



■ Save Your Vision Month in March is a reminder to take care of your vision. As life becomes more digital, staring at a screen for hours can strain your eyes. To protect your eyes, a recent survey found that the average American spends at least seven hours a day on digital devices. Unrelieved use can cause eye strain and dry eyes, so follow the 20-20-20 rule: every 20 minutes, look away for 20 seconds.

■ Severe weather doesn't end with winter. As winter gives way to spring and warmth, try to be prepared in advance for wild weather that may frequent your area, including tornadoes, heavy rain, lightning and damaging winds. When outdoors, wear layers of warm, wet-proof clothing. Learn more at weather.gov/ind/preparedness. At the same time, be aware of severe weather warnings. Visit weather.gov/safety/evacalendar.

■ Do you need 10,000 steps a day? People often hear that you should walk 10,000 steps a day, but research shows that walking between 6,000 and 8,000 steps is associated with a lower risk of mortality. The number of steps you need may vary based on your age, weight, and overall health. Aim for a goal that is realistic for you.

■ More than 5.3 million Americans are living with brain injuries. Young people between the ages of 15 and 24, children under 14, and older adults are at higher risk. During the summer months, children and teens are more likely to be injured while playing sports or participating in recreational activities. Use proper safety techniques and wear your seat belt to reduce the risk of brain injury.

The quality of your sleep affects your mood, health and work. Sleep Awareness Week, from March 10 to 16, was started 26 years ago by the National Sleep Foundation (NSF) to encourage people to think about the importance of their snooze time and to take action if they aren't getting adequate, restful sleep.

Benefits of Weighted Gloves

Weighted gloves build strength and stamina and tone arms. Lifting dumbbells and working out with resistance machines aren't new, but using weighted gloves can be a more convenient and less complicated way to add weight training to your fitness quest.

Previously, mainly boxers have used heavy, weighted gloves when they work out with punching bags. Now anyone can choose from a wide variety of gloves with small weights at sporting goods stores and online.

Weighted gloves for exercise typically have pocket-type holders on the backs which hold the weights (usually ½ to 1 pound for beginners and up to 4 pounds for the more fit). Some come with several different weights so you can add or subtract the amount from the gloves. It's important to make sure the gloves have secure but comfortable straps, too.

So, if you're not a boxer, what can you do with weighted gloves? Boosting your walking routine while carrying the extra weight is one of the easiest activities. You'll burn more calories. The gloves also add extra resistance to strengthen your upper body. Walking regularly with weighted gloves can strengthen bone density, reducing the risk of osteoporosis, too. You can also increase cardiovascular fitness and build stamina.

If gloves aren't for you, try wearing weights on your ankles and wrists. While all can help fitness if used safely, talk to your health care provider before you use any wearable weights if you have back, joint, or balance problems or other chronic conditions.



Ladder safety is basic — place the ladder on stable, even ground; inspect the ladder before use; keep three points of contact when ascending and descending the ladder; never carry tools or other objects in your hands while using a ladder and wear shoes that grip.

However, there are extra guidelines for extension ladders:

Read specific manufacturer's instructions regarding extension ladders — there are different guidelines for special situations.

Ensure that you don't place an extension ladder upside down. **Don't** exceed the load rating of your ladder. Remember to include the weight of tools, materials and equipment.

Set the ladder at the proper angle.

For example, when leaning a ladder against a wall, the bottom of the ladder should be one-quarter of the ladder's working, extended length away from the wall. **Don't** step or stand higher than the step label that marks the highest standing level. **Always** extend the ladder three feet

Use extra care when getting on and off the ladder. Avoid tipping the ladder sideways or causing the base to slide out.