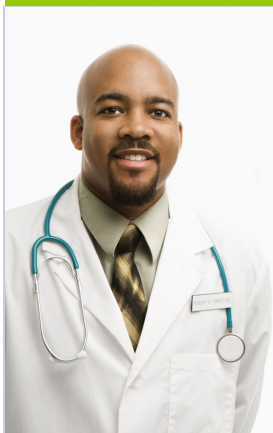


**JUNE 2009**

# **SB Wellness Group Monthly Newsletter**



## **Men's Health**



It is important that men take control of their health and take the proper steps to preventing and treating illness. Men are less likely to go to the doctor for recommended exams and check-ups. In fact, according to the Centers for Disease Control, women are 100% more likely to visit the doctor for annual exams and preventative services than men. Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. (U.S. Bureau of Labor Statistics) The gap between the life expectancy of men and women has increased by 4.2 years since 1920, with

men having lower life-expectancy. (NCHS: 2004) This is mostly due to the fact that men don't get their recommended health screenings and check-ups as they should.

Men's Health Week© is celebrated each year as the week before and including Father's Day. The purpose of Men's Health Week© is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. It is important to protect your health with age-appropriate screenings and regular check-ups. You should consult with your physician about the importance of early detection of prostate cancer and other cancers as well as heart disease, especially if there is a family history. Go to <http://www.menshealthnetwork.org/library/pdfs/GetItChecked.pdf> for an exact schedule of age-appropriate screenings for men. If you are a male and know you may be behind on your doctor visits, it's never too late to catch up. This is as good a time to ensure a happy and healthy life as ever!

## **Dangers of Dining Out**

Dining out too much can wreak havoc on your overall health. The basic principle of weight loss/weight gain is calories in versus calories out. If you take in more calories than you burn, you gain weight

over time. Portion control and making healthier choices in food selection AND preparation are key in controlling your daily caloric intake. However, these principles become quite challenging in the restaurant



world. Portions are typically overblown when ordering out.

*Continued on Page 3...*

### **Inside this issue:**

A Healthy Family	2
Wellness Tip of the Month	2
Wheel of Wellness	2
Dangers of Dining Out Cont'd	3
Muscle Group of the Month	3
Medication Safety	3
Recipe of the Month	4
Keeping Kids Healthy All Summer Long	4

### **Quote of the Month**

*"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are chirping, and the lawn mower is broken."*

*-James Dent*

*"In summer, the song sings itself."*

*-William Carlos Williams*

## A Healthy Family

Is your family so busy that you seldom or never sit down together as a whole? After work, soccer practice, dance lessons and household chores most family members disperse to their favorite television show, video game or website, leaving quality time together as a family to holidays



and vacations. Have you ever considered having a family date night? A time set aside with no interruptions, no television, and no work. Having a set family night can help bring your family closer and can be a powerful tool in teaching your children important life skills. It is a time that encourages healthy communication between you and your kids, giving them greater confidence in the things they do outside of the home. Try having a set day and time each week that everyone in the family has to commit to, even if it is just one hour. Choose something everyone can do and enjoy. Keep it simple and light with no disciplining, arguing or whining allowed! Try board or card games. Kids can learn great social skills as well as academic skills with games. Try a craft project or put together a family scrapbook. Or choose something active on most occasions and you double your family's benefits from the time spent together. Here some great active ideas:

- \* Backyard Games like badminton or volleyball
- \* A Family Hike or Bike Ride
- \* Walk in the Park
- \* Charades
- \* Karaoke and Dancing ([www.freekaraoke.com](http://www.freekaraoke.com))
- \* Learn a Line Dance (Try youtube.com for step-by-step instructional videos on most popular line dances.)
- \* Water Games

## Wellness Tip of the Month

To keep your skin healthy and youthful, try taking in more of the following three vitamins in your daily diet:

**Vitamin C** is an antioxidant that stimulates skin's production of collagen and elastin fibers. Get more in your diet by adding more broccoli, cantaloupe, citrus fruits, bell peppers, strawberries, and orange juice.

**Vitamin A** has derivatives known as retinoids which can be great wrinkle-fighters. Eating more foods high in Vitamin A like carrots, spinach, cantaloupe, peaches, and oatmeal can help prevent and repair sun damage to the skin, including protection against skin cancer.

