 **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



“If you want to exercise more but don’t think you have time, try watching 15 fewer minutes of TV every day. In a year, that adds up to a significant amount of time for something that really matters to you.”

Coaching for the Game of Life

Cindy is a well-respected financial services professional with more than 20 years experience – but she was having a career crisis. “I was feeling unfulfilled, frustrated, bored, and stuck,” she says.

For help, she turned to a life and career coach – what Cindy jokingly referred to as “having a professional nag.” What she really got was someone who gave her a fresh perspective, not only on her job, but on her entire life.

“She helped me recognize the good things about my job – that the grass wouldn’t necessarily be greener somewhere else,” Cindy says. Her coach also got her involved in activities she felt passionate about outside of work, which completely re-energized her.

“Before, I thought if I just stayed busy I’d be happier, but my coach gave me assignments to make me take better care of myself – ‘homework’ to eat and sleep better, exercise, and make time to relax,” Cindy remembers. “It helped create a better balance between work and my personal life.”

Debbie Brown, a career consultant and coach with D & B Consulting, says, “If people are satisfied with their lives in general, they focus less on problems at work. A job won’t always make you happy, so you have to put some effort into living a full and complete life to help you handle your job better.”

She says the simplest and most important step you can take is to make a list of your priorities. Then review it to see if you’re actually devoting time to what’s important to you. “For example, if you want to exercise more but don’t think you have time,” Brown says, “try watching 15 fewer minutes of TV every day. In a year, that adds up to a significant amount of time for something that really matters to you.”

For more tips from professional life coach Debbie Brown, please see page 2.

-Jeff Silver

What Color Do You Feel Today?

Did you know colors can affect your emotions? Also, the colors you choose to wear or decorate your home with can tell others something about you. Consider these colors and how they affect the mind.

BLACK. Often associated with evil or death, black can also symbolize either authority or submission.

WHITE. The color of purity, white reflects light and is associated with summer. Its neutrality makes it a soothing color.

RED. Red actually quickens your heart-beat and breathing. It elicits such strong emotional reactions that it is not a good color to wear during negotiations or confrontations.

BLUE. Blue is one of the most popular colors because it inspires a peaceful, tranquil state. Blue also symbolizes loyalty, making it a good color to wear to job interviews. People are thought to be more productive in blue rooms.

GREEN. Green conjures images of nature, fertility, and wealth. It is another relaxing color and thought to improve vision.

YELLOW. Although powerful and stimulating like red, yellow is more optimistic. However, yellow rooms can cause tempers to flare and babies to cry.

PURPLE. Images of royalty and luxury come to mind at the sight of purple. It is also one of the most feminine and romantic colors.



Thinking about taking a road trip this summer? You might be tempted to cruise through the nearest fast food drive-thru or grab a quick snack while you fill up the gas tank. Instead, try incorporating these tips to help you fill up on good-for-you foods that will keep you feeling good as you head down the road:

- Pack a cooler with vegetables and fruits, low-fat yogurt, and cheese. Bring along some whole-grain crackers, baked chips, pretzels, or nuts.
- Sandwiches on whole-grain breads are easy to throw together at a local park or other picnic spot. (This will also give you a chance to work a little exercise into your day. Wear your tennis shoes and go for a hike, and be sure to toss balls or frisbees into the car to help keep you moving.)
- Need to satisfy a sweet tooth? Dried fruits like apricots, apples, and raisins can do the trick. Have

to have cookies or chocolate? Read labels and choose those that have less than 3 grams of fat for every 100 calories in a serving; these are low-fat (but not necessarily low in calories, so share some with your traveling partners).

- Fill up on fluids that won't dehydrate you – caffeine-free diet sodas or coffee, bottled water, and 100% fruit and vegetable juices.
- If your only choice for restaurant eating is a fast food restaurant, don't despair! Just say "no thanks" to "supersize," "monster," or "big," and opt for smaller portions of burgers and fries. Even better, take advantage of grilled chicken sandwiches and salads made with colorful vegetables. (Just watch the dressing, cheese, and croutons!).



CLICK HERE for more ways to stay in shape this summer – at home, at work, and on the road.

Life Coach Tips

These pointers from Debbie Brown may not be appropriate for everyone's situation, but they're good places to start!

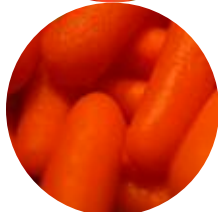
1. Make a list of what's important to you – relationships, health, work, play, religious activities, etc.
2. Set a goal and work toward it. Fifteen minutes a day will help you get started and focus on a positive state of mind.
3. Ask for what you want at home and at work.
4. Ask for help with household responsibilities to create extra personal time.
5. Get involved in activities that have personal meaning to you, like mentoring or tutoring, learning an instrument or craft, or working on a community cause.
6. Emotionally detach yourself from problems at work by avoiding negative conversations such as gossip and office politics.
7. Acknowledge and appreciate the positive aspects of your job (a paycheck, benefits, friends and colleagues, etc.).
8. Set personal boundaries at work. Is it really necessary to stay late every night?
9. Find out if contract work, telecommuting, or flex-time are available to help control the number of hours you work and to avoid long commute times.
10. Don't neglect your health. Diet, exercise, and adequate sleep are important!

Create Peace and Relaxation, Wherever You Are!

