

Healthy U News: by Nicole Rensinbrink

Fast Fashion

I used to go through my closet at the end of each season and either toss or take to a thrift store everything that I hadn't worn in ages. Then, I'd look at the new found space I had, and if I had the money, go shop for some clothes I hoped to like more. It was automatic: a leftover from being a growing child who didn't fit in the old stuff from one year to the next and excitedly awaited "Back to School Shopping" in late August or scoping out cute new bikinis as a young teen with spring fever.

I grew up and stayed mostly the same size as an adult, but kept right on shopping. I got hooked on "fast fashion," the clothes I could

easily afford because somewhere in China, someone was getting paid 12-18 cents per hour to keep me in style. Not that I ever thought about that.

But, since I started picking up trash with the local Rotary Club, my thoughts about waste started to change. A lot of stuff becomes garbage and garbage has to go somewhere. Though most of it doesn't end up along the roadsides, stabbing dirty diapers along 199 made me think about how hideous it must be in giant landfills too.

So, I got motivated to cut down the trash I generate. I got better at recycling, composting and avoiding extensive packaging. Then, I read about clothes. An article in *The Atlantic* from 2014

reported that Americans generate about 10.5 million tons of clothes trash each year, of which just 15 percent is recycled.

The National Center for Biotechnology Information reports that the demand for man-made fibers, especially polyester, has nearly doubled in the last 15 years, according to figures from the Technical Textile Markets. The manufacture of synthetic fabrics is an energy-intensive process requiring large amounts of crude oil and releases toxic emissions which can cause or aggravate respiratory disease. Various by-products of polyester production go into the wastewater from polyester manufacturing plants. The EPA, under the Resource Conservation

and Recovery Act, considers many textile manufacturing facilities to be hazardous waste generators.

Even a natural fiber like cotton isn't problem free. The U.S. cotton crop accounts for a quarter of all the pesticides used in our country. We are the largest exporter of cotton in the world, according to the USDA. Subsidized by our government, cotton prices are kept artificially low, which enables fast fashion to clog up our closets.

All this has made me re-evaluate my relationship with clothes. First, most of my clothes are fine and will last for many years to come. Next, if I do get some clothing article or am gifted with such, I could prize that possession more by making it last for 30 years,

rather than seeing it as just another sweater because I like sweaters and don't have one yet in purple. Finally, taking a lesson from Marie Kondo (*The Life-Changing Magic of Tidying Up*), by being more selective, I will take better care of my things and have less clutter (trash of sorts) in my own home too.

A clean environment is healthy. It relaxes the mind and generates comfort. Fast fashion may be fun, but the chaos it creates at home and toxic trash it creates in the world isn't worth it.

The staff and volunteers of Healthy U present this column as part of their mission to promote health in the Illinois Valley.



Food & Friends Menu

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WEDNESDAY - JAN 24

MEATLOAF W/ GRAVY

Food & Friends Dining is now located at the I.V. Senior Center

Call 541-955-8839 to volunteer or if you need meals.

SENIOR SPOTLIGHT

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Top 10 Reasons Exercise Is Important for Senior Health

Over the years, it is easy to forget about exercise when it's not routine. Remaining sedentary over a lifetime can lead to metabolic disorders and other diseases associated with physical inactivity. A recent study suggested that about 67 percent of the older population is sedentary for at least 8.5 hours each day, suggesting a need to improve activity levels for senior health.

Exercise for seniors should be something performed regularly, and making it fun and a routine can help in the long term. Moreover, there are numerous health benefits the older adult can receive from long-term exercise. Following are 10 reasons seniors should continue to exercise.

Arthritis: Exercise is one of the most crucial options for arthritis management. Regular activity helps lubricate the joints and can help reduce overall pain and stiffness that is often present among individuals with arthritis. Moreover, obesity is a risk factor for the disease, and increasing physical activity levels can help better manage the debilitating symptoms of arthritis.

Heart disease: Heart disease is one of the biggest causes of death in the United States. The Centers for Disease Control and Prevention state that about one in every four deaths is attributed to heart disease. More people exercising later in life can help reduce

the number of individuals with heart disease through the management of blood pressure and blood glucose and decreasing LDL cholesterol.

