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BecauseWeCare

Healthy Ideas For A Healthy Workplace



“You have to enjoy what you do or you’ll quit after a week. If you have friends and other people to train with you, you can hold each other accountable.”

Training + Truckload of Veggies = Triathlon Triumph

Imagine your work day begins at 7:30 a.m. six days a week – swimming more than three miles, then taking a 40-50 mile bike ride, and later, a 10-mile run in the afternoon. Welcome to the world of Hunter Kemper – the first American to be ranked number one in the world by the International Triathlon Union.

Although his training routine hasn’t changed since well before the Sydney and Athens Olympic Games, Kemper recently made a conscious decision to alter his diet. He says, “I realized if I wanted to be one of the best guys in the world, [a healthy diet] would give me more benefit than changing my workouts.” He now eats numerous small meals each day with more whole grains and fiber and has increased his intake of fruits and vegetables – never his two favorite food groups. And that’s good advice for all of us – even if we’re not training for a triathlon!

In addition to a healthy, plant-based diet featuring plenty of grains, Kemper’s other training recommendations for amateur workouts include tips about what kind of physical activity you should do and how you should do it:

1. Choose an activity you enjoy.
2. Make it part of your routine. For example, swim every morning or run three days a week after work.
3. If possible, get involved with a group such as a running club or an aerobics class.
4. Train with other people who share your goals; make sure you all have similar ability levels so no one becomes frustrated.

“You have to enjoy what you do or you’ll quit after a week. If you have friends and other people to train with you, you can hold each other accountable,” he says.

Kemper is quite humble about being at the top of the triathlon heap, saying, “At night I still ask my wife ‘Can you believe it?’” *-Jeff Silver*

Everything OLD Is NEW Again

Some old trends from years past are making a comeback in the new millennium, and most of them are more than good for your mind and body – they're also fun! From handicrafts to ballroom dancing, you might just find a satisfying hobby that provides an outlet for your talents.

At the top of the retro hobbies is DIY. Everybody's doing it, and doing it with style. If you haven't heard about this hot new trend, the acronym stands for Do-It-Yourself, and from gardening to remodeling, DIY is in.

There's even a new clothing trend called DIY. Take a pair of threadbare jeans and a secondhand T-shirt from the local thrift shop, and you've got the beginnings of a one-of-a-kind outfit. Scissors, stencils, patches, embroidery, bleach, and fabric paint can give those old items that special retro 1960s look. It's recycling, it's customization, and it's salvage-chic.

Tickle Your Funny Bone and Improve Your Health

The old adage is true; laughter can sometimes be the best medicine. Humor is thought to have had a positive effect on health for thousands of years, and now science proves it. A good laugh can decrease blood pressure, improve deep breathing, and release natural pain relievers in your body. Humor can also benefit the workplace by reducing stress, energizing staff, and enhancing communication.

So how can you bring more laughter and humor into your life?

Collect things that make you laugh.

Cut out a funny cartoon, write down a great joke, or buy a humorous prop like a wind-up toy. Turn to the collection when you need a good laugh and a bit of stress relief.

Other returning handicraft fads include knitting (not just for elderly ladies anymore – even men are finding it to be a relaxing way to unwind), quilting, beading, and pottery making.

And let's not forget the retro trends that burn calories and make those customized 60s jeans fit better. Among them, ballroom dancing is sweeping us off our feet. From young to old, from serious competition to just for fun, ballroom dancing is waltzing its way to a neighborhood near you.

Whether it's "cool retro" or not, a personal interest that captures your imagination can lift your spirits, keep you active, and balance your life.



CLICK HERE for other fun ways to burn calories and stay fit!



Seek out humor. Perhaps you have a favorite comedian or enjoy a certain type of joke. By expanding your "comic vision" you can find humor daily.

Share your humor with others. Share funny jokes and emails with a friend or poke fun at yourself in a lighthearted way.

Rx for Safe Medication Use

Your doctor has recommended that you take a new drug. Whether it's a prescription or an over-the-counter medication, there are a few things you should find out before you head to the pharmacy:

- What is purpose of the medication? What does it do?
- When should you take the medication? Be sure to get this in writing.
- What side effects can you expect? What should you do if you have them?
- Should you avoid certain foods, other medications, or activities while taking the drug?



Before starting a new medication, make sure your doctor or nurse knows what other medicines – both prescription and over-the-counter – you are currently taking, as well as any reactions you have had with medications in the past.

By being an informed patient, you can get the most out of your medications and avoid possible problems and side effects. And that's just what the doctor ordered.

HERE'S A JOKE TO GET YOU STARTED!

Q: Did you hear about the baby born in the high-tech delivery room?

A: He was cordless!

