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BecauseWeCare

Healthy Ideas For A Healthy Workplace



It's Never Too Late

Don't tell Fenya Crown you can't teach an old dog new tricks. Fenya found retirement rather boring, so in 1982, after seeing the New York City Marathon on TV, she decided to start running – at age 70! She hasn't stopped since.

Her plan was to train for two years before heading to New York to run in the big event herself. Starting with short distances in the Los Angeles neighborhood where she lived at the time, she worked her way up to the track at Beverly Hills High School. "When I could do one lap I thought I was wonderful," she says.

Then a friend suggested she enter a race that was being held on the Los Angeles Olympic marathon course the summer before the Games. She finished in four hours, 46 minutes and won first place for her age group. Now 91, Fenya has completed marathons in New York, Montreal, Paris, Shanghai, Dublin, and Rome, and she carried the Olympic torch for the Salt Lake City Olympics.

"People give me a hug and tell me I inspire them – then get back in their cars and drive away. But how can I inspire them? I'm just doing something I enjoy."

Even now, she remains extremely active. "There are three grocery stores near me, two within a mile or so, but I always walk to the one that's further away and carry the bags back with me. Then I take a nap after lunch, but I usually feel like it's still not enough exercise."

She's used to the attention her running attracts, but Fenya says she's somewhat mystified by it. "I get stopped very frequently when I'm running. People give me a hug and tell me I inspire them – then get back in their cars and drive away. But how can I inspire them? I'm just doing something I enjoy." -Jeff Silver

Breathe New Life Into an Old Routine

Remember when you were a kid and exercise was fun – climbing trees, jumping rope, and playing tag? Now exercise seems more of a chore, a necessary evil that has you zoning out on the treadmill and plodding up stairs that lead to nowhere. Boredom is one of the main reasons people ditch their fitness routines. Let's face it – doing the same thing over and over gets old fast. One of the best ways to enrich your life and your exercise routine is by finding new activities that you enjoy.



Social

In addition to the social interaction, an hour of moderate, sustained Latin or ballroom dance burns 250-300 calories – twice as much as tennis, swimming, walking, or bicycling. It also improves flexibility, coordination, endurance, balance, and posture.



Mind and Body

The benefits of martial arts like judo, karate, and tai chi include increased self-confidence, energy, strength, stamina, and mental capacity. Many forms are no slouch in the calorie-burning department, incinerating as many as 600 calories per one-hour class.



Personal Challenge

Sometimes a new challenge can also jump-start a fitness routine that has grown tired. Training for an athletic event, such as a triathlon, walk-a-thon, or bike-a-thon, helps you set goals you can work toward.

Fit at Any Age Exercises You Can Do At 20 or 70

Physical fitness isn't just for the young. Being active regularly can help you develop strong bones and muscles and a healthy cardiovascular system at any age! Whether you're 20 or 70, these exercises can help you look better and feel better!*

- **Walking:** Thirty minutes a day will not only help shed pounds, but also strengthen the heart and lungs and lower your blood pressure.
- **Swimming:** Whether it's water aerobics, lap swimming, or

water running, you can build your strength, lungs, and heart without jarring impact on your joints.

- **Strength training:** Resistance or strength training can retain or build muscle – and help strengthen your bones – no matter what your age. If you're new to strength training, a certified instructor can help you get started safely.

**Before starting any exercise program, please consult your physician.*

Running for a Cause



One event Fenya particularly enjoys is the American Cancer Society Relay For Life®. This annual round-the-clock team event is not only a celebration of survivors (like Fenya, who has survived three bouts of breast cancer) and their families, but also a moving and emotional tribute to friends and loved ones we have lost.



CLICK HERE to find out how Relay helps raise awareness and funds for cancer research, education, advocacy, and service and to find the Relay nearest you.

Exercise Can Be Relaxing? Yes, *When It's Yoga!*

The practice of yoga began in India about 5,000 years ago, but it's becoming increasingly popular in the US as a great way to exercise and de-stress at the same time. What better way to work out both your mind and your body?

Yoga features physical postures, breathing, and meditation. Since yoga positions may be done while seated, this method of exercise is uniquely suited to an office environment with limited space and time.

And (surprise!) you don't have to be extremely flexible to learn yoga – just as you don't need to be able to play tennis in order to take tennis lessons. Yoga is a quick, convenient way to work out, increase your flexibility and posture, and lower your stress level. Best of all, you can do it anywhere!



