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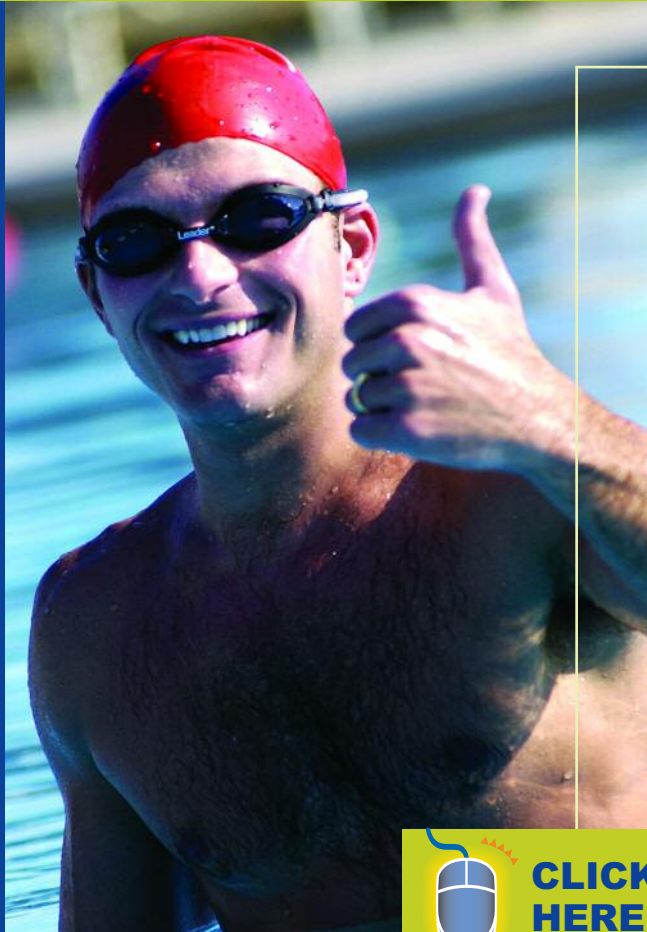
- Take Care of Your Back with the Right Pack
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CLICK on this symbol throughout this e-newsletter for links to interactive simple solutions.



BecauseWeCare

Healthy Ideas for a Healthy Workplace



Pant. Sweat. Repeat ... and Improve Your Mood

You know how good exercise is for weight management, strength, and stamina. You may even know that it can help reduce your risk of cancer and other chronic diseases. But did you know there are psychological payoffs, too?

According to Bonnie Berger, professor and director of the School of Human Movement, Sport and Leisure Studies, at Bowling Green State University in Bowling Green, Ohio, "We need to change people's thinking from, 'I should exercise,' to, 'I *want* to exercise.'"

The reasons that physical activity can help provide psychological improvements aren't completely understood, but they might be related to changes in breathing patterns, which are a major part of all exercise and of many stress management techniques. Other possible explanations may be related to the social interaction of being in a class or at the gym – or to the opportunity to let your mind wander and have what Berger calls a "personal conversation" while working out. Exercise also can help increase your confidence, which can be another positive psychological benefit and mood booster.

To increase your chances of enjoying the psychological benefits, it's important to pick activities that you enjoy. You also need to pay attention to the intensity, frequency, and duration of your workouts. Some studies show if you work out too close to your maximum intensity level, you reduce the chances of feeling better afterward. There's also evidence that overtraining can even produce negative mood changes, which could explain why some people aren't able to stick with an exercise program. They push too hard too fast, don't feel good, and give up.

Berger says, "When you're in a better mood, you're a happier person. That's certainly a great reason to exercise." –*Jeff Silver*



**CLICK
HERE**

for more information about how eating right and getting active can help you feel better and lower your cancer risk.



Is Your Teen Getting Enough Sleep?

Rousing teenagers out of bed often seems an impossible task. And it's often not due to laziness, but rather a genuine need for sleep because of packed schedules that include school, sports, clubs, and other extracurricular activities. Some teens may be burning the midnight oil, then sleeping late to compensate. However, getting the right amount of sleep is important to your teen's health.

Lack of sleep can cause a host of issues for teens, from affecting their mood and performance in school to contributing to car accidents. If your teen is having trouble getting enough rest, have them try the following tips:

- Avoid drinks with caffeine for six to eight hours before bedtime.
- Get some exercise each day, at least two to three hours before bedtime.
- Drink warm, caffeine-free drinks, such as warm milk with honey or decaf tea, before sleep.

If your teen seems to sleep all the time, or if he or she seems distant or is having trouble in school, talk with them. Too much sleep may be a sign of stress or depression.



CLICK HERE to learn about more ways you can help your teen stay healthy and reduce his or her risk of cancer.

Help Your Teens Beat the Binge

If you're a parent, you've no doubt spent time teaching many important life lessons. For parents of young adults, educating them about the dangers of binge drinking should be on the curriculum.

Binge drinking is commonly defined as consuming five or more drinks in a row for men and four for women. For young adults unfamiliar with how alcohol affects their body, this type of drinking can have disastrous or even fatal results.

