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# Because We Care

*Healthy Ideas For A Healthy Workplace*



## Working Vacations

Summer vacation is about lounging by the pool and catching up on your rest, right? For some, like Danny Yount, who lives just outside Hickory, NC, and retiree Dean Sims of Homestead, FL, it's about staying active while contributing time to their favorite causes and organizations.

This is Danny's third summer spending a week volunteering with the Konnarock Trail Crew in Blacksburg, VA, one of five crews that help maintain different sections of the Appalachian Trail as it winds from Maine to Georgia. "Most people think spending time off from work this way is crazy. They'd rather be relaxing in an inn at the beach. Up here you're sore, hot, tired, and at first you keep asking yourself, 'Why am I doing this?' But when you get a workout like that surrounded by so much incredible natural beauty, you see what you've accomplished and you know exactly why you're here."

Dean has volunteered at Konnarock for the past 21 summers. Now 78, he works in the base camp rather than hiking to sites on the Trail. He says, "It's hard to describe the satisfaction the work gives you. Once you've built a step or a bridge, you can go back years later and it's still here. There's personal pride in knowing you built it and built it right."

He adds, "Originally I wanted to finish hiking the Trail when I retired. But now, I get more satisfaction working on the Trail than from hiking it."

Both men say that summer volunteerism has been good for their bodies and their minds. Working hard to help others keeps them physically fit – and gives them the satisfaction of knowing that they've made a real and lasting difference in their community.

— Jeff Silver

### Opportunities abound to stay active while you make a difference this summer!

- Join a group traveling to teach English in another country.
- Pitch in to clean up a local park or renovate the classrooms in a nearby school.
- Care for the animals in your town's shelter.
- Help a child with cancer remember how it feels to be a kid again by volunteering at an American Cancer Society summer camp.
- Help build a home for a family in need.



Click and get involved to make a difference in others' lives.



## Keep Fit Wherever You Are

Traveling from home for business or pleasure can throw off your established exercise routine – and can even keep you off of it. Finding time to work out while you’re on the road can help you stay fit and maintain healthy behaviors.

**Stretch.** If you’re on a long car trip, take frequent rest stops. Get out and stretch, and take a quick walk to refresh and rejuvenate. If you are flying to your destination, walk the length of the plane every hour or two to stretch your muscles and to keep your blood circulating.

**Arrange accommodations with fitness facilities.** Book a hotel with a fitness facility, or better yet, a pool. A calorie-burning swim is a great way to cool off after a tough day of meetings. If your hotel does not have an exercise room, do calisthenics in the comfort of your own room instead.

**Make the extra effort.** Skip the escalators and elevators in the airport. Take the stairs instead. If you arrive early or your plane is delayed, take a brisk walk around the terminals.

**Stay hydrated.** Whenever traveling a long distance, remember to drink plenty of fluid to keep your body hydrated.

## On the Road Again: The Healthy Way



### Do:

Cart your own cooler on long road trips so that you can avoid sugary soda choices from vending machines.

Bring plenty of bottled water and juice boxes.

Pack easy-to-eat fruits such as peaches, plums, and cherries.

Stop to stretch and walk every three to four hours.

### Don't:

Rely only on fast food for refreshment. Deluxe burger meals can amount to 1,500 calories, 50 grams of fat – and lots of regret.

Drive drowsy. Switch drivers often or stop to nap.

Crank up caffeine consumption.

Expect young children to amuse themselves. Books on CD, car games, and DVD players can mean a smoother ride for everyone.



## Hot Fun in the Summertime

No matter where you spend your summer vacation – on the beach, in the mountains, or by the pool – it’s important to protect your skin from the sun’s dangerous rays. Making the most of your summer vacation without damaging your skin is easy.

### Just follow these simple steps:

- ✦ Wear sunscreen with an SPF of 15 or higher, and reapply throughout the day.
- ✦ Protect your face and neck with a wide-brimmed hat.
- ✦ Slip on a long-sleeved shirt.
- ✦ Wear sunglasses with UV protection.
- ✦ Limit your time outdoors between 10 a.m. and 4 p.m., when the sun’s rays are the strongest.



Click and see how you score on the “What’s Your Sun Safety IQ?” quiz.



