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BecauseWeCare

Healthy Ideas For A Healthy Workplace



Let's Play Ball!

Jim is busy at work most of the day in front of his computer. His wife, Colleen, faces similar stress in her job, as a buyer for a national clothing chain.

To add to their fly-by-the-minute schedules, they also have twins, Kevin and Kayla. As typical 10-year-olds, they like to jump and yell and get into trouble, double trouble.

So, when the twins started showing an interest in sports – Kevin for baseball and Kayla for soccer – the two parents talked each other into volunteering as coaches. Little did they know the realities of the game: the stretching, the sprinting, the sliding, the leaping, and the swinging. It's enough to make a parent feel like a kid again.

“Never having coached before, at first I thought I would just be out there teaching the kids how to throw the ball, catch a pop fly or run the bases,” Jim says. “Then after a few weeks, I was throwing, catching and running myself. Little by little I was learning more about each kid as an individual – realizing that while I was a coach to them, I was also someone they could look up to as a healthy role model.”

Jim and Colleen both realized that, while volunteering to coach is a feel-good activity, it drives fitness to a new personal level.

“Before we started coaching the kids, we would come home from the office frazzled from all the demands on our time, and sit around, eat, and watch TV.” Colleen says. “Now, when we come home, we all reach for our uniforms and run out with our kids and their new friends.

There's no pressure, no stress, just a lot of fresh air, some good old fashioned exercise and a lot of laughs – not a bad way to end the day.”

– Jim Ryan

In This Issue

- Get Involved
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- Chop-it-up “e”-recipe



Click on this symbol throughout this e-newsletter for interactive simple solutions.

VOLUNTEER

Need some fun volunteer ideas ...
give us a click right here or a call at
1-800-ACS-2345.





Celebrate Life



“When I attended the American Cancer Society Relay For Life, I didn’t know what to expect. What I found was healing, hope, camaraderie - my community’s commitment to eliminate this disease.”
 - Cancer Survivor

More than two million people will be diagnosed with cancer this year, and three out of five will beat it. The American Cancer Society Relay For Life is a community gathering where everyone can join in the fight against cancer. We invite all cancer survivors in our community to celebrate life with friends and family.

 [Click here](#) to find the Relay For Life in your neighborhood.

Everyone Can Volunteer For Community Clean-up

With the arrival of spring, neighborhood parks and empty lots are revealing garbage discarded during the winter.

Here’s how you can help:

- Contact your Parks Department for approval, suggestions.
- Contact neighbors, church groups, civic organizations and students to participate.
- Solicit local stores to furnish trash bags, bottled water, juices and healthy treats.
- Ask volunteers to supply rakes, shovels, gloves and several pickup trucks.

Meditation Tips

Meditation is considered to be one of the best ways to reduce stress, lower your blood pressure and increase longevity. Thirty minutes is ideal, but even a few minutes can provide relief from the stress of everyday living. Here are some tips to get you started.



- Choose a quiet location – one free from distractions.
- Light candles, play soothing music, or use calming scents to help you relax.
- Sit in a chair or cross-legged on the floor.
- Close your eyes and breath in, allowing your rib cage and belly to expand as you inhale. Exhale slowly. Concentrate on your breathing. Allow thoughts and feelings to enter your mind. Acknowledge them, allow them to pass, and refocus your breathing.
- Open your eyes after you feel more relaxed and centered.
- Meditation works best when practiced on a routine basis; daily is ideal.



Your Very Own Vegetables

Have you tried growing your own vegetables? It is a fun, easy and delicious spring project. All you need is a plot of land, or a few outdoor containers. Your city may rent small plots for community gardens. If vegetables just seem to be too big of an undertaking, you can always try an herb garden. Everything will be fresh and right at your fingertips. Just pick and choose from your own vegetable garden to build your special salad. Enjoy!

Look online, there are lots of experts with tips on how to plant your vegetables for your specific region and climate.

Find a friend or family member that has a green thumb and ask them to help you out.

