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CLICK on this symbol throughout this e-newsletter for links to interactive simple solutions.

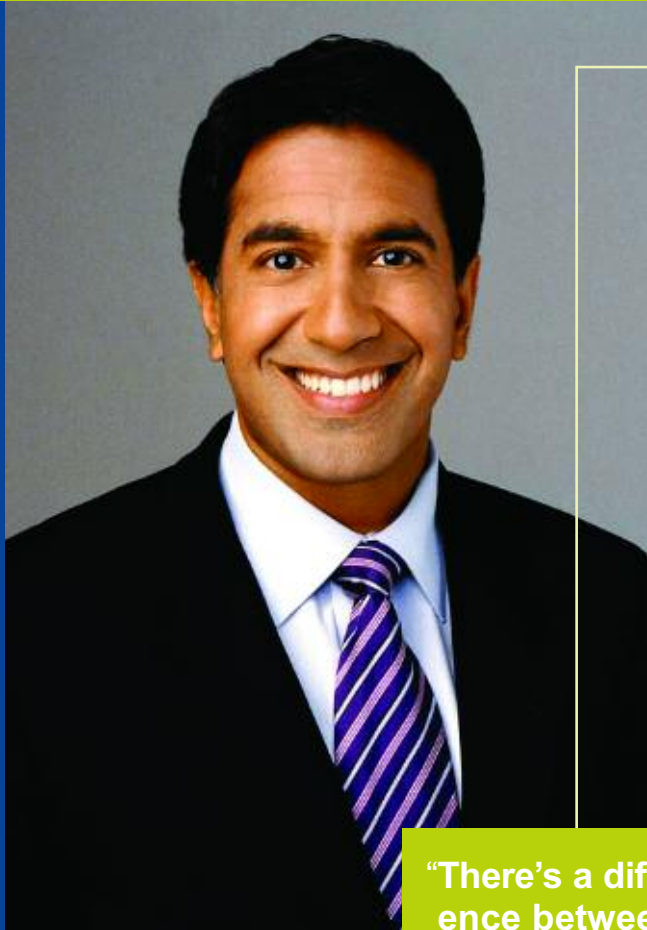
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BecauseWeCare

Healthy Ideas For A Healthy Workplace



Dr. Gupta Will See You Now

As CNN's senior medical correspondent, Dr. Sanjay Gupta is neither a typical physician nor typical broadcaster. While maintaining a half-time neurosurgery practice, he reaches 88 million US homes through his reporting and the program he hosts, *House Call*. He is Associate Chief of Neurosurgery at Atlanta's Grady Hospital, was a White House Fellow serving as special advisor to First Lady Hillary Clinton, and was even selected as one of *People Magazine's* "sexiest men alive" and a "pop culture icon" by *USAToday* in 2003. Definitely not typical.

In an age when consumers are overwhelmed with all types of facts and figures, Gupta says, "There's a difference between information and knowledge. Part of my responsibility is to put it all into context so it becomes something useful. Then it's knowledge."

He feels personal stories are the ones that really make us take notice, like newscaster Peter Jennings' diagnosis of lung cancer or Bill Clinton's heart disease. "There's a 'gee-whiz' appeal to science stories, but the most effective ones are those that are relevant to people's lives. If viewers see a story about someone their own age who has been on (cholesterol reducing) Lipitor for five years, they might consider it for themselves to prevent heart disease," he says.

Gupta believes that continuing to preach the dangers of smoking as the number one cause of preventable deaths in the US, and raising awareness of childhood obesity and its association with heart disease and diabetes are among his greatest challenges as a journalist and physician.

When asked about being one of the sexiest men alive, this brilliant, talented, and obviously humble man says, "That's for the grandkids. Someday I can tell them, 'This is how good I was years ago.'"

-Jeff Silver

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Slow and Steady Wins the Race: Exercise and Obese Kids

You've seen it on the playground. An overweight or obese child starts out running with the others, but then slows and may even sit down. The reason for the fatigue may seem obvious, but cardiovascular health is only part of the problem. These children need a different approach to exercise – not because their hearts aren't up to the challenge, but because it takes so much more effort to move a larger body.

Obese children breathe harder while exercising and cover less distance when walking or running. Simply moving a larger body can be rigorous exercise for an overweight child.

The solution for obese children is mild or low-intensity exercise, such as walking at an easy pace. This gives them an attainable goal, prevents the feeling of failure, and can help them lose weight. Remember, slow and steady wins the race, and helping your kids maintain a healthy weight for life is a race worth winning!

Family Matters in Matters of HEALTH

According to several articles and Web sites on kids' health, the first thing you as a parent can do to keep your children healthy is take on a healthy lifestyle for yourself.

One study from Arizona State University published last year revealed that kids learn healthy behaviors from their parents. So, parents who are couch potatoes are likely to have children who grow up to be couch potatoes, too.

Here are some tips and suggestions to get you and your kids on the right health track:

- Try to limit the time spent sitting in front of a television or video game.

- Engage the whole family in activities that are fun, safe, and appropriate for your child's age. Try hiking, biking, basketball, swimming, soccer, or ice-skating.
- Remember that exercise doesn't have to mean lifting weights or doing aerobics in a gym. A good game of tag will do. When was the last time you were "it"?
- Eat well. That means consuming less sugar, less fat, and more fruits, vegetables, and whole grains.



CLICK HERE to learn how you can be more active.

Parents, Check This Out!



Ensuring your children have a healthy childhood and preparing them for a healthy adult life is simple – if you follow a few easy steps:

BE WELL. Children need regular visits to the doctor, even if they are not sick. Children ages two to six should have yearly well-child visits, and younger children should see a doctor more frequently. Talk to your pediatrician about how often your child should have a visit.