According to the National Institute of Alcohol Abuse and Alcoholism (NIAAA), research shows that teens are more likely to delay drinking when they feel they have a supportive relationship with a parent or guardian. NIAAA tips for talking to your child about alcohol include:



- Ask your child to share his or her views on alcohol.
- Avoid scare tactics. Instead, share good reasons not to drink.
- Help your teen be prepared to handle peer pressure, which often leads to drinking. It's important to remember, too, that overusing alcohol can also lead to other health issues, such as an increased risk for certain kinds of cancer, so it's important to talk with your teen and encourage them make healthy choices.



CLICK HERE to learn more about the link between alcohol and cancer risk.

Turn Down the Tunes: How Earphones Can Affect Your Hearing



They're cute, fun, and oh-so-portable. But too much time listening to personal music devices could be harmful to your hearing.

As portable music devices get ever more popular,

experts warn that these nifty gadgets can cause hearing loss, particularly when paired with fashionable ear bud-style earphones, which can boost sound signals by as much as six to nine decibels. Experts say the type of hearing loss normally seen in older adults is growing more common among younger people.

"That's the difference in intensity between the sound made by a vacuum cleaner and the sound of a motorcycle engine," says Northwestern University audiologist and professor Dean Garstecki.

Garstecki recommends music lovers follow a simple rule to prevent hearing loss: the 60 percent/60 minute rule. He and other hearing specialists recommend using listening devices for no more than about an hour a day and at levels below 60 percent of maximum volume, and choosing larger headphone styles that rest over the ear opening.

Noise-cancelling headphones are also an option. Because they eliminate background noise, listeners are less likely to crank up the volume quite so high.

Kids' Health Reminders

All parents want their kids to have a healthy, happy childhood. But what if you could also significantly reduce your child's adult cancer risk by adopting a few healthy behaviors now? Well, you can – and it's easier than you might think!

Eat right. Include at least five servings of fruits and vegetables each day in your child's diet. Substitute healthy snacks like apple sauce and carrots for higher-calorie snacks like potato chips and sweets.

Get active. Obesity among children and teens has nearly doubled in the past two decades, increasing the risk for diabetes, cancer, and heart disease. Children need at least 60 minutes of moderate to vigorous physical activity five or more days a week.

No smoking. Children who smoke are more likely to develop long-term nicotine addiction and be adult smokers. Talk to your child about the dangers of tobacco products.

Sun smarts. Protecting your child's skin from the sun during childhood is important in reducing cancer risk later in life. Teach them the American Cancer Society's Slip! Slop! Slap! Wrap!® advice: Slip on a shirt, slop on sunscreen, slap on a hat, and wrap on a pair of sunglasses.



CLICK HERE to learn more about how you can help your kids become healthy adults.

Pack Up Your Troubles in a Safer Backpack

Backpacks are a convenient way for kids to tote their school supplies, but overloaded backpacks can be a burden on young bodies. Here are some safety tips to make sure your pack doesn't become a backbreaker for you and your children.

A heavy burden. The simplest way children injure themselves with backpacks is by overstuffing them. It is recommended that children carry no more than 15 percent of their body weight in a backpack to ensure the pack's weight is evenly distributed and supported by the back and abdominal muscles – the body's strongest muscles – rather than the shoulder and neck. Kids can also suffer pain and damage their posture by wearing backpacks on their shoulders.

Carry the weight. A safe backpack is lightweight (leather backpacks, while trendy, are heavier than canvas backpacks) and has two wide, padded shoulder straps and a padded back. A waist belt is helpful to better distribute the weight across the body. Also, look for backpacks with multiple compartments, which also help distribute the weight more efficiently.

When you find the right fit and lighten the load, you can be kind to your kid's back with a safer – and more comfortable – pack.





Heavenly Jicama

Imagine a vegetable that looks like a turnip, has the crunchy texture of a potato, but tastes as light as a cucumber crossed with a pear. Odds are you've conjured up jicama (pronounced "HIC-a-mah"), a starchy brown root that grows in tropical climates and is often seen in the cuisines of Central and South America and Asia.

Although many people may not be familiar with jicama, it's a versatile food that can be served either raw or cooked. Raw sticks of jicama make an unusual addition to fruit or vegetable trays and work well with dips

and spreads. Cooked, jicama takes on a softer texture and is sometimes added to stir fries. Because it is slightly sweet – thanks to a type of sugar that the human body does not metabolize – it can also be a way for those watching their sugar to indulge their sweet tooth.

Jicama is a very low-maintenance food when it comes to storage – kept whole at a cool temperature, it can last for a month or more. However, one should note that it is only the root of the plant that is edible; the leaves and seeds are both poisonous.

Jicama Slaw

- 1 large jicama, peeled and cut into fine strips
- 2 tablespoons lemon juice, divided
- 1 sweet red pepper, cut into fine strips
- 1 cup purple cabbage, cut into fine strips
- 1 tablespoon honey

Toss jicama with one tablespoon of lemon juice immediately upon cutting to prevent browning.

Mix jicama, red pepper, and cabbage in a medium bowl.

Whisk remaining one tablespoon of lemon juice together with honey and toss with slaw to coat.

Chill and toss again before serving to distribute the dressing.

Serves eight.

Approximate per serving: 88 calories; 0 grams of fat



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In the Next Issue

- The "Skinny" on Fast Food Salads
- Bye Bye Pink Eye
- The Effects of Childhood Obesity

Articles contributed by Maureen Ayers, Amanda Dobbs, Leslie Jones, David Noel, 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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