Check out a book from your library, and start plotting away.

Look for a garden club in your neighborhood, and learn from them.

Vegetable	Serving Size	Calories
Asparagus	1 cup	40
Broccoli	1 cup	20
Carrots	1 large	30
Celery	1 stalk	5
Cucumber	1 medium	40
Lettuce	1 cup	5
Mushrooms	1 cup	20
Onions	1 cup	60
Peppers	1 cup	40
Spinach	1 cup	10
Tomato	1 medium	25

Gardening as outdoor renewal and exercise

With spring here, it's time to get working in the yard and flowerbeds. Not only is it therapeutic to get outdoors again after a cold winter, but gardening is also a good form of exercise.



WOMEN



MEN

Digging and spading	150 Calories	197 Calories
Mowing the lawn	135 Calories	177 Calories
Planting transplants, shrubs, and trees	135 Calories	177 Calories
Trimming and pruning of trees and shrubs	135 Calories	177 Calories
Weeding flowerbeds and vegetable garden	138 Calories	181 Calories
Raking the yard	120 Calories	157 Calories

Spring Into Action

Whether you set aside time to exercise or do short bursts of activity throughout the day, the most important thing is to get up and get moving.

Exercise and Leisure Activities

Moderate Activities

Walking
Dancing
Leisurely bicycling
Roller-skating
Horseback riding
Canoeing
Yoga

Vigorous Activities

Jogging or running
Fast bicycling
Circuit weight training
Aerobic dance
Martial arts
Jump rope
Swimming

Home Activities

Moderate Activities

Mowing the lawn
General lawn care
Garden maintenance

Vigorous Activities

Digging
Carrying and hauling
Masonry carpentry

Workplace Activities

Moderate Activities

Walking and lifting
as part of the job
Custodial work
Auto or machine repair

Vigorous Activities

Heavy manual labor
Forestry
Construction
Fire fighting

Sports Activities

Moderate Activities

Volleyball
Golfing
Softball
Baseball
Badminton
Doubles tennis

Vigorous Activities

Soccer
Field hockey
Lacrosse
Singles tennis
Racquetball
Basketball

Greek Salad

2 heads curly leaf lettuce
2 cups seeded, diced, peeled cucumber
2 cups seeded, diced red bell pepper
2 cups seeded, diced green bell pepper
4 ounces crumbled feta cheese (approximately 1 cup)
½ cup diced red onion
½ cup chopped pepperoncini peppers
½ cup Kalamata olives, pitted and chopped
¼ cup lemon juice
4 teaspoons dried oregano
2 teaspoons extra-virgin olive oil
½ teaspoon ground white pepper

Combine all ingredients in a large bowl; toss gently. Serves 8.

Calories per serving: 95; Grams of fat: 4



Click here to access more recipes from the American Cancer Society's cookbook: *Celebrate! Healthy Entertaining for Any Occasion*.

Bell Peppers

Varieties:

Bell peppers can be found in a rainbow of colors and flavors. The variety of the pepper plant and the stage of the ripeness determine the flavor and color of each pepper. A red bell pepper is simply a mature green bell pepper.

Nutrition information:

The vitamins and nutrients in bell peppers may help prevent heart disease, stroke, some cancers and cataracts. Bell peppers are an excellent source of vitamin C. In fact, green bell peppers have twice the amount of vitamin C by weight than citrus fruits.

Growing:

Bell peppers love heat. Peppers are very sensitive to frost and need warm soil and air temperatures. Many gardeners use plastic mulches or row covers to help peppers thrive in cooler climates.

Tips:

- Carve out bell peppers and stuff them with rice or use them as colorful containers for other edible foods.
- To save time, chop a supply of green bell peppers at the beginning of the week and refrigerate in a tightly covered container. Use throughout the week.

In The Next Issue

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

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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 employee wellness services.

To sign up for BecauseWeCare or to find out more about the American Cancer Society, call 1-800-ACS-2345 or visit www.cancer.org.

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