

SB WELLNESS GROUP MONTHLY NEWSLETTER

April 2009



Reduce Cancer Risk

April is Cancer Control Month© and a great time to assess your lifestyle to help lower your risk. Cancer is becoming more prevalent each year. It is predicted to be the leading cause of death in the U.S. by the year 2010. On the other hand, cancer death rates are decreasing at a rate of 1-2% each year, with the 5-year survival rate up by 66%. This is due to early detection and better screenings, improved medical treatments, and more knowledge on lifestyle factors.

What lifestyle changes can significantly lower your risk? Some include avoiding smoking and tobacco use, following a healthy diet that is low in saturated fat, managing weight, exercising regularly, and eating a variety of fruits

and vegetables every day. A review of the World Cancer Research Fund and the American Institute for Cancer Research concluded in 1997 that “diets containing substantial and varied amounts of fruits and vegetables could prevent 20% or more of all cases of cancer.” Research in the past 20 years has shown that fruits and vegetables not only prevent malnutrition but also help in maintaining optimum health through a host of chemical components that are still being identified, tested and measured. Some of these good things in fruits and vegetables include: vitamins, minerals, flavonoids (plant chemicals that act like antioxidants), phenols, carotenoids (vitamin A-like compounds), saponins,



isothiocyanates (sulfur-containing compounds) and several types of dietary fiber. For example, eating more broccoli in your diet can help prevent cancer. A compound called ellegic acid is one of the most potent cancer fighters and it is found in strawberries. Studies show that if you have cancer cells anywhere in your body this acid attacks them, helping your immune system destroy them and shutting off their ability to multiply. Enjoy the benefits from these great things mother nature provides for us in our produce by getting at least 5 servings of fruits and vegetables each day.

Quote of the Month:

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

- Maria Robinson

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Member Highlight



Heather Atwood, a member and consistent visitor of Shaw Wellness Center, has recently made some big lifestyle changes. With a little guidance from the SB Wellness Team and consistent hard work in the gym, Heather has experienced great results and improvements in her health! Here's what Heather had to say about her journey:

What wellness and lifestyle changes have you made? This entire change became a goal, a destiny. I knew I had to include exercise and nutrition in the package. I had to train myself to eat like I mean it and be patient about the results. It paid off, the blood pressure came down, the cholesterol came down, inches came off and the compliments are great. I wanted to change my life and I was the only one

that could do that. **How did you accomplish these things?** By making fitness a habit. Even if you are a busy person and we all are and have a lot on your plate, juggling between work, family and a social life, you can still make exercise part of your life. I really found more energy than I ever thought possible. I drink lots of water.

(Cont'd on Page 3)

Alcohol Awareness Month©



Alcohol abuse, underage drinking, drunk driving, accidents, and more are all serious issues in America that warrant greater need for Alcohol Awareness. April is designated Alcohol Awareness Month©. If you or someone you know is concerned about alcohol intake or alcoholism you can find more information, resources, and a self assessment at: <http://ncadi.samhsa.gov/seasonal/aprilalcohol/>

Although alcohol in moderation may not be harmful to your health and in some situations can have health benefits, excessive alcohol intake can increase a person's risk of certain

types of cancer, heart disease, accidents, and more. And moderation means no more than 2 alcoholic beverages a day for males and no more than 1 a day for females. A serving is considered 4-5 oz. of wine, a 12-ounce beer, and 1.5 ounces of liquor (either straight or in a mixed drink). Also, be aware of the negative affects alcohol can have on weight management over time. Calories from alcohol are just that— calories. They offer no nutrients that we need for good health and disease prevention. And drinking beyond what is

considered moderate can quickly hinder our wellness goals. Check out these nutrition facts in some of our common Louisiana beverages:

A Fat Tuesday's 20-ounce daiquiri has approximately 1000 calories. (That is one-half or more of our daily recommended amount.)

12 ounces of Zing Zang Bloody Mary mix has 2,440 mg of sodium (more than daily recommended limit.)

An extra 300 to 350 calories in 3 light beers a day can lead to a 2-4 pound gain a month or 24 to 48 pounds a year!