**Vitamin E** is another potent antioxidant that can help slow down the formation of wrinkles and improve your protection from the sun. Get vitamin E from foods like almonds, eggs, kiwi, mango, spinach, and sunflower seeds.



## Wheel of Wellness

### Social Health

#### Tips to improve your social skills:

1. **Be a better listener.** Many of us tend to be more focused on ourselves in conversations with others. Being a good listener can improve your relationships with others and make for more engaging conversation. Try placing the focus away from yourself and more on the other person. Ask open-ended questions and always give the other person time before jumping in.

2. **Try not to rattle on too much.** Pay attention to how much you talk when you are in conversation with others. Do you seem to go on and on about one story? Are there details you could have left out to get to the point? Try keeping your content more specific and short, leaving details up to whether the other person asks for them. Make sure to come up for air every now and then and let the other person talk.

3. **Always keep it a two-sided conversation.** If you seem to be doing all the talking in a situation, stop and ask the other person what they

think about the topic or if they have any input or advice.

4. **Be in the moment.** Make sure you are really paying attention when someone else is talking. Be interested in what they have to say and always apologize if you do get distracted by something else.

5. **Be positive and open-minded.** Everyone thinks differently and is entitled to their own opinion. Remembering this socially can help you have a healthier outlook in social situations.



## Dangers of Dining Out Cont'd

Calorie control can be even harder to manage since we seldom know exactly how many calories can be hidden in the common things we order or how the food was prepared.

Check out what you are really being served on that plate of some of these common menu items:

**Typical Fajita Platter** from a Mexican restaurant with the rice, beans, sour cream, guacamole, and 3 flour tortillas will typically offer about 1,300 calories if you choose the grilled chicken and about 1,500 if you go for steak. That is more than half the daily amount of calories most of us need to maintain weight, and that's not counting the added calories of the chips and salsa you usually start out with.

**Pizza Hut** will serve you 650 calories and 30 grams of fat with just two slices of hand-tossed Pepperoni Pizza. Go for just two slices of the hand-tossed Meat Lovers Pizza and get 900 calories and 48 grams of fat! And watch out for the new Tuscani Pasta Dishes! Just ¼ of the Chicken Alfredo order and you will have 630 calories and 33 grams of fat. (Source: [www.pizzahut.com](http://www.pizzahut.com))

**Popeye's Two-Piece Chicken** with a side of Red Beans and Rice and a Biscuit packs a whopping 1,060 calories and 63 grams of fat. (Source: [www.popeyes.com](http://www.popeyes.com))

**Chinese Restaurant:** Eat a typical Sweet & Sour Pork plate with two cups of fried rice (typically served as 4-5 cups) and an egg roll and you will consume about 1,700 calories and over 1,600 mg of sodium.

**Subway Chicken and Bacon Ranch** 6-inch packs in 590 calories and 30 grams of fat. That's not including any extra calories from mayo, chips or soft drinks.

Try packing your lunch more, bringing healthy sandwiches, fresh fruit and salads. Pack leftovers from the night before. This is a better way to control your portions. If you must dine out try splitting the meal with a co-worker or get half your meal to go. Do some research and try to find out just how many calories and fat grams you might be taking in with your favorite restaurant orders. Try to find healthier options on the menu for next time. Slow down when you dine out and try to skip the extras like french fries, chips, soft drinks and desserts.



## Muscle Group of the Month



### Biceps

*The biceps are responsible for elbow flexion, forearm supination (turning your arm in and out) and are also involved in shoulder flexion to a small degree. Your biceps muscles are fairly small, so keep in mind that you will not be able to use as much weight as you can for your chest or your back.*

### Incline Bicep Curls

You can do this on an incline bench or use an exercise ball, as shown. Working at an incline makes it harder, so you may want to use a lighter weight.

- Sit on the ball with the weights resting on the thighs.
- Slowly walk the feet forward until you're at an incline with the ball supporting your back, weights hanging down with palms facing out.
- Bend the elbows and bring the weights towards the shoulder without swinging the arms.
- Lower them back down, keeping a slight bend in the elbow at the bottom of the movement (don't lock the joints).

- Repeat for 1-3 sets of 10-16 reps.

*Always check with your doctor before starting any exercise program.*



## Medication Safety



### Take Caution With Medications.

Many drugs have negative interactions when taken together. Drug interactions can cause serious side effects, can be harmful to your health, and can even cause death. The effectiveness of a drug can be affected by other medications or substances as well.