Write a joy list. Make a list of five things you enjoy doing but haven't done in awhile, then work on accomplishing that list.

Patient Beware: Not All Internet Health Resources Are Reliable

In recent years, the Internet has become the go-to place for many people with questions about health and medicine. However, before you start surfing the Web for medical information, you should heed the same warning that holds true for watching the evening news or reading the morning newspaper: Just because it's being reported doesn't mean it's 100 percent accurate.

Here are a few suggestions for finding reliable health information online:

- Start with the Centers for Disease Control and Prevention. The CDC's site is not only an outstanding resource itself, but it also

provides links to other credible health information sources.

- When reading information on a site, check the credentials of the author and the sponsoring institution or organization, and use caution if the site is sponsored by a particular product.
- Many prestigious nationwide hospitals and medical/research centers have excellent Web sites.

- Nationwide organizations such as the American Cancer Society, American Lung Association, American Heart Association, and American Diabetes Association typically have reliable professionals backing up their information.
- Once you compile your information, meet with your doctor to have him or her explain and verify the information you have uncovered.



CLICK HERE to visit the American Cancer Society's Web site – one of the nation's most trusted resources for information about healthy lifestyle choices that can help prevent cancer and other illnesses.

Mr. Sandman, Bring Me a GOOD Night's Sleep



Sleep experts say most adults need between seven and nine hours of sleep each night for optimum performance, health, and safety. However, if you're having a difficult time getting a good night's rest, you may be one of the 70 million Americans who experience insomnia. Insomnia can be caused by stress, environmental noise, extreme temperatures, changes in the surrounding environment, jet lag, or medication side effects.

Here are ways to catch up on your z's:

- Don't bring your work home with you, mentally or physically. If you must bring work home, don't work in the bedroom.
- Find a soothing end-of-work day activity, such as cooking, reading, or playing with a pet.
- Get at least 30 minutes of exercise, at least three hours before bedtime.
- Establish a regular bedtime routine and a regular sleep-wake schedule.
- Do not eat or drink too much before bedtime.
- Create a sleep-promoting environment that is quiet, dark, cool, and comfortable.
- Consume less caffeine, particularly late in the day, or eliminate it altogether.
- Avoid alcohol and nicotine, especially close to bedtime.
- Avoid naps, particularly in the late afternoon or evening.

Sweet dreams!



It's **CRUNCH** Time: Don't Forget Your Celery!

The thought of celery doesn't exactly deliver a surge to the salivary glands. (That said, who really thinks about celery at all?) But whether served cooked or raw, celery is a very healthy and versatile vegetable, whose every part – leaves, roots, and seeds – can be used as a food or a seasoning, as well as a natural medicine.

In fact, celery has a long history of use as a medicinal remedy, originating in the Mediterranean regions of northern Africa and southern Europe in the 17th century. Even then, the seed was used for many ailments, including treating colds, flu, water retention, poor digestion, arthritis, and liver and spleen disorders.

Research has indeed shown that the leaves especially are a fantastic source of potassium,

calcium, and vitamin C, which is well-known to fight colds and reduce risk of high blood pressure, heart disease, stroke, and even cancer. Because it's high in water content and low in calories, celery is the perfect snack.

So, stock up! Look for straight celery stalks with rigid ribs that look crisp and snap easily. Also, be sure to remove any fibrous strings before eating by making a thin cut into one end of the stalk and peeling away.

And how to best serve celery? Stick with old standbys, such as topping it with natural peanut butter or raisins for a quick snack or adding it (and its leaves) as a staple to soups, salads, casseroles, chili, and stir fries to add a healthy crunch to any mealtime.

Julienned Carrot and Celery Orzo

2 cups orzo, divided
1 tsp. olive oil
1 1/2 quarts water
2 reduced-sodium chicken bouillon cubes
4 stalks celery, julienned into two-inch sticks
4 carrots, julienned into two-inch sticks
1/2 teaspoon butter
Dash of pepper

In a medium saucepan over medium-high heat, brown one cup of orzo in olive oil, stirring constantly. Add water and bouillon cubes to saucepan and bring to a boil. Add remaining orzo and boil five minutes. Add celery and carrots and boil an additional four minutes. Drain well and mix in butter and pepper.

Serves 8

*Approx. per serving: 240 calories,
2 grams of fat*



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

JUST JULIENNE

Before slicing round vegetables, cut a thin slice from the bottoms and set them on their flat edges so they won't roll. Slice vegetables into 1/8-inch thick slices, stack them, then cut them into 1/8-inch strips. Trim the strips into shorter pieces before using.

In the Next Issue

- **Avoiding Dysfunctional Holidays**
- **Determining Who Needs a Flu Vaccine**
- **Foods that Help You Cope with Stress**

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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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