



## 9 Reasons You Could Be At Risk for A Stress Fracture

You may have heard about stress fractures and thought you weren't at risk because you don't have osteoporosis. While it's true osteoporosis can increase your risk for developing a stress fracture there are many other risk factors you should know about.

**Why is this important?** Learning about how to prevent a condition is better than having to deal with the pain and recovery time. If you do get a stress fracture, be sure to get it treated early to shorten your time away from the things you love. (over)

## One Pan Autumn Chicken Dinner

With all the craziness of the fall season, here's a delicious easy chicken dinner the whole family will enjoy.

- Bone-in, skin-on chicken thighs
- Olive oil
- Fresh herbs – rosemary, thyme, sage
- Red wine vinegar
- Garlic
- Brussels sprouts
- Sweet potato
- Fuji apples (or other sweet baking apples)
- Bacon
- Salt and pepper

Preheat oven to 450 degrees.

Pour in 2 Tbsp olive oil, red wine vinegar, herbs and garlic into a gallon size re-sealable bag. Add chicken and season with salt and pepper then rub mixture over chicken.

Let rest while you prepare remaining ingredients. Add sweet potatoes, apples, Brussels sprouts, and shallots to a rimmed 18 by 13-inch baking sheet. Drizzle with 2 Tbsp olive oil, season with salt and pepper then toss to coat. Spread into pan in an even layer. Top with chicken pieces and sprinkle bacon over veggie/apple mixture.

Roast in preheated oven until chicken has cooked through and veggies are tender, about 30 – 35 minutes, broil during last few minutes for more browned crispy chicken skin. Serve warm.



## Risk factors:

- Flat feet or high, rigid arches - talk to your podiatrist about getting better support for your feet.
- Bunions, tendonitis, and blisters - these foot conditions can affect the way your foot hits the ground adding more stress to your body.
- Increasing your training time too quickly - if you're an athlete and you increase your training time by more than 10% a week your risk for injury and stress fractures goes up.
- Wearing worn out shoes - shoes that are worn out are not supportive can add stress to your bones. Learn more about how to buy supportive shoes by viewing this video.
- Running on pavement vs. running on an indoor track - our bones can be affected by a small change in the type of surface we run on.
- A job change - you go from a job where you're sitting all day to one where you're on your feet most of the time.
- Low levels of Vitamin D - Vitamin D is essential to build strong bones.
- Underweight female runners - women who have a BMI of less than 19 are more likely to develop stress fractures.

## What to watch out for:

- Pain that comes on quickly during activity and is relieved by rest
- Pain on the top of the foot or ankle
- Swelling
- Redness

## Parenting During Coronavirus: Helping Your Kids with Online Classes and Schoolwork

The coronavirus pandemic has thrown many of us into the role of de facto homeschool teacher. In addition to all your other responsibilities, you may be finding it difficult keeping your children on track or helping them with assignments, especially if they're in different grades. Going easy on your kids can help reduce their stress levels as well as your own.

- Join forces with other parents. Reach out via phone, email, or social media and exchange tips for keeping kids focused and engaged. You can also organize a virtual activity or study group, which has the added bonus of providing social interaction for your child. Collaborating with other parents may help you feel less isolated.
- Connect with your child's teacher. Be honest about what is working and what isn't. Your child's teacher has a good understanding of their academic strengths and weaknesses, so they may be able to help you come up with a more individualized learning plan.
- Create a routine. A routine gives kids a sense of normalcy during an otherwise uncertain time. Create a general outline you can maintain on most days that still leaves room for flexibility and down-time. If possible, try to designate a workspace for each member of the family.
- Set goals—and celebrate their completion. Since so much has been stripped from our everyday lives, having something to look forward to can help kids stay motivated. Setting up small rewards, like watching an episode of a favorite TV show, can help them tackle that unpleasant math assignment. If you all set a few goals together, your kids will see that you're a team.
- Get creative with lessons. Doing a science experiment, for example, or cooking with measurements, can be a good way of bringing lessons to life. And consider your child's strengths. If they love to draw and write, now is a good time to set them free with pencils and paper.