### DO's of Taking Medications:

DO take each medication exactly as it has been prescribed by your doctor.  
DO make sure your doctor knows about all other medications you are on, including prescription, over-the-counter, and any vitamins and herbal supplements.  
DO Try to use the same pharmacy to fill all your prescriptions so they can help you keep track of all the medicines you are taking.  
DO keep medications in a

secure, safe place out of reach of children and teens.

### DON'Ts of Taking Medications:

DON'T change your medication dose or schedule without talking to your doctor first.  
DON'T use medication prescribed for someone else or let anyone else use medication prescribed for you.  
DON'T crush or break pills unless your doctor instructs you to.  
DON'T take medication that is expired.  
DON'T store your medication in a place that is too hot or too cold.

Here are a few websites that can be helpful with Medical Product Safety Information:

[fda.gov/medwatch/safety](http://fda.gov/medwatch/safety)

[nlm.nih.gov/medlineplus/](http://nlm.nih.gov/medlineplus/)

[fda.gov/DrugSafety/DrudIndex](http://fda.gov/DrugSafety/DrudIndex)

**JUNE 2009**

[www.SBWellness.com](http://www.SBWellness.com)  
8733 Siegen Lane #370  
Baton Rouge, LA 70810

Phone: 225-445-5814  
E-mail:  
[shellybeall@sbwellness.com](mailto:shellybeall@sbwellness.com)

*Your partner in health!*



## Recipe of the Month

### Nutripoints Chicken Salad

*Nutripoints is Healthy Eating Made Easy! It is a great nutrition program developed by Dr. Roy Vartabedian. You can find more information about the program at [www.SBWellness.com](http://www.SBWellness.com). The following is one of many great recipes found in the Nutripoints book.*

3 cups cooked, diced chicken breast (grilled chicken recommended)  
1 1/2 cups celery, diced  
1/2 cup scallions, diced  
1/4 cup fresh parsley, minced  
1 cup water chestnuts, diced  
1 apple, diced  
2 Tbl. Whole-grain mustard  
1/2 cup low-fat buttermilk  
2 1/2 Tbl. Light mayonnaise  
2 1/2 Tbl. Plain nonfat yogurt  
1 1/2 Tbl. Lemon juice  
Salt and Pepper to taste



Mix first 6 ingredients and set aside. Mix remaining ingredients in a separate bowl and then add to chicken mixture. Makes 15, half cup servings.

## Keeping Kids Healthy All Summer Long

Summer is here and the kids are out of school and under foot. Parents, you may be worried about your kids staying active and eating healthy during the long lazy summer days. Here are some ideas to help you keep kids healthy all summer long!

1. **Get them up and out!** Are your kids plugged in most of the time to the TV or the computer? Get them up and out in the morning before it gets too hot. Take them for a walk around the neighborhood. Make it fun by creating a list of treasure hunt items to find, like certain kinds of trees, animals, etc. A few affordable items for outdoors can keep them active for hours. Try Hoola Hoops and Frisbees for fun. Purchase sidewalk chalk or paint and create fun obstacle courses for them to run on the driveway.
2. **Start their day with a healthy breakfast.** Kids will more likely have the energy to play actively if



they have eaten a healthy meal at the beginning of the day. Try whole grain cereals with low fat or skim milk, fruit smoothies, or whole grain pancakes with fruit topping.

3. **Have lots of healthy snacks around.** Fresh fruits and veggies make great snacks to munch on and can be quite affordable to stock up on when you purchase them from local farmer's markets. Wash them and put them into serving size

baggies to make it easier to serve.

4. **Keep the junk food snacks to a minimum.** Kids will reach for these first if they are available. Choose whole grain chips or snacks (like whole grain goldfish) and ration them out in serving size portions to keep kids from going through a whole bag in one or two sittings. This trick teaches kids the value of portion control and cost! Let them know that these kinds of snacks are expensive and need to last!
5. **Be sure to teach your kids to put sunscreen on before going to play outdoors.** Mosquito spray may be necessary as well. Check them for ticks or have them bath as soon as they come in from playing outdoors to reduce the risk of lime's disease.
6. **Be sure to have a balance of exercise and downtime for kids each day.** Rest needs vary for different age groups.