Meditation does not require chanting in a foreign language, expert knowledge of yoga, or escaping to an isolated mountain cabin or spa in the desert. You can create a special spot in your home, apartment, or even workplace, where you can relax your body and focus your mind.

- Prepare a space that you can use on a regular basis. Using the same space helps your mind and body get into the routine.
- The space should be relatively quiet. You may need to find a time slot when other household members are not around (before they get up, after they go to bed, etc.).
- Make sure the lighting in your space is not too bright.
- You may want to place objects in front of you that you like or that have special meaning for you, such as a plant, a picture of someone who inspires you, or a natural object from a place you enjoy.
- You may choose to light a candle or burn incense in your meditation space.
- If you use a chair, choose one that allows you to sit with your back straight. If you sit on the floor, make sure you are comfortable.

Brighten Up Your Diet!



Including a variety of colorful fruits and vegetables will not only make meals look better, but it will also help you feel better day-to-day, decrease your risk of heart disease and cancer, and may help you control your weight! Shoot for at least five servings each day.

Red fruits such as tomatoes, watermelon, and red and pink grapefruits contain lycopene, which can help fight heart disease and has been linked to reduced risk of prostate cancer.

Orange and **yellow** fruits and vegetables – like oranges, apricots, sweet potatoes, and carrots – are loaded with carotenoids, powerful antioxidants that help protect our cells. Research shows that this color group can help strengthen the immune system and improve night vision.

Purple fruits and vegetables, like blueberries, purple grapes, eggplant, and purple cabbage, can help improve memory function and lead to healthier aging.

Green vegetables, such as spinach and broccoli, are being researched for their ability to help keep retinas healthy. Others, such as cabbage, cauliflower, and Brussels sprouts, are being looked at for their tumor-fighting properties.

Eat your colors every day. Eating fruits and vegetables is a delicious way to better health!



CLICK HERE for more information about the benefits of a healthy diet.

Teens and Tanning: Looking “Good” Can Be Dangerous

Tanning beds are practically a rite of passage for many American teenage girls. They think it’s cool to show up at the beach already tan, only to roast in the sun some more. But tanning beds are just as dangerous as the sun when it comes to the harmful effects of overexposure. And when teens combine artificial tanning with lying in the sun to stay bronzed year-round, the potential damage to their skin and health could be great.

Artificial UV light is dangerous. Tanning beds release dangerously high levels of ultraviolet radiation. This causes premature aging of the skin and increases skin cancer risk.

Tanning beds can cause other problems. Short-term exposure can cause red, itchy, dry skin while long-term exposure can cause sag-

ging, wrinkled skin. Tanning beds have been known to burn skin and eyes.

Sun safety means limiting exposure. The only way to reduce your risk of developing skin cancer is to avoid the harmful rays of the sun. Seek shade during the middle of the day, when the sun’s rays are strongest. Always use sunscreen with a sun protection factor (SPF) of 15 or higher. Sunscreen should be worn even on hazy days spent out in the sun. Wear clothes made of tightly woven fabrics that do not let light pass through, and don’t forget sunglasses and a hat.



CLICK HERE for more information about playing it cool in the sun.

Keen on Peaches: Fruit Has Many Health Benefits

Everyone loves peaches, especially when they are just ripe enough to be soft and juicy but not mushy. The peach is one of the most refreshing of fruits, and it is loaded with healthy nutrients, too. Here are some benefits of eating peaches and other fruits.

Fuel for sports. If you are active in sports, fruits provide the most efficient fuel for energy production. Fruits have carbohydrates, which provide energy for prolonged, strenuous exercise.

Fewer bruises. Peaches may bruise easily, but you won't if you eat them and lots of other fruits. Without adequate vitamin C, the body can bruise easily.

Cancer prevention. When combined with fresh vegetable consumption, fruits may help lower risk for some cancers.

Heart disease protection. Studies have shown a decreased rate of heart attacks among subjects who consume plenty of fruits and vegetables.

Feeling Down? Read a Book!

Everyone knows reading is good for the intellect. But can Melville, Chaucer, or even Danielle Steel boost your emotional health as well?

Reading does more than stimulate the mind and sharpen our reasoning, creativity, and imagination. It can actually provide emotional comfort and stability, particularly in times of depression or distress.

In fact, there is a field devoted to the therapeutic benefits of reading called, appropriately enough, "bibliotherapy." Bibliotherapists even work with health professionals in some cases to recommend books for patients who need to reduce stress. Reading helps people who suffer from depression or anxiety, particularly if they are reading a story that addresses their situation in a positive way.



Summer Fruit Salad with Poppy Seed Dressing

For this salad, we used equal parts peeled peaches and oranges, chunks of pineapple, grapes, and berries.

8 cups fresh fruit, cut into bite-sized pieces
 2 2/3 cups low-fat vanilla yogurt
 1 teaspoon poppy seeds

Combine all fruit in a large bowl. In a smaller bowl, fold poppy seeds into yogurt with a whisk or spatula. Spoon a portion of fruit salad into individual serving dishes, then pour 2 to 3 tablespoons of yogurt mixture over the fruit. Or set out the fruit salad and yogurt dressing separately and invite your guests to help themselves.

Makes 8 cups. Serves 8.

*Approximate per serving:
 184 calories; 1.5 grams of fat*



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In the Next Issue

- De-Allergen Your Environment
- Making Sense of Food Pyramids
- Cheap – but Healthy! – Eats

Articles contributed by Kara Moore, David Noel, Jim Ryan, Kristie Smart

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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