

JUNE 2004



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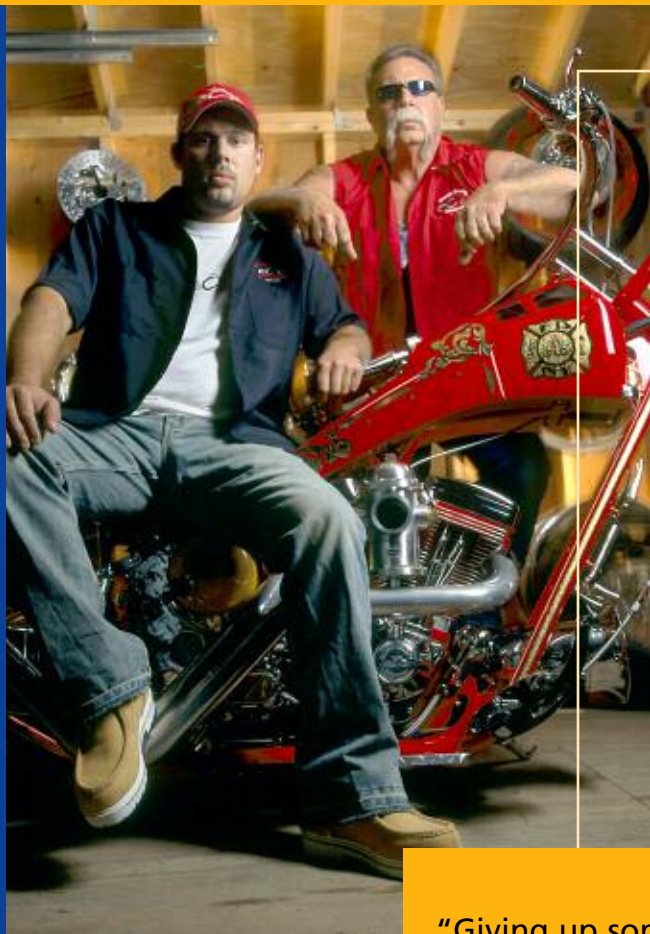


## In This Issue

- De-stressing Dad
- Healthy Sports Parties
- Pizza Margherita

# Because We Care

Healthy Ideas For A Healthy Workplace



## Real Guys, Real Stress

The stresses and strains of everyday life pretty much boil down to two things: family and work. So, imagine the pressure you'd be under if you worked with your family every day... and it was all being televised for a national audience! Meet the Teutels, Paul Sr., Paul Jr., and Mickey – the stars of the Discovery Channel's *American Chopper*.

The success of both the show and their custom motorcycle business, Orange County Choppers, has meant more pressure. And unfortunately, stress can cause health problems or make existing health problems worse. That's why it's so important to find healthy ways to cope.

Paul, Jr. says, "With so many things on the table, there's not enough time in the day to deal with them all. It's created a lot more stress and the yelling you see on TV is just how we deal with it." Paul Sr. agrees. "We've got deadlines, different approaches on how to meet them, and that's where the combustion comes from. It's good TV, but it's not like that every moment."

To cope with the "stress of success", the Teutels have learned they can't do everything themselves anymore. They have support staff to handle what used to be a father and sons operation. Paul Sr. says, "Giving up some of the responsibility is tough when you're a control freak, but you have to learn to trust them – because ultimately you're only as good as the people around you."

He may just be onto something. Experts agree that some of the best ways to deal with stress and minimize its negative health effects are to not worry about things you can't control and to ask for help from others.

"But all the yelling and the arguments... that's probably normal for a father and son's working relationship," Paul Jr. says. Without missing a beat, his dad answers, "Yeah, in the dysfunctional realm."

"Giving up some of the responsibility is tough when you're a **control freak**, but you have to learn to trust them – because ultimately you're only as good as the people around you."

Have a stress-free Father's Day! - Jeff Silver



## Get It Together!

Whether you're tackling your garage, your office, or your car, getting organized can seem overwhelming. But the benefits far outweigh any inconvenience. Being organized can help you save time and money, and that can lead to lower stress and better health. Here are some tips to help you get started:

- 1. Visualize.** Close your eyes and take a deep breath. Think about what your ideal clutter-free place looks like. Once you have a general idea, it's time to get started.
- 2. Focus on a little bit at a time.** Start in one corner of the garage, the glove compartment, or the top desk drawer. Start with the area that's bothering you most.
- 3. Reward yourself.** Once you finish a section, congratulate yourself with a cool glass of lemonade or a 15-minute break.

