

# Health Champion's Newsletter

*Lupus awareness month*



1-5 – National Work Life Week

2-6 – Back Care Awareness Week

7-13 – OCD Awareness Week

10<sup>th</sup> – World Mental Health Day

## What is Lupus?

Lupus is a systemic autoimmune disease that occurs when your body's immune system attacks your own tissues and organs.

## 7th-13th OCD Awareness week

Obsessive–Compulsive Disorder (OCD) is a serious anxiety-related condition where a person experiences frequent intrusive and unwelcome obsessional thoughts, often followed by repetitive compulsions, impulses or urges.

OCD is diagnosed when the obsessions and compulsions:

- Consume excessive amounts of time (approximately an hour or more)
- Cause significant distress and anguish
- Interfere with daily functioning at home, school or work, including social activities and family life and

## Back care awareness

### 5 Simple Exercises for Lower Back Pain

Take care of your lower back with these low-impact rehabilitation movements

1

#### Plank

Get in a push up position, with your forearms on the ground, shoulder-width apart. Keep your back straight and core tight.



2

#### Back Arch

Lay on your back, lift your hips, keep your back straight. Hold for 5 seconds, then repeat.



3

#### Swimming

This aerobic exercise is low-impact and gets blood flowing to your lower back muscles. Losing weight can also help reduce back pain.



4

#### Bird Dog

Start on your hands and knees. Extend one leg; hold for 5 seconds. For a more advanced option, extend your opposite arm.



5

#### Table and Child's Poses

Start on your hands and knees in the table pose with a straight back. Then, bend your knees and hips so your glutes are on your heels and your hands are extended forward.



## Health Champions Team

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