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# HealthyLiving

## Make Smart Choices for Healthy School Lunches

Help your child start off the school year on the right foot by making healthier choices in the cafeteria line. School lunches are designed to be well-balanced and healthy; they have to meet guidelines set by the federal government for vitamins, fat content, iron, and calcium. But it's still easy for kids to eat too much of the wrong foods and not enough of the right ones. So we've put together some suggestions to help you make sure your child eats a healthy lunch when you're not there to supervise.

- Make sure your child eats a healthy breakfast every morning, so she or he is not overly hungry at lunch time and tempted to overeat or to crave the wrong foods.
- Look at the menu with your child before school starts each day, and come up with a plan for healthy foods that your child likes.
- Recommend fruits, vegetables, and whole grains. Point out that healthy eating includes a lot of colors, like green salad, orange carrots, and red strawberries.
- Suggest water, 100 percent juice, or plain low-fat or skim milk to drink. Flavored milks and juice drinks have added sugar and a lot more calories.
- Make a rule that your child should get only one serving of fatty or high-calorie items like French fries or dessert. Federal guidelines limit food portions to the right size for your child's age, but that doesn't keep your child from buying two of something.
- Encourage your child to try new foods. Sometimes children are more likely to try a new food at school than at home, because they see their friends eating it.
- Limit the money your child can spend on the vending machine and snack bar – those foods do not have to meet the federal guidelines for school lunches. However, regulations are currently under revision so that all food sold in schools will have to be healthy and nutritious.

If your child's school allows it, arrange to eat lunch with your child in the cafeteria one day. Then you can see and taste the food for yourself and find out exactly what your child is eating.



**CLICK HERE** to learn more about school wellness policies and how you can get involved in your community.

## Boost Your Workout with Interval Training

Interval training may help you get more out of your exercise routine. It's a way to exercise by switching back and forth from short bursts of intense activity to periods of lighter activity. You can incorporate interval training into sports like walking, running, swimming, biking, and weight training.

For example, if you normally walk for exercise, jog for 30 seconds, then return to your normal pace for a few minutes, then

jog for 30 seconds again. Or jog between landmarks like trees or mailboxes before returning to your normal pace. Determine the length and speed of the intense activity based on how you feel, or time the intervals.

Interval training helps you burn more calories and improves your heart and lung health.

The harder you work when you exercise, the more benefit you'll get, even if it's just a little bit at a time. It also helps keep you

from getting bored, making it more likely that you'll stick with it.

When you start interval training for the first time, go slowly. Try just 1 or 2 intense bursts in your workout and ease into more later. If you haven't been exercising regularly, check with your doctor first to make sure it's OK.



[CLICK HERE](#) for tools to help you stick with your workout.

## How to Safely Order Drugs Online

Buying prescription drugs online can save you time and money, but there are a few things to watch out for.

Some Web sites that sell prescription drugs are operating without a license, operating illegally, or operating from a foreign country where shipments to the US are unregulated. That means the US has not checked to make sure the medicine was shipped and stored properly, is within its expiration date, and contains the ingredients the Web site says it does. In addition, some Web sites that say they're from Canada really get their drugs from Asia, South America, or Eastern Europe, where fake drugs are more widespread and rules are not enforced as strictly.

The US Food and Drug Administration (FDA) says a safe Web site for buying online prescriptions has these 4 things:

- It's located in the US and licensed in the state where it's operating.
- It has a licensed pharmacist whom you can contact to ask questions.
- It requires a prescription from a doctor licensed in the US.
- It has a way for you to talk to a person if you have problems.

The National Association of Boards of Pharmacy (NABP) reviews Web sites to determine if they maintain safe pharmacy practices. Check its Web site for a list of the ones it recommends.



[CLICK HERE](#) to find resources that can help you pay for prescription medications.

## Help Your Teenager Get More Sleep

If your teenager has trouble waking up in the morning and is grumpy during the day, it may be more than just typical teen behavior.

The National Sleep Foundation says most children in 6th - 12th grade do not get the recommended 9 hours of sleep a night. In fact, almost half are getting less than 8 hours. But most parents think their teens are getting more sleep than they really are.

Teens who do get enough sleep have been shown to get better grades in school, have a lower body mass index (BMI), and suffer less from depression and thoughts of suicide. They also report feeling happier and getting along better with other family members.

Those who don't get enough sleep are more likely to become drowsy while driving, which is extremely dangerous. A National Sleep Foundation poll found that 15 percent of drivers in 10th - 12th grade



drive while drowsy at least once a week.

To help your teen get more sleep at night:

- Set a consistent bedtime, even on weekends.
- Keep computers, cell phones, and TV out of your teen's bedroom.
- Help cut out caffeine after lunchtime.
- Encourage a relaxing bedtime routine (read, listen to music or take a bath).
- Be a good role model by getting enough sleep yourself.
- Talk to your teen about the importance of sleep.

