

HEALTH & FITNESS

Medical Records Go Online

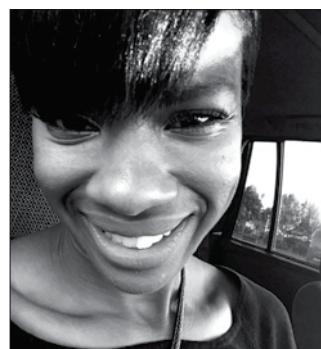
All medical records for the approximately 650 youth in the Oregon Youth Authority's close-custody facilities are going electronic to make youth intake and health-care more efficient, accessible and cost efficient.

The new system replaces the cumbersome transfer of paper documents that used to chart youth medical and psychiatric histories and reduce the costs of maintaining and transferring files as youth travel between OYA facilities.

"Thanks to the cooperation of our physicians, nurses, nurse prac-

Oregon Youth Authority Medical Director Dr. Marcia Adams (left) and nurse Nancy Mills examine new electronic health records that replace old paper files to make youth intake and care more efficient, accessible and cost efficient.

tioners and other staff at OYA, we're now fully online," OYA Medical Director Marcia Adams, M.D., recently announced. "Our goal is to better serve our youth, improve continuity of care, streamline the documentation process and lower costs."



Fitness with 'JJ'

BY JANITA 'JJ' JONES

What's Holding You Back?

As a personal trainer I have heard all of the excuses in the world as to why one won't work out: I don't have time, I don't like to be sore, I don't want to bulk up, I don't want to mess up my hair, gym memberships are expensive, I have to lose some weight before I can start working out, and on and on and on.

The hardest thing about any goal that you have in your life is the "start." The cliché New Year's resolution for the majority of the population is "I am going to get in shape." Some people say it and some people actually do it. They start; they are the ones that spike the attendance in the gym in the months of January, February and March. Instead of making fun of them we should all celebrate them for starting. It is not too late for you to begin your journey to a healthier lifestyle. So now I ask you. What is holding you back? A healthy body trumps a cute hairstyle and who says you can't have both!

There are plenty of exercises that you can do in a gym and at your home. There are also a bunch of apps you can download on your phone that will give you fantastic workout ideas. One of my favorites is the Nike NTC app. It allows you to choose workouts that can be done in your available time frame and target the body

parts that you would like to work on.

A lot of the exercises are body weight exercise, which can be done without any weight. I find that if you can't lift your own body weight the last thing you want to do is try and hit the squat rack. A strong core is the foundation of a strong body. The core is more than just your abs. It is also your back. Do you suffer from low back pain? It is time to work on your core!

Making small changes in your daily routine can also contribute to the start of your healthier lifestyle. Take the stairs instead of the elevators. Park further away in a parking lot and walk to your destination. You can also start by making small adjustments in what you put in your body. Discontinue drinking soda and see what happens. Instead of making a visit to Starbucks for a Latte go to New Seasons and pick up a Kombucha. They do cost about the same amount. Here's to you and here's to starting!

Janita "JJ" Jones is a fitness advisor at VillaSport Athletic Club & Spa and assistant sprint track coach at Jesuit High School. She graduated from Benson Polytechnic High school in 1999. You can reach her via email at Janita@janitajones.com or twitter @live-withjj.



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