Wheel of Wellness

Physical Health

Getting more activity in your day may be just the medicine your body needs. Exercise can benefit the body in so many ways. If you are feeling sluggish, irritable, having trouble sleeping, or dealing with health issues like increased blood pressure or cholesterol, try getting more activity in your day. Look at just some of the benefits you can get from exercise:

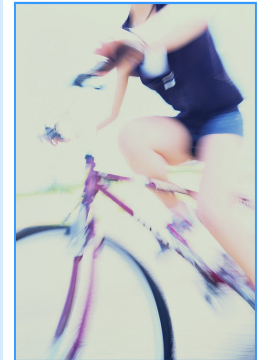
- Improved circulation

- Improved function of heart and arteries
- More energy
- Lower blood pressure
- Prevent diseases – hypertension, osteoporosis, diabetes, obesity, cholesterol
- Lower chance of dying from heart attack, stroke, colon cancer, breast cancer and diabetes
- Enhanced quality of life
- Boost self esteem and feeling of well being
- Improved muscle tone, strength, and body shape. Did

you know that we lose 1/2 to 1.5 lbs of muscle per year after age 26? This skeletal tissue is responsible for over 25% of our calorie use. An increase in muscle tissue = an increase in metabolic rate!

- Improved posture
- More joint mobility
- Increased longevity

Who wouldn't want to enjoy just a few of the above benefits? What are you waiting for? Start moving more today and enjoying life more tomorrow!



Wellness Tip of the Month

Wine Substitute

We may have heard that wine has great health benefits. But for many, drinking a glass a wine at night often leads to drinking several glasses of wine. Small amounts of wine (2- 4 oz. glasses for men and 1-4 oz. glass for women a day) can have great antioxidant benefits. But drinking more

than that on a regular basis can lead to increased health risk and can lead to alcohol dependency for those at risk.

Get similar benefits without the risk with grapes or grape juice. Grapes contain chemicals, pterostibene and resveratol, that work like cleansers in the body. These compounds have an antioxidant effect that can help neutralize free radicals.

These along with the phenols found in grape skin may help lower risk of heart disease and cancer.

Grapes also contain vitamin C and anthocyanins that attack disease-causing inflammation. So grab a handful of grapes and strive to get a variety of fresh fruits and vegetables everyday for great added health benefits.



Member Highlight Continued

I keep a log of how much water I drink daily knowing it is one of my most successful lifestyle changes ever. Eating strategically is learned. Having my biggest meal at lunch instead of dinner was one drastic change. I work out 4 – 5 days a week, even if it means getting in a walk around the neighborhood.

What and/or who motivated you to make these changes? The risk of high blood pressure started things going. I hadn't been in a gym or work out atmosphere in over eight years. I knew I had to make a commitment, one that was life- changing. I have a

commitment to keep my body and mind healthy, my immune system, my skin, my energy levels all healthy and my personality open. Small changes can make big results, I never thought I would do 30 minutes on the elliptical when I first started, I barely made 5 minutes.

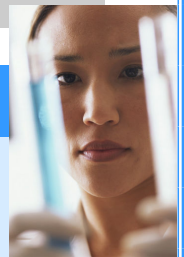
How do you stay motivated to continue or what is your plan to continue working towards your goals? I keep my goals small. Every 4 weeks I have a weight goal, or a fitness goal. Right now my biggest goal is to run my first 5K in April, I found the fun and fitness site on the local newspaper and it helps me to find local activities that

influence my new lifestyle. I used to dread the gym, now getting on the treadmill after a stressful day is an enormous relief.

What advice or inspiration would you give to others wanting to start making changes in their health?

Knowing the saying “your body is your temple” is true, show it some respect. When we treat our body well, it treats us better. We all have a hectic life and we need to make healthy choices, it is our choice.

Congratulations on your success, Heather! And thank you for your inspiration!



Myths About Cancer

Cancer is definitely a growing concern for most of us. There is ample information available to us today about cancer, however not all of it is true. This can lead to misinformation and confusion. Here are some common myths about cancer: **As the population increases, so does the number of people dying of cancer.**

While the total number of people diagnosed with cancer is increasing, the number of people dying from cancer has been consistently decreasing. Due to better screenings and earlier detection along with improved cancer treatments, people are now living longer lives with better quality of life.

Cell phones, hair dyes, antiperspirants, and deodorants

can cause cancer.

All of these claims are myths and to date there is no scientific data to support that these items increase the risk of developing cancer.

The medical establishment is hiding a cure for cancer.

The cancer community is not withholding a miracle cure for cancer. In fact, those who work in the field develop cancer at the same rate as everyone else in the U.S. They are as eager as anyone else for a new and better treatment for cancer to be available. Also, there is no single cure for cancer because there are so many different cancers that respond differently to various methods of treatment.

Cancer surgery causes tumors to

spread.

Surgery is an effective type of cancer treatment. It is possible that professionals may find the cancer more widespread than they previously thought, but the operation does not cause the tumor to spread.

Sugar causes cancer to grow faster.