If your teen still has difficulty falling asleep or staying asleep, talk with your family doctor.

## Squeeze in Exercise at Home

We all know exercise is important. In fact, the American Cancer Society recommends you get at least 30 minutes of exercise at least 5 days a week. But commuting to and from the gym adds even more time, and membership can be expensive. If a health club isn't in your budget and time is short, try doing 3 10-minute chunks of exercise at home while you're doing chores or just relaxing.

- Take a walk outside if it's a nice day, or walk inside around the house if it isn't. Walk fast enough to raise your heart rate and break a sweat.
- Walk up and down your stairs. Take every other step to give your legs a good workout.
- Turn on the radio and dance in the house, alone or with a partner.
- Do jumping jacks or jog in place while you're watching TV. Remember to keep moving for at least 10 minutes.
- Do squats when lifting and putting away groceries, or when picking up your children. Bend with your knees and keep your back straight so you don't hurt yourself.

- Grab an object like a soup can if you're just starting to exercise, or a jug of laundry detergent if you're stronger. Bend at your elbows to curl your hand to shoulder level. Repeat 10 to 12 times, or until you can't do it anymore.

To count toward your 30 minutes a day, the exercise has to get you breathing harder and your heart beating faster. One way to tell that you're working hard enough is that you'll be able to talk, but not sing the words to your favorite song. And, you have to do the exercise for at least 10 minutes straight.



[CLICK HERE](#) for more tips on fitting exercise into your busy lifestyle.

## Eat Smart and Exercise on Vacation



Summertime provides an opportunity for many families to go on vacation. But you don't have to take a vacation from healthy living habits. It can be easy to eat right and exercise while on the road.

- **Bring healthy snacks.** Take a cooler on family car trips, and pack healthy snacks like hummus and carrots, sliced apples and peanut butter, and string cheese with whole-grain crackers. For salt cravers, stock pretzels, nuts, and trail mix.
- **Lighten up fast food.** You can eat at convenient fast-food restaurants without blowing your diet. Skip fried foods, bacon, cheese, and heavy sauces and choose grilled chicken, vegetables, and salads, but without lots of cheese and dressing. And if you must indulge in fries or a shake, get the smallest size or share with family members.
- **Exercise.** On long car trips, use rest-stop breaks to take walks, run laps, play tag, or do stretches or push-ups. At your destination, take advantage of hotel pools and gyms, or exercise in your room each day. If you're at the beach, involve the family in a game of volleyball or Frisbee. If you're in a city, walk instead of ride to see the sites.
- **Take control.** Don't be afraid to ask for food to be prepared the way you want it in a restaurant. Order dressings and sauces on the side, ask for half portions, or share a full one. Make smart substitutions, like vegetables or salad for fries. And shop at the supermarket for some of your meals. Pick up a boxed salad or rotisserie chicken to better control fat content and portion sizes.



[CLICK HERE](#) to watch the American Cancer Society Powerful Choices Podcast series designed to help you stay healthy.



## Peaches: The Taste of Summer

Hang on to summertime just a little bit longer with sweet, juicy peaches. The fuzzy fruit is in season until the end of August.

You can tell a peach is ripe and ready to eat when its flesh gives slightly when you press it, and it smells, well, like a peach! If your peaches are too firm or a little green, store them in a paper bag for a day or two. If your peaches are already ripe, but you're not ready to eat them yet, keep them in a plastic bag in the refrigerator.

Peaches can be eaten raw, added to recipes and salads, and made into jams and preserves. If a recipe calls for peeling peaches, like ours

for Blueberry Peach Crisp from the American Cancer Society *Celebrate! Healthy Entertaining for Any Occasion* cookbook, there is an easy way to do it.

First, plunge the peaches into boiling water for about 20 seconds. Then remove and place

in ice-cold water. Use a paring knife to pull off the skins, starting at the stem end. For 6 cups of sliced, fresh peaches, you'll need 9 medium or 4 large peaches.

Now you're ready to make this delicious, peachy dessert.



## Blueberry Peach Crisp

*6 cups fresh peaches, peeled and sliced*

*2 cups fresh blueberries*

*1/3 cup plus 1/4 cup light brown sugar, divided*

*2 tablespoons all-purpose flour*

*1 tablespoon cinnamon, divided*

*1 cup quick-cooking oats*

*3 tablespoons margarine*

Preheat oven to 350°.

In a 2-quart baking dish, combine peaches and blueberries.

Combine 1/3 cup of brown sugar, flour, and 2 teaspoons of cinnamon in a small bowl and mix well. Add to peaches and blueberries, tossing to mix.

Combine oats, 1/4 cup of brown sugar, and 1 teaspoon of cinnamon in a bowl.

With a pastry blender or fork, cut in margarine until crumbly, then sprinkle over fruit.

Bake for 25 minutes or until fruit is just tender and mixture is bubbly.



[CLICK HERE](#) to order this and other great books from the American Cancer Society bookstore.

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