Metabolic Dysfunction (type II diabetes and obesity): Type II diabetes and obesity are two closely related diseases in which the body is in metabolic dysfunction. Exercise can help maintain proper body weight and help regulate blood glucose and insulin levels to make the body more efficient.

Cancer: Exercise has been shown to help improve overall cancer risk among a variety of different forms of cancer. Studies have shown a 30 to 40 percent reduction in breast cancer risk among women who perform moderate to regular exercise.

Hypertension: Exercise can help lower systolic blood pressure significantly through moderate-intensity physical activity. Try breaking up exercise into three bouts throughout the day lasting for at least 10 minutes each to receive blood pressure-lowering effects.

Depression: Exercise can have a beneficial effect on personal mood. Studies suggest that group exercise classes among older adults can help reduce symptoms of depression by 30 percent or more in exercising older adults. The modest improvement in depressive symptoms can help maintain an overall greater vitality later in life and help prevent negative feelings or thoughts that are common with aging.

Dementia: Dementia is a disabling condition

affecting many older adults. With a wide range of mental disorders categorized as dementia, there is a great need to understand how to prevent the condition. Exercise is one prevention strategy that can help slow the mental decline. A recent study showed a 66 percent reduction in risk of dementia when older adults performed moderate-intensity exercise, suggesting every adult ought to exercise to help lower the risk of mental decline and to help prevent mental disability later in life.

Quality of life: Maintaining functional independence is something many older adults want. A regular exercise inclusive of strength and balance training can help accomplish this. Aim to be physically active for 30 minutes every day and to strength train at least two non-consecutive days per week.

Insomnia: Certain medications and life events can prevent the body from proper sleep. Higher levels of physical activity can help exhaust the body enough to place it in a position for restful and lasting sleep. Avoid strenuous exercise two hours before bed to obtain these benefits, and aim to meet the daily activity recommendations.

All-cause mortality: Exercise is known to reduce death from all causes. In fact, a recent study showed a 30 to 80 percent reduction in all-cause mortality when individuals exercised at a higher intensity level (fast walking), suggesting that exercise can help delay premature death from various causes.

CHAIR FITNESS FREE at Healthy U, Tues/Thurs from 1 - 1:45 p.m. 535 E. River St., Cave Junction Call 541-592-4888 or visit www.healthycenter.org.
Sponsored by I.V. Wellness Resources

FREE SENIOR EXERCISE CLASS Community Bible Church, 113 S. Caves Ave. Mon., Wed. & Fri 9-10 a.m. Dining Room

WELLNESS CHECKS If you know a senior that you are worried about and feel they need a wellness check. Please call Laura at I.V. Wellness Resources at 541-592-9781.

TALKING ABOUT DYING Community Conversation: **Feb. 3, 10 a.m.** I.V. Family Coalition, 535 E. River St. 541-592-6139

SENIOR RESOURCES If you are a senior or disabled resident and need help finding resources to help you with your quality of living, call I.V. Wellness Resources at 541-592-9781.

10 EASY STEPS TO KILL YOUR BUSINESS

1. DON'T ADVERTISE... Just pretend everyone knows what you have to offer.
2. DON'T ADVERTISE... Tell yourself you just don't have time to spend thinking about promoting your business.
3. DON'T ADVERTISE... Just assume everyone knows what you sell.
4. DON'T ADVERTISE... Forget that there are new potential customers who would do business with you if they were invited to do so.
5. DON'T ADVERTISE... Convince yourself that you've been in business so long customers will automatically come to you.
6. DON'T ADVERTISE... Forget that you have competition trying to attract your customers away from you.
7. DON'T ADVERTISE... Tell yourself it costs too much to advertise, and that you don't get enough out of it.
8. DON'T ADVERTISE... Overlook the fact that advertising is an investment in selling - not an expense.
9. DON'T ADVERTISE... Be sure not to provide an adequate advertising budget for your business.
10. DON'T ADVERTISE... Forget that you have to keep reminding your established customers that you appreciate their business.

Bottom Line: Avoid killing your business
Advertise!

Share your business with the community.
Contact the Illinois Valley News Today!
Call 541-592-2541 or
Email dan@illinois-valley-news.com

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