Although all cells, including cancer cells, use glucose (blood sugar) for energy, sugar does not speed the growth of tumors. Reducing or removing sugar does not slow cancer growth either. However lower sugar intake does support a healthy diet which can be important for prevention and recovery from treatment.

For more information: Cancer.net



Seated Leg Extension



Quadriceps

The quadriceps, or quads, are a group of muscles along the front of the thigh. Try these exercises to strengthen and shape the quad muscles. *(Always check with your doctor before starting a new exercise program.)*

Seated Leg Extension on Ball:

1. Assume start position as shown, sitting up straight on stability ball both feet on the ground.

2. Lift left leg slightly off floor to start, keeping body straight and core strong for balance.
3. Slowly extend leg straight out, toe pointed up toward ceiling, contracting quads (front of leg) without locking out knee.
4. Repeat for 8-12 reps trying not to touch foot back to ground in between reps.
5. Repeat on other leg.

Ball Squats

1. Stand with feet about hip

distance apart and place an exercise ball behind your lower back and against a wall for support.

2. Bend the knees and lower into a squat, keeping the knees in line with the toes and letting your back round out naturally against the ball.
3. Lower down as far as you can (but no lower than 90 degrees) and push into the heels to go back to starting position.
4. Repeat for 8-12 reps.



Ball Squats

Muscle Group of the Month

April 2009

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Your Partner For Healthy Living!



Recipe of the Month

Grilled Vegetables

1 medium eggplant
1 onion
1 zucchini
1 yellow squash
4 carrots
1 pint cherry tomatoes



Peel eggplant and cut into cubes. Salt and place into strainer and drain. This removes some of the bitterness you can have with eggplant.

Peel and slice onions.

Cut zucchini and yellow squash on the diagonal in slices.

Peel carrots, cut into slices on the diagonal. Blanch 4 minutes in boiling water.

Cut cherry tomatoes in half.

I use a stovetop grill for this dish. It is easier to do each vegetable separately and then combine.

Coat vegetables with a very light coating of vegetable oil. A vegetable spray will work. Cook each vegetable until done. They will only take a few minutes each. Salt and pepper to taste as you are cooking. You can also sprinkle fresh herbs on the vegetables before cooking.

Emotional Eating

Do you eat when you are feeling sad, lonely or bored? Do you celebrate or reward yourself with food? Is there a food you crave

when you're stressed or worried?

If you answered yes to any of these questions, you may be an emotional eater!

Roger Gould, M.D., a UCLA psychiatrist, conducted an internet survey of 17,000 failed dieters (almost 90% were women) and found that virtually all of them had relapsed because of emotional issues. "I often see clients who are committed to losing weight, but as soon as they get into a fight with their husband or have a bad day at work they'll plow through a whole box of donuts", said Dr. Gould.

The reasons why we eat are very complex and can be affected by our personalities, family histories, and the messages we got about food at a very young age. Experts estimate that 75% of overeating is caused by emotions.

How can you begin to try and conquer your emotional eating habits? First and foremost begin with a journal. Take a few minutes each day to record your eating

patterns. You might begin by asking yourself the following questions:

"What am I really feeling right now (sad, angry, lonely)?" or "What do I believe will happen if I let myself feel the feelings I am trying to avoid?"

Try to identify what triggers your emotional eating. According to WebMD, emotional eating usually falls into one of five categories:

1. **Social.** Eating when around other people.
2. **Emotional.** Eating in response to boredom, stress, fatigue, tension, depression, anger, anxiety or loneliness as a way to "fill the void."
3. **Situational.** Eating because the opportunity is there. For example, at a restaurant or seeing an advertisement for a particular food, going to the movies or a sporting event, etc.
4. **Thoughts.** Eating as a result of negative self-worth or making excuses for eating.
5. **Physiological.** Eating in response to physical cues. For example, increased hunger due to skipping meals or eating to cure headaches or

other pain.

Once you've identified your emotional eating triggers, you can begin to plan ways to overcome this habit. Try some of our suggestions:

- Seek help! Tell a friend, ask for support and guidance, and seek professional help if you feel you are out of control.
- Create new habits! Make an agreement with yourself to try something different next time you have a trigger other than physical hunger to eat. Take a walk, put music on and dance, etc.
- Feed your spirit! Maybe it isn't your mind or your body that is really hungry or empty, but your soul. How spiritually mature are you? You can develop this like any other skill. Look to spiritual leaders, books, tapes, art, music, classes and groups for help.
- Confront your pain and be more forgiving (of yourself and others).
- Learn stress management. Relax more, be assertive, speak up for yourself, say no when you need to, breathe deep!