

MAY 2004



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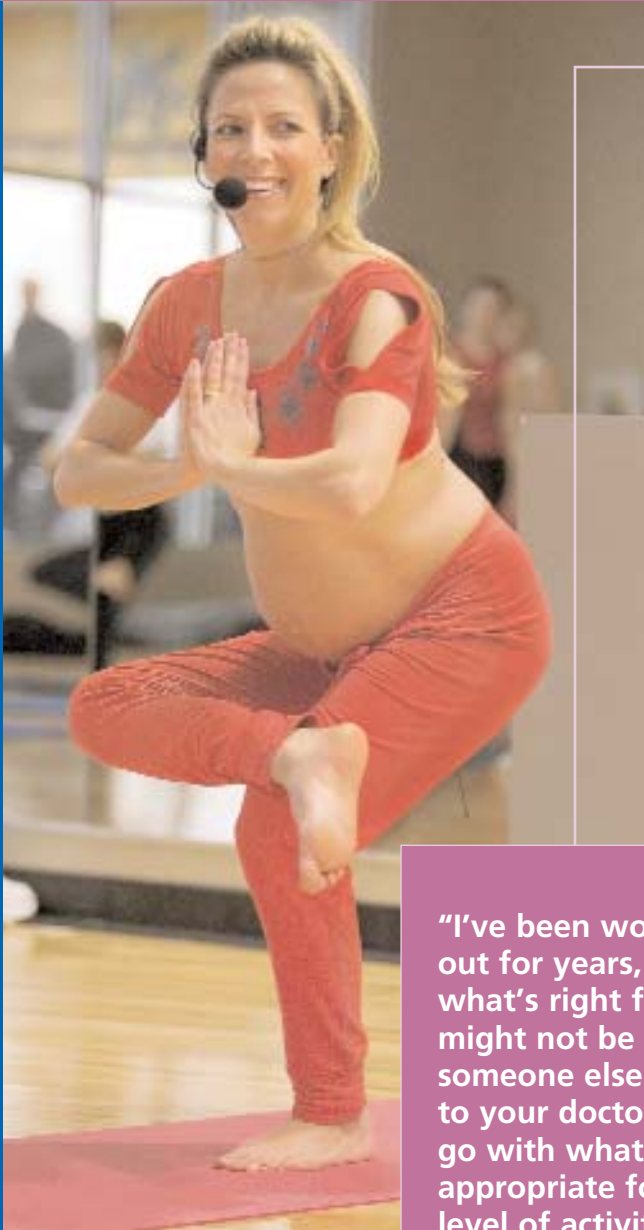


In This Issue

- Gift Ideas for Mom
- Lifetime Family Fitness
- Creamy Chocolate Cheesecake

Because We Care

Healthy Ideas For A Healthy Workplace



Mom in Training

Trenna Bingham, 35, has worked out all her adult life and pregnancy hasn't changed that. A certified aerobics instructor, she is at the beginning of her eighth month – still teaching and still very active. Although step aerobics and cardio boxing are out of the picture for now, Trenna is teaching yoga, lifting weights, and helping redefine what is meant by a “healthy” pregnancy.

“My doctor gave me a hard time about working out during my first pregnancy two years ago. He said I had to stop kickboxing, but I kept it up until sciatica made it too uncomfortable. This time, he's not as strict since he knows I know my limitations. He's never seen me teach, so he might have originally thought I was in there doing back flips.”

She believes physical activity has really helped with some the most common complaints that accompany pregnancy. “Even when I had morning sickness, getting my heart rate up helped with the nausea.”

“I've been working out for years, so what's right for me might not be for someone else. Talk to your doctor and go with what feels appropriate for the level of activity you're used to.”

She cautions women to be sensible about any exercise routine during pregnancy. “I've been working out for years, so what's right for me might not be for someone else. Talk to your doctor and go with what feels appropriate for the level of activity you're used to.”

Trenna laughs when asked how people in her classes react to her pregnancy (which, as you can see, she hasn't tried to hide). She says, “Everyone wanted to mother me when they found out I was pregnant.”

Trenna offers this fashion tip for stylish expectant Moms: Buy pairs of lo-rise stretch pants instead of more maternity clothes. Pull them down below your belly when you work out. You'll stay healthy and save money!

– Jeff Silver

Expert Tips for a Healthy Pregnancy

Research has shown that exercise during pregnancy provides physical and psychological benefits, including improved strength, stamina, and energy, as well as fewer complications during labor.

Although you should always check with your doctor for the specific activities that are right for you, here are some guidelines for prenatal exercise recommended by the American College of Obstetrics and Gynecology:

- Exercise moderately and regularly.
- Focus on non-weight bearing activities (such as walking, swimming, aerobics, stretching).
- Drink plenty of fluids.
- Wear comfortable, loose, lightweight clothing to avoid overheating.
- Consult with your health care provider to determine the appropriate target heart rate for your workouts.



Today's moms are busier than ever. Juggling the responsibilities of both home and career can be stressful, and stress contributes to serious long-term health problems. You can't do much about her stress at work, but are you doing everything you can to help the busy woman you love reduce her stress at home — and improve her health?

Stumped on a Mother's Day Gift? Give Her the Gift of Health!



When you're shopping for Mom's big day this month, why not show her how much you care by giving her a gift that's both fun and healthy? Here are some options for gifts that will improve Mom's health by giving her what she needs most — the chance to relax!

- A gift certificate for a manicure, pedicure, or facial
- A DVD of her favorite romantic comedy
- Tickets to the theater, the ballet, or the symphony
- A CD by her favorite artist
- An appointment with a massage therapist
- A coupon for free baby or pet sitting

Don't Distress Mom – De-Stress Her!

Stress

Let her know you're out of milk.

