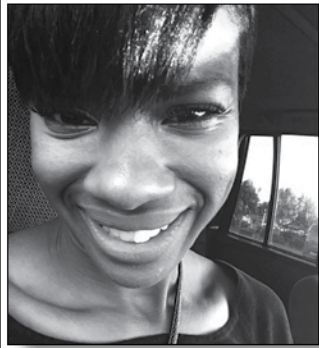


HEALTH & FITNESS



Fitness with 'JJ'

BY JANITA 'JJ' JONES

Make a Workout Date

Working out with a friend has its benefits. You are not lonely, you have someone to hold you accountable, and you both can cheer each other on as you hit your fitness milestones together. It also helps you to lose weight faster!

A study done by the University of Pennsylvania's professor Shiriki Kumanyika and colleagues followed 344 men and women for two years. They were broken up into two groups. One of the groups was people who worked out solo and the other group was people who invited someone to workout with them mostly a friend or family member.

The group with the workout buddies lost weight faster and when one partner started losing weight so did the other! Talk about motivation! This is the perfect time for you to call one of your friends and make a workout date! Why go at it alone when you don't have to.

When I held a summer weekly boot camp for women, it inspired me watching them cheer for each other and support each other through the workouts. My 7-year-old daughter and some of the daughters of the boot camp participants even got in on the action and I had to create workouts and exercises that tailored to the kids.

As a parent, one of the best gifts you can give your children is the gift of fitness. If they witness you working out and living a healthy lifestyle than you can expect them to follow suit.

If you are looking for partner workout ideas, check out @twobadbodies on instagram. They are two former teammates of mine from the University of Washington and they showcase fun workouts together. Everything is more fun when it is done with your friend!

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 High School in 1999. You can reach her via email at Janita@janitajones.com or twitter @livewithjj.

Soap Pods Pose Safety Risk

(AP) — Accidental poisonings from squishy laundry detergent packets sometimes mistaken for toys or candy landed more than 700 U.S. children in the hospital in just two years, researchers report. Coma and seizures were among the most serious complications.

The cases stem from the more than 17,000 poison center calls about the products received in the past two years. The calls involved children younger than 6 and most weren't seriously harmed. But one child died last year and the potential risks highlight a need for even safer packaging, the researchers said.

Some manufacturers already have revised packaging and labels in efforts to make the detergent packets or "pods" safer for children. The study found calls dipped slightly after some of those changes were made.

Exposure to household cleaning products is among the top reasons for calls to poison centers involving young children



Laundry detergent packets inside squishy encasements are sometimes mistaken for toys or candy by children, landing more than 700 children in the U.S. in the hospital in just two years, researchers report.

Fire Stations Promote Health and Safety

As part of High Blood Pressure Education Month, Portland Fire and Rescue reminds Portlanders they can visit their neighborhood station to get free blood pressure checks. As long as they are not out attending to an emergency, Portland firefighters are available to check your blood pressure: just knock on the station door. This service is available year round at your PF&R Stations.

Another name for high blood pressure is hypertension and about 80 million U.S. adults suffer from this condition. It is important to know if you have high blood pressure and need to

Portland Fire and Rescue invites Portlanders to visit their neighborhood station to check free blood pressure checks and other helpful information on health and safety.

seek treatment. Treatment measures can be as simple as lifestyle changes such as diet and exercise, or your doctor may recommend medication.

Your firefighters will explain what your numbers mean after they carefully check your reading. All firefighters are trained as

Emergency Medical Technicians (EMTs) and most crews also have a Paramedic for Advanced Life Support measures.

Untreated high blood pressure is a dangerous condition that can lead to stroke, heart attack, kidney failure and peripheral arterial disease.

KNOW HOW: TO IDENTIFY THE WARNING SIGNS OF A MENTAL HEALTH CRISIS AND HOW TO RESPOND.

Your local mental health programs in Clackamas, Multnomah and Washington counties have joined together to create a one-stop gateway where community members, healthcare providers and families can go to learn about and register for free mental health first aid trainings.

GET TRAINED TO HELP.COM

Mental health matters for all