countless hours in front of the computer? Take a stretch break with CyberStretch by Jazzercise. This free software program guides you through energizing stretches to help reduce tension and the risk of repetitive stress injuries and provides tips on ergonomics, posture, vision, relaxation, and fitness. CyberStretch by Jazzercise is designed for computer users at home, on the job, or at school.

CyberStretch consists of

- 26 body-specific, timed stretches
- 26 action tips (vision and relaxation breaks, posture checks and fitness tips)
- More than 200 "Did You Know..." fitness and healthy lifestyle facts
- An Ergonomics section
- An Activity Log that tracks usage for multiple users (Intranet version only)

Two Versions Available

- **Personal/Individual** - Perfect for an individual to use at home or in the workplace. (Mac or Windows)
- **Corporate/Group** - Great for multiple users at businesses, schools, government agencies, and other organizations. (Corporate/company Intranet)

For more information about CyberStretch by Jazzercise or to download the program copy and paste the following link:

<http://www.jazzercise.com/cyberstretch.htm?http://www.jazzercise.com/>

Technique Tip of the Month → Adduction in Sidelying Position

1. Start on the floor by lying on your right side with your right leg extended on the ground. Bend your left leg and point your knee to the ceiling and put your left foot on the floor behind your right knee. Place your left hand on the floor in front of your body.
2. Support your torso with your elbow and keep your chest lifted.
3. Align your shoulders and hips vertically before starting.
4. Contract the adductor (inner thigh) to lift the inside of your right leg toward the ceiling. Your right knee should remain straight as you lift your leg. Keep the movement small and controlled.
5. Release the contraction to slowly lower your leg back down to the floor.
6. Try not to let your working leg touch the floor between repetitions.
7. Do not allow your hips and torso to roll back as your leg lifts. Use your abdominals and back muscles to stabilize your torso.
8. Reverse to work your other side.

Adduction is defined as movement of a limb, arm or leg, toward the midline of the body. Performing this exercise on a regular basis will help develop your inside thigh muscles.