

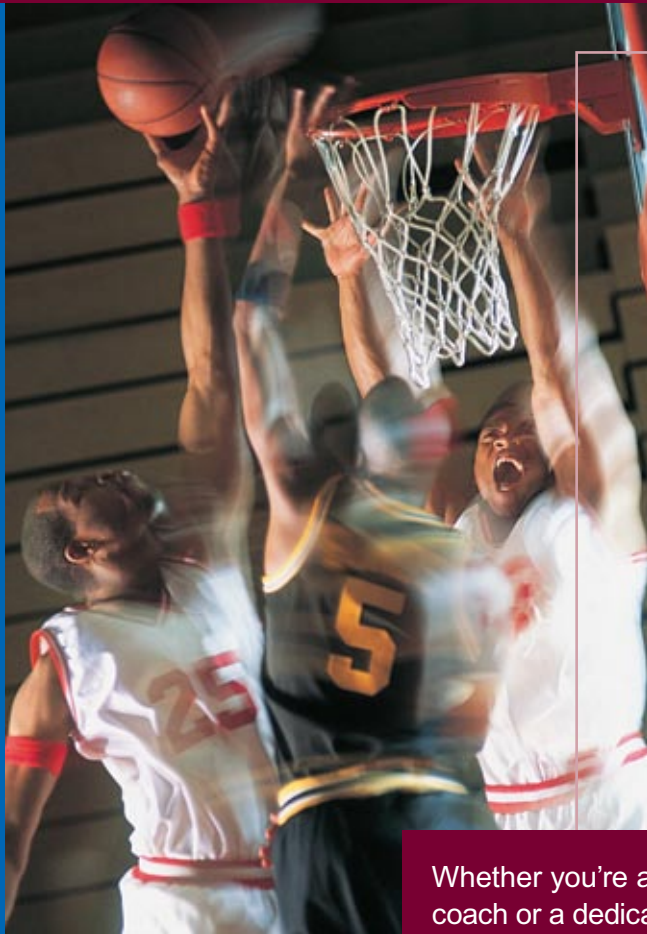
In This Issue

- Restaurant Dining Tips: Your Plan for a Guilt-Free Night Out
- Winter Weather Workout Tips
- Coffee: The Good and Bad of Your Favorite Brew

**CLICK** on this symbol throughout this e-newsletter for links to interactive simple solutions.



# HealthyLiving



## Fighting Cancer: A Team Effort

It may not be time for March Madness quite yet, but there are plenty of reasons to be excited about basketball season – especially when so many teams are helping fight cancer.

Since 1993, the American Cancer Society and the National Association of Basketball Coaches have been teaming up for Coaches vs. Cancer®, a program that unites basketball coaches, their teams, and communities around the country in the common cause to end cancer. Since the program’s inception, participants have raised nearly \$45 million through year-round educational efforts and fundraising events.

Philadelphia men’s basketball coaches Phil Martelli of Saint Joseph’s University and Fran Dunphy of Temple University may compete on the court during the season, but they team up year-round to fight a common enemy – cancer. Over the years, the two coaches host numerous fundraisers and awareness events to benefit the American Cancer Society, including annual golf tournaments and the BasketBall gala, a black-tie affair. Altogether, the pair has raised more than \$4.7 million for the Society’s fight against cancer. And they’re just two of the many coaches who participate in the program.

“Our profession is coaching teams – we try to get them to win battles that are hard to win,” Dunphy says. “Now I’m a part of this great team, and I’m honored to be part of *this* battle. Hopefully we’ll end this disease in our lifetimes.”

Dunphy and Martelli say they feel the fight against cancer is a team effort and a humbling experience. “Knowing how fortunate we are to have one of just 300 jobs like ours, being able to help in a very, very small way to make things better is so rewarding,” Martelli says.

Today, more than 500 Division I, II, and III college coaches and more than 100 high school coaches are involved in the program.

Whether you’re a coach or a dedicated fan, you can turn your love for basketball into a lifesaving cause through Coaches vs. Cancer. **To find out how to get involved in your community, visit [www.cancer.org/coaches](http://www.cancer.org/coaches).**



## Restaurant Dining Tips: *Your Plan for a Guilt-Free Night Out*

Eating out doesn't have to wreck your diet. You just need to stick to a few basic rules.