**Organization Pays Off!** Clutter and disorganization can actually cost a medium-sized company with a staff of 50 people up to **\$300,000** in time wasted finding documents, handling crises and distractions, and working on low-priority projects.

## Guys check this out!

*It's time to check your calendar to make sure that you are not forgetting something or someone.*

- **Wish someone a Happy Father's Day.**
- **Schedule your yearly physical with your doctor.**
- **Discuss appropriate screening tests\* with your health care provider so that you can make informed decisions about your health.**
- **Protect your home. Check your fire extinguishers and smoke detectors to make sure your family is safe.**

\*A screening test is one that is done to find disease early (early detection) before it actually causes any symptoms, for example a PSA blood test to find prostate cancer early.



Click to learn more about the screening tests for early detection that are right for you.

**Stress can cause health problems ranging from high blood pressure to depression. Help the busy man in your life cope with stress – for his happiness and for his health!**



## De-stressing dad

**Make him laugh.** One way to protect against heart attack may be to laugh often and exuberantly, according to a University of Maryland Medical Center study.

**Let him play.** Scientific research on fathers and play proves that family play and roughhousing promote closeness and may diffuse stress.

**Take a hike.** Regular walking reduces stress and cancer risk and promotes cardiovascular health. Buy Dad a good pair of shoes and start with 15 minutes a day.

**Snuggle up.** Intimacy and closeness may be a stress-busting brain cocktail, involving the release of chemicals in the brain that enhance relaxation and feelings of wellness.

**Book him a massage.** A growing number of companies and hospitals include therapeutic massage in wellness and rehab programs. Find a certified massage therapist at [www.amtamassage.org](http://www.amtamassage.org).

## Men's Calorie Counter

Burning calories through brisk physical activity can lower your risk for cancer, heart disease, and diabetes. Aerobic activities burn calories while you're doing them and for up to an hour afterward. And there's no reason why you can't have fun burning fat! By engaging in these activities, a six-foot tall man weighing 200 pounds will burn the following calories in one hour.

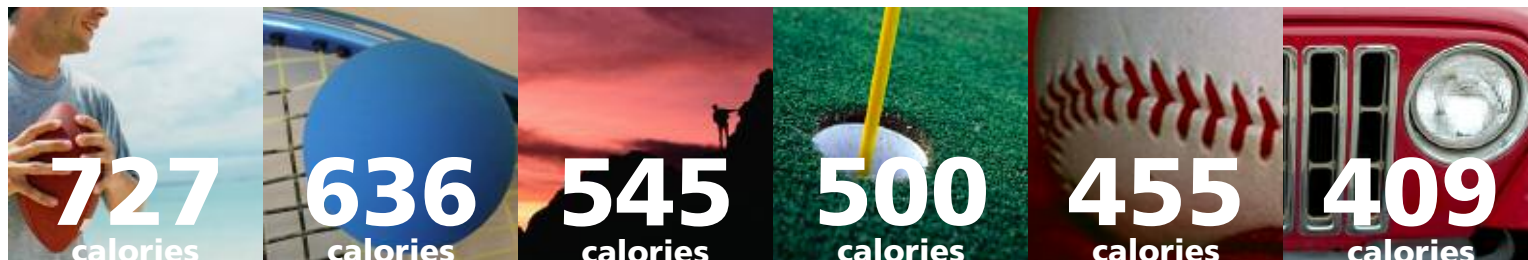
touch football

racquetball

hiking

golf  
(walking)softball  
(recreational)

washing car



Click to find out how many calories other activities burn up in an hour.

