JANUARY 2009

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