Remind her to let the dog outside.

Pile the mail on the kitchen counter.

Tell her what you want for dinner.

Toss your dirty clothes in the hamper.

De-Stress

Ask her what she needs from the supermarket and go get it.

Leash up that dog and walk him together.

Sort and open the mail for immediate response.

Help her cook a healthy dinner.

Take the initiative to wash a load (or two) yourself.



Children aren't born knowing what is good for them. They learn by watching what their parents and siblings do. Parents can help build the foundation for lifelong fitness by helping their children choose and enjoy active lifestyles.

Children need at least 60 minutes of moderate to vigorous exercise five days a week. Families can create opportunities for physical activity by making it part of the daily routine.

- Walk at every opportunity.
- Walk your child to and from school, and walk to do errands.
- Create new routines like taking a walk after dinner or playing in a park on the weekends.

Lifetime Fitness— *a family* Affair

- Plan physical and recreational activities such as hiking, biking, skating, swimming, and canoeing that family members can participate in together or do on their own.
- Even games of hop scotch, Frisbee, hide and seek, and pickup basketball help keep children's heart rates and activity levels where they need to be for good health.

By learning healthy habits early on, children are more likely to be active and stay active — for life.



[Click here for more fun fitness ideas for the whole family.](#)

Make a Difference with Your Next Family Reunion

Planning your next family reunion? Why not pick an activity that's fun and makes a difference? A charity event or project is a great opportunity to reunite with your family while helping people in need. Pick a cause close to your hearts like:

- **Habitat for Humanity** - Volunteers build affordable houses for families in need of a home. Visit www.habitat.org for more information.
- **Relay For Life**® - Communities come together in this overnight walking event to raise money and awareness for the fight against cancer.



To find out more, [click here](#).

You can also visit www.volunteermatch.org and search by area of interest for a project near you.

FUN for Everyone

Top 10 Things to Do at Relay For Life®

- 10 Meet new people in your community.
- 9 Catch up with old friends.
- 8 Eat great food.
- 7 Spend the night under the stars.
- 6 Play games with the whole family.
- 5 Get your daily dose of physical activity.
- 4 Dance into the early morning hours.
- 3 Cheer on cancer survivors in your community.
- 2 Learn how to reduce your cancer risk and how to find it early.
- 1 Continue the progress being made to eliminate cancer.



[Click here to find a Relay For Life event in your hometown or call 1-800-ACS-2345.](#)

Creamy Chocolate Cheesecake

- 1 cup nonfat plain yogurt
- 4 ounces low-fat cream cheese
- ¼ cup part-skim ricotta cheese
- ¼ cup maple syrup
- 3 tablespoons cocoa powder
- 2 large egg whites
- 2 teaspoons ground cinnamon
- 1 teaspoon Kahlua
- ½ pint strawberries
- Nonfat cooking spray

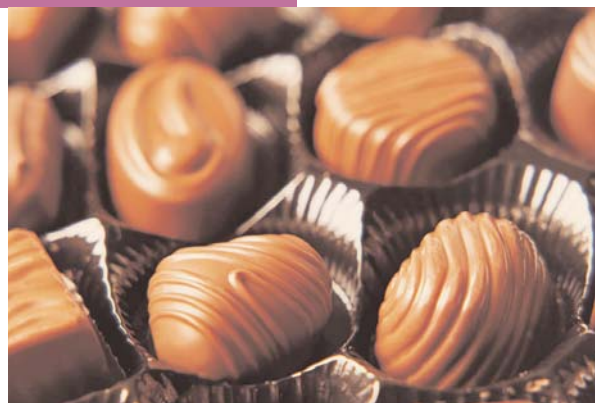
Preheat oven to 350°. Coat an 8 x 8-inch pan with nonfat cooking spray. Purée yogurt, cream cheese, ricotta cheese, maple syrup, cocoa, egg whites, cinnamon, and Kahlua in a blender. Pour in pan. Bake cake for 50 minutes or until done. Let cool and decorate with slices of strawberries. Makes eight servings.

Approximately 98 calories and four grams of fat per serving

Reprinted from the American Cancer Society Healthy Eating Cookbook



[Click here to order a copy for Mom — or for yourself!](#)



Chocolate

History: The Mayan Indians of Central America first discovered the delights of cocoa around 600 A.D. When Christopher Columbus returned to Spain in 1502 from his fourth voyage to the New World, among the many treasures he shared with King Ferdinand were cocoa beans – the almond-shaped seeds from the cacao tree that are the source of chocolate and cocoa. The world has enjoyed a love affair with this most tempting of treats ever since.

Nutrition: One ounce of baking chocolate or cocoa contains 10 percent of the US-recommended daily allowance (RDA) of iron. Since it is high in fat and calories, moderation is the key to enjoying chocolate.

Storage: Do not store chocolate in the refrigerator or freezer. When brought to room temperature, condensation will form on the surface, which affects its ability to melt smoothly. Store chocolate tightly wrapped in a dry area at room temperature.

Ladies, check this out!

This is to remind you that it's time to check your calendar to make sure that you are not forgetting something or someone ...

- Wish someone a Happy Mother's Day.
- Schedule your yearly mammogram if you are 40 or older, and remind your friends to do the same.
- Protect your skin and that of your family from the sun. Slip on a shirt, slop on sunscreen, slap on a hat, and wrap on those sunglasses.
- Don't forget your Pap test!



In The Next Issue

- American Choppers
- Organize your Garage
- Healthy Pizza Recipe

Articles contributed by Michelle Boone, Allison Davis, Michele Harold, and Kara Moore.

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.

For more information contained in this newsletter, to sign up for the newsletter or to find out more about the American Cancer Society programs, services and upcoming events please call 1.800.ACS.2345 or visit www.cancer.org