## Healthy Sports Parties- All the Fun Without the Fat

This Father's Day, show him how much you care by throwing a healthy party to celebrate his favorite sport. It's easy to integrate healthy alternatives into your party menu without sacrificing flavor:

- Use cooking oil sprays when sautéing or grilling as a low-fat alternative to butter.
- Use yogurt as the base for dips and salad dressings in place of mayonnaise or sour cream.
- Use mustard to add thickness to dressings and sauces without adding fat. Use garlic, onions, lemon juice, vinegar, chilies, and fresh herbs as natural flavor enhancers.
- Salsa is a delicious, fat-free condiment for dipping everything from chips to vegetables. Use fruit salsa as a delicious and fat-free topping for grilled fish, poultry, or meat.
- Serve sorbet (which contains no fat) as a cool dessert in place of ice cream.
- When selecting cooking oils, choose monounsaturated oils such as olive, corn, or groundnut. No matter what type of oil you choose, do your best to limit the amount used.
- To add a bacon flavor without adding excessive fat, use small amounts of prosciutto, which is lower in fat than regular bacon.



## Manage Stress – Don't Let It Manage You

Life is full of challenges that can make you feel stressed. And that stress can cause a host of health problems including back pain, depression, headaches, high blood pressure, insomnia, stomach upset, and weight loss or gain. The American Academy of Family Physicians offers the following tips for managing your stress – and improving your health.

- Try not to worry about things that are beyond your control.
- Set realistic goals for yourself at home and at work.
- Ask for help from others when you need it.
- Eat balanced, nutritious meals and get plenty of physical activity.
- Use sports, hobbies, and social events as opportunities to relax and blow off steam.



## Pizza Margherita with Roasted Grape Tomatoes

Makes 4 servings

Sweet, intense flavor from roasted grape tomatoes, a touch of Parmesan, and fresh basil are the simple, yet classic, toppings that make this pizza exceptional. Keeping the salt to a minimum allows the fresh flavor of the tomatoes to shine.

2 pints grape tomatoes, cut in half  
 1 large red onion, halved lengthwise, then sliced crosswise  
 2 large garlic cloves, sliced  
 1 tablespoon balsamic vinegar  
 1/4 teaspoon salt  
 1/4 teaspoon freshly ground pepper  
 1 (1-ounce) piece Parmesan cheese, shaved  
 12 fresh basil leaves, thinly sliced  
 About one pound of your favorite pizza dough at room temperature

Preheat oven to 375°F. Spray a large baking pan with olive-oil nonstick spray. Place the tomatoes, onion, and garlic in a single layer on the pan. Sprinkle with vinegar, salt, and pepper. Roast until the tomatoes are lightly browned and have an intense, sweet aroma, about 35 minutes. Remove from the oven and set aside.

Arrange one rack on the bottom rung of the oven. Increase the oven temperature to 500°F. Sprinkle a work surface lightly with flour. Turn the dough onto the surface; knead lightly. With a lightly floured rolling pin, roll into a 12-inch circle. Transfer the circle of dough to a nonstick pizza pan or baking sheet, gently pulling the dough back to a 12-inch circle.

Spoon the tomato mixture onto the dough; top with half of the Parmesan cheese and bake on the bottom rack of the oven until the crust is golden and the cheese melts slightly, 12-15 minutes. Sprinkle the remaining Parmesan cheese and the basil just before serving.

Per serving (1/4 of pizza): 388 Cal, 5 g Fat.

Adapted from *Weight Watchers' Pizza, Pizza: 150 deliciously dazzling ways to make everyone's favorite pie*



[Click here for more delicious recipes that are good for your health.](#)



## Tomatoes

**History:** Tomatoes were first cultivated in 700 AD by the Aztecs and Incas. Explorers returning from Mexico introduced the tomato to Europe in 1556. The French referred to tomatoes as “apples of love.”

**Nutrition:** Tomatoes are rich in vitamins A and C and fiber. They are also a great source of lycopene, an important “cell-protecting” antioxidant and the pigment which gives tomatoes their red color.

**Varieties:** There are thousands of varieties of tomatoes. The most widely available varieties are classified into three groups: cherry, plum, and slicing tomatoes.

**Preparation:** Tomatoes belong to the fruit family, but they are typically served and prepared as vegetables. Canned tomatoes can be more nutritious than fresh ones and typically contain more lycopene.

### In The Next Issue

- [Alternate Summer Vacations](#)
- [Healthy Eating on the Road](#)
- [Hometown Walking Tour](#)
- [Healthy Trail Mix](#)

Articles contributed by:  
 Donna Gulotta, Kara Moore, Virginia Ng,  
 Jim Ryan, and 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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