To Carb, or Not to Carb

Are you on a low-carb diet? If so, you're not alone. And while cutting out so-called "empty" carbohydrates – like cakes, candies, cookies, and sodas – can be a positive step, eliminating all carbs can rob your body of important nutrients and leave you feeling robbed of energy!

The American Cancer Society's nutrition guidelines recommend eating a variety of healthy foods, with an emphasis on plant foods. That includes high-carbohydrate foods such as fruits, vegetables, and legumes, as well as whole-grain breads, cereals, rice, and pasta.

If your diet plan eliminates healthy carbs, you may want to rethink what you're eating... and what you're missing.

Healthy New Foods

Adding new foods to your diet can be a great way to boost nutrition and add variety. Why not commit to trying something new each week?

Kohlrabi – Kohlrabi has probably been used in America for thousands of years, but it's considered new because only in the last few decades has it been used in mainstream cooking. This member of the cabbage family can be sliced and steamed until crisp or hollowed out and stuffed with a vegetable filling.

Wheat gluten – Tofu isn't the only choice anymore when it comes to meat substitutes. Wheat gluten, which is the protein part

of flour, is gaining in popularity as a protein source. Instant gluten and ready-made seitan (firm gluten) are low in fat and available in stores. Seitan can be roasted or baked and sliced thinly to make sandwiches.

Blueberries – Okay, so blueberries aren't exactly a new food. What's new, however, are the studies that claim they're the most potent antioxidant among 40 fruits and vegetables. So when you're eating those five (or more!) servings of vegetables or fruits each day, add more color to your diet with blueberries.



CLICK HERE for more information about eating a healthful diet.

Even Kids Can Learn to Like New Foods!

- Present food in appealing ways by combining different colors, textures, and shapes.
- Offer small quantities of a new food alongside a familiar one.
- Have your kids help you buy, prepare, or grow a new food.
- Be patient. If your kids reject an unfamiliar food the first time, try again later.

Couscous with Almonds, Dried Blueberries, and Parmesan Cheese

2 1/2 cups fat-free chicken broth
 2 teaspoons garlic salt
 2 cups couscous
 2 tablespoons olive oil
 1/2 cup dried blueberries
 2 tablespoons slivered almonds
 4 tablespoons grated or shredded Parmesan cheese, divided

In a medium saucepan, bring chicken broth and garlic salt to a boil. Add couscous, stir, and remove from heat. Allow to sit for 5 minutes. Mix in olive oil, blueberries, almonds, and 2 tablespoons of Parmesan cheese. Transfer to serving dish and top with remaining 2 tablespoons of cheese. Serves 8.

212 calories; 5 grams of fat per serving



CLICK HERE for more nutritious recipes from *Celebrate! Healthy Entertaining for Any Occasion*.



In The Next Issue

- Expert Relationship Tips
- Couple-Up Exercises
- Caring for Aging Parents

Articles contributed by Cindy Antolik, Allison Davis, Kara Moore, Jim Ryan, and Liz Taylor

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

Everyday Choices for a Healthier Life



Every day, you make choices to protect yourself and your family from danger. Why not also make everyday choices to protect yourself from disease? The American Cancer Society, the American Diabetes Association, and the American Heart Association recommend four basics to reduce your risk: **1. eat right and maintain a healthy weight, 2. get active, 3. don't smoke, and 4. see your doctor.** By making these everyday choices, you can protect yourself and the people you love from cancer, diabetes, heart disease, and stroke.

Everyday Choice #1: EAT RIGHT

- Choose whole-grain rice, bread, pasta, and cereals. Not sure if it's whole grain? Look for "whole wheat" or another whole grain as the first ingredient on the label.
- Eat more fish, chicken, and turkey in place of red meats, and choose lower fat dairy products to get less saturated fat in your diet.
- Focus on fruits and veggies with the most color. In general, they've got the most disease-fighting nutrients.
- Eating out? Restaurant portions are often two to three times larger than normal portions. Split an entrée with someone or save half for lunch the next day.



CLICK HERE for more information about how you can make everyday choices for a healthier life.

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 American Cancer Society programs, services, and upcoming events, please call 1.800.ACS.2345 or visit www.cancer.org.