GET ACTIVE. Obesity among children and teens has nearly doubled in the past two decades, increasing risk for diabetes, cancer, and heart disease. Help your child get active for life by planning physical activities and discussing the value of staying active with them.

NO SMOKING. Smoking can cause serious health problems, such as respiratory illness and poor lung growth and function. Children who smoke are more likely to be adult smokers. Be sure to tell your child about the dangers of tobacco.

SUN SMARTS. Protecting your child's skin from the sun is important in reducing cancer risk later in life. Teach them the American Cancer Society's Slip! Slop! Slap!® advice: *Slip* on a shirt, *slop* on sunscreen with a sun protection factor of 15 or higher, and *slap* on a hat that shades the face, neck, and ears.

Better Bets for Business Travel

Often times, the term “frequent flyer” can also mean frequent stress – and not-so-frequent exercise. Business travel can play havoc with one’s waistline and blood pressure. Here are a few hints to manage both while on the road:

- When planning your trip, go online and find a hotel with a fully equipped workout room.
- Travelers are routinely asked to be at the airport at least an hour early. Once you are checked in, don’t just sit there, take a 10 to 15 minute walk around your concourse.
- During the flight to your meeting, keep your computer and files in your briefcase, and just relax your mind before hitting the ground running. On the flight home, do the same thing as a way to decompress after a hectic trip.
- If you have been sitting in a conference all morning, eat a light lunch and go outside for a quick walk before the afternoon session.
- Pack one or two light hand weights (one or two pounds each) in your carry-on luggage for use in your hotel room.

Get Fit with Fido

You’ve just walked in the door after a long day at work. The last thing you probably feel like doing is exercising. Fido, however, is ready and waiting to stretch his legs and might even be greeting you with his leash or favorite ball. Sound familiar?

Exercising with your pet is a great way to unwind, add some physical activity to your daily routine and de-stress. But did you know that your pet can benefit as well?

In a survey sponsored by the American Pet Products Manufacturers Association, 84 percent of people with pets said their animal companions made them physically and emotionally healthier. Another study, called People and Pets Exercising Together, showed that people and their pets have greater success in losing weight when they exercise together.

Whether you’re looking to lose or maintain your weight or decrease your risk of diseases like cancer, exercise is the way to go. And for pets, physical activity not only helps fight obesity, but it also helps curtail destructive behavior and improves overall health.

Be sure to check with your doctor and your vet for exercise recommendations or restrictions. Then get ready, get set, ... fetch!



Test Your Lunch Box Savvy



It can be a challenge getting your kids to make good choices about nutritious meals and snacks. Take our quiz and see if you’re in the know about healthful choices for your child’s lunch box.

Q. How many servings of fruits and vegetables should your child be eating every day?

A. A minimum of five

Q. How many servings of fruits and vegetables does the average American child eat every day?

A. Only TWO of the recommended five servings!

Q. How do I know what one serving is?

A. One serving is equal to about 1/2 cup of raw or cooked vegetables, or 1 cup of raw leafy vegetables.

So how do you get your kids to eat more vegetables? It’s simple:

- Set a good example by eating vegetables yourself.
- Offer low-fat salad dressing and other dips as a side for vegetables.
- Mix in vegetables with foods that your child already likes. Try veggies as a topping on pizza, an extra ingredient in spaghetti sauce, or mixed into a casserole or soup.
- Offer a lot of choices. Keep in mind that some picky eaters won’t try a new vegetable until they see it on their plate 10 or more times.



CLICK HERE to get more information about healthy food choices.



Energizing SMOOTHIE

This tofu drink is packed with calcium, vitamin C, potassium, and fiber, so it's a drink that will give you boost anytime of the day. Tofu is a great source of soy.

- 1 1/2 cups sliced ripe bananas (approximately 3 bananas)
- 1 1/2 cups frozen sweetened sliced strawberries, partially thawed
- 1 1/2 cups soft silken tofu, drained (about 3 ounces)
- 1 1/2 cups low-fat vanilla yogurt

Combine all ingredients in a blender or food processor and process until smooth.

Makes approximately 5 cups. Serves 8.



CLICK HERE to order *Celebrate! Healthy Entertaining for Any Occasion*.

The JOYS of SOY

Imagine a food low in saturated fat, with no cholesterol, and naturally chock full of protein, fiber, potassium, and folic acid. Now, imagine that same food can be used to make everything from burgers to ice cream. Sound too good to be true? It's not wishful thinking – it's soy.

Whether it becomes tofu, soy sauce, or sausage, all soy comes from a single source: soybeans. Whole soybeans can be eaten with minimal preparation; boiled in their pods they are a snack known as *edamame*. When pressed into a liquid, soybeans can be made into soy milk, a non-dairy substitute for cow's milk that comes in a variety of flavors. Soybean proteins form the most familiar form of soy, tofu. Silken tofu works well in sauces and smoothies, while firm tofu can be baked, grilled, or stir fried. There are loads of products, too, that use soy as a healthy, vegetarian protein choice. Try substituting taco-flavored soy crumbles for the ground meat next time you make chili – you may not even notice the difference!

So, no more wishing for a super food. This little legume is not only a nutritional power house, it's one of the most flexible foods on the planet.

In the Next Issue

- Kids and ADD
- Old Wives' Tales
- Fitness Boot Camp

Articles contributed by Cindy Antolik, Amanda Dobbs, Virginia Ng, Jim Ryan, Carolyn Smith, Crystal Streuber, and Liz Taylor.

All content for BecauseWeCare is provided by the American Cancer Society.

Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance existing employee health and wellness services.

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