First, don't show up with an empty stomach. You'll be more likely to empty the bread basket. Have a healthy late afternoon snack, such as half a sandwich or a handful of nuts.

Limit alcohol. Not only is it high-calorie and nutrient-poor, it will weaken your willpower. You'll be more likely to order something unhealthy, overeat, and over-indulge in pre-dinner snacks, such as cocktail peanuts or chips.

To save on fat and calories, try ordering smaller portions. Try

an appetizer or half an entrée, or share a meal with a friend and order an extra side salad.

Ask waiters if the cooks can use lighter preparations: grill the chicken, steam the vegetables, bring sauces and salad dressings on the side.

When reading the menu, keep an eye out for hidden calories. They're often associated with words such as pan-fried, sautéed, battered, breaded, au gratin, cheesy, creamy, buttered, or crispy. Look instead for words such as steamed, broiled, tossed, and poached. Order dishes with grilled meats, lot of veggies, and whole grains.

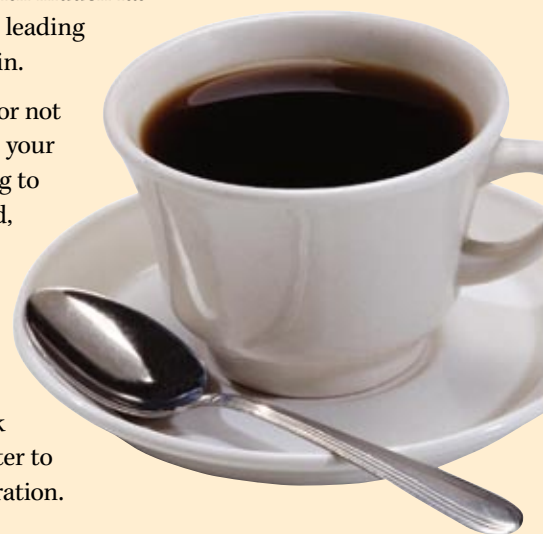
## Coffee: The Good and Bad of Your Favorite Brew

Many of us can't get through the day without a cup of joe, and with a Starbucks practically on every corner, we don't have to. But is drinking all that coffee good for you?

Lots of researchers are looking into the question. The caffeine in coffee can give you a short-term performance boost, improve your mood, and help relieve headaches. There is also research suggesting a lower risk of Parkinson's disease in coffee drinkers. So far, it doesn't look like drinking coffee raises your risk of cancer – in fact, one study saw hints that drinking coffee might lower the risk of ovarian cancer, but those findings weren't conclusive.

But drinking coffee on a regular basis could also affect your sleep, trigger migraines, and cause digestive problems. It also yellows your teeth. And let's not forget that many coffee shop concoctions are loaded with hidden fat and calories, leading to weight gain.

So, to drink or not to drink? It's your call. On thing to keep in mind, though: if you regularly drink coffee, be sure to drink plenty of water to avoid dehydration.



**CLICK HERE** for more foolproof tips for eating healthfully while dining out.



**CLICK HERE** to find more answers to common questions about diet and cancer.

## Winter Weather Workouts

Don't let cold weather put your exercise routine on ice. Working out regularly will not only help you control your weight and improve your mood, but you'll also reduce your risk of cancer, heart disease, stroke, and diabetes.

It's easier to exercise regularly during the winter months than you realize – you just need to think creatively. And if it's been a while since you've exercised regularly, discuss your plan and your health with your doctor.

If it's not too cold:

- Take the dog for a walk.
- Try a winter sport, like skiing, snow-shoeing, or ice-skating.
- Shovel snow.

If it's unbearably cold outside, try these indoor activities to get your heart pumping:

- Meet a friend at the mall and walk some laps.
- Do leg lifts or sit ups while you watch your favorite TV show.

- Put on your favorite music and dance.
- Clean your house. Scrubbing, mopping, and vacuuming all burn calories.

The American Cancer Society recommends adults engage in at least 30 minutes of moderate-to-vigorous physical activity – above your usual day-to-day activities – on 5 or more days a week. Forty-five minutes to an hour is even better. So stay moving and stay healthy!