# Hometown Walking Tour

Where in the world can you experience the thrill of the big city, explore hidden pathways, and take in some of this country's most picturesque scenery? If you guessed the answer could be found right in your own backyard, you're on the right track! Cities across the nation increasingly boast some of the most verdant parks and rich walking adventures around – and they're not just for tourists. If you're not familiar with the recreational walking opportunities your hometown features, visit your local convention and visitor's bureau Web site for more information. And then go out and take up one of the easiest, most convenient, and inexpensive ways to exercise. You can walk your way to health as you discover the unexpected treasures your city has to offer!

## Did You Know?

Walking has the lowest dropout and injury rates of all exercise programs.

Just 30 minutes of walking a day can reduce your risk of dying prematurely and of developing numerous chronic diseases.

Walking helps control your weight; builds and maintains healthy bones, muscles, and joints; reduces your risk of falls as you get older; and elevates your mood.

You don't need a pair of expensive walking shoes to do it. A well-fitting, comfortable shoe with good support is all you need to get started.

## Healthy Fast Foods:

### Fact or Fiction?

With the summer travel season upon us, families are hitting America's highways and pulling off at the nearest fast food restaurant for a quick bite – and some super-sized calories. But that doesn't have to be the case if you take a moment to study the menu. Many items are chock-full of fat and calories, but most national fast-food chains are now offering healthier choices, including side salads with a variety of reduced-fat dressings. So it is possible to enjoy fast food that's good for you – if you choose carefully.



	Calories	Saturated Fat
<b>Burger King</b> Grilled Chicken Caesar Club Sandwich	480	4.5g
<b>McDonald's</b> Chicken McGrill Sandwich	400	3g
<b>Wendy's</b> Ultimate Chicken Grill Sandwich	360	1.5g
<b>Arby's</b> Grilled Chicken Deluxe	410	3g
<b>Subway</b> Oven Roasted Chicken Breast (6 inch)	330	1.5g



# Trail Mix

### Rice Bran

Rice bran is the outer husk of the rice kernel, which is removed in the processing of white rice. It is a rich source of B vitamins, magnesium, and fiber. Rice bran is non-allergic and can generally be tolerated by people with wheat allergies.

### Almonds

The almond is a "stone" fruit related to cherries, plums and peaches. Silk traders discovered the earliest almond varieties in China and exported them to Greece, Turkey, and the Middle East. The Romans presented sugared almonds as gifts to influential people. Almonds are a good source of protein and calcium.

### Raisins

Raisins are fat and cholesterol-free and are a good source of potassium and iron. In the 14<sup>th</sup> century, Roman physicians prescribed raisins to cure mushroom poisoning and old age. A quarter cup of raisins provides one daily serving of fruit, according to USDA recommendations.

### TIP:

Trail mix can be a nutritious snack, but always be sure to read the label on pre-packaged mixes. Some varieties can be very high in fat and calories.

## "Hit the Trail" Mix

Mix and match any of the following ingredients. Place in an airtight container or plastic bag and take the mix with you to work, to school, or on your favorite hiking trail.

### Cereal

- O-shaped cereal
- Bran, Rice, or Wheat Chex
- Granola (low-fat)
- Cracklin' Oat Bran

### Fruit

- Raisins
- Banana chips
- Dates
- Dried apples, cranberries, or apricots

### Other

- Almonds
- Peanuts
- Walnuts
- Bite-sized pretzels
- Marshmallows

*Calories and fat will vary depending upon ingredients and serving size.*



## Get in the Game

### Do you enjoy sports?

Many people do – and these recreational activities are a great way to add exercise to your weekly routine. But we're not talking about enjoying sports on TV. To get the full health benefits of sports, you have to get in the game!

**Check out the calories your favorite sports can burn in just 30 minutes.\***

Activity	Women	Men
Basketball	336	435
Softball/baseball	154	199
Swimming	186	242
Tennis	186	242
Touch football	267	346
<b>Sitting to watch sports on TV</b>	<b>32</b>	<b>42</b>

*\*Based on an average female weighing 135 lbs and male weighing 175 lbs.*



Click here for more healthy recipes from the American Cancer Society's *Celebrate: Healthy Entertaining* cookbook.



Click here and count how many calories your favorite sport burns!

## In The Next Issue

- The Skinny on Kids
- Healthy Schools, Healthy Kids
- Kid-friendly Recipes

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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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