## Reduce Your Health Risk through Everyday Choices

You may be used to seeing plenty of decorative hearts in February for Valentine's Day, but did you know that February is also American Heart Month? While cancer is the second most common cause of death in the United States, heart disease tops the list at number one.

Both heart disease and cancer are linked to poor diet, excess weight, smoking, and physical inactivity. Adopting healthy, everyday lifestyle choices can help reduce your risk.

The American Cancer Society, American Heart Association, and American

Diabetes Association have teamed up to remind Americans that you can help lower your risk for cancer, heart disease, diabetes, and stroke by:

- Eating a healthy diet and maintaining a healthy weight.
- Exercising regularly.
- Avoiding tobacco.
- Seeing your doctor regularly for appropriate screening tests and to assess personal risk factors.

Show someone your love this month by encouraging them to follow these simple, lifesaving guidelines.

## Sun Protection Isn't Just for the Beach

Most people only worry getting sunburned when they're at the beach or hanging out at the pool.

But ultraviolet (UV) rays don't disappear when temperatures drop. While the sun may not be as strong in your part of the world during the winter months, its UV rays are reflected off of water and snow, and they are just as damaging now as they are in summer.

The most important way to lower your risk of skin cancer is to protect yourself from UV rays. That means a number of things: remembering to cover your head, wearing sunglasses, and applying sunscreen with an SPF factor of 15 or more to any part of your body that's exposed. Put sunscreen on before you go out, and reapply it 20 minutes later to be sure you're covered. And don't skip it just because it looks overcast outside: UV light still comes through on hazy days.

Don't forget to protect your lips by using a lip balm with an SPF, and invest in wrap-around sunglasses with at least 99% UV absorption to block damaging UVA and UVB light.

Remember, chilly days are no excuse not to protect your skin.



**CLICK HERE** for more information about skin cancer prevention and early detection.

# Creamy Chocolate Cheesecake with Sliced Strawberries

1 cup nonfat plain yogurt  
 4 ounces low-fat cream cheese  
 ¼ cup part-skim ricotta cheese  
 ¼ cup maple syrup  
 3 tablespoons cocoa powder  
 2 large egg whites  
 2 teaspoons ground cinnamon  
 1 teaspoon Kahlua  
 ½ pint strawberries  
 Nonfat cooking spray

Preheat oven to 350 degrees. Coat an 8 x 8-inch pan with nonfat cooking spray. Puree in blender the yogurt, cream cheese, ricotta cheese, maple syrup, cocoa, egg whites, cinnamon, and Kahlua. Pour in pan.

Bake cake for 50 minutes or until done. Let cool and decorate with slices of strawberries.

Makes 8 slices.

*Approximate per serving: 98 calories, 4 grams of fat.*



**CLICK HERE** to order *Celebrate!*  
 Healthy Entertaining for Any Occasion.



## Cherries: Put a Cherry on Top!

Bright red and bite-sized, cherries are just the thing to top off a tempting treat. But this sweet and tangy fruit is also a treat unto itself.

There are two types of cherries that regularly make their way into our diets: sweet cherries that are usually eaten fresh, such as the Bing and Ranier varieties, and sour cherries, such as Montmorency, which are more typically used for pie filling. Both types are high in vitamin C and count toward your recommended daily servings of fruit and vegetables, but beware that pie fillings come with added sugar and calories that cherries alone don't.

Although cherries come into season in the summer months, canned, frozen, and dried cherries can be enjoyed year round. Along with cherry pie, cherries make for an interesting addition in lots of other recipes. Sour cherries, for example, can be mixed into a spicy fruit salsa to serve with chicken or pork, and dried cherries can mingle with chopped nuts as a salad topping.

So beat the winter food doldrums with a bite of cherry – isn't everything better with a cherry on top?

### In the Next Issue

- **Alcohol and Cancer: Is There a Link?**
- **Get Your Greens: Ways to Enjoy Leafy Veggies**
- **A Colon Cancer Survivor Tells Her Inspiring Story**

Articles contributed by: Amanda Dobbs, Lisa Harris, Scott Simpson, and Rebecca Viksnins.

All content for *HealthyLiving* is provided by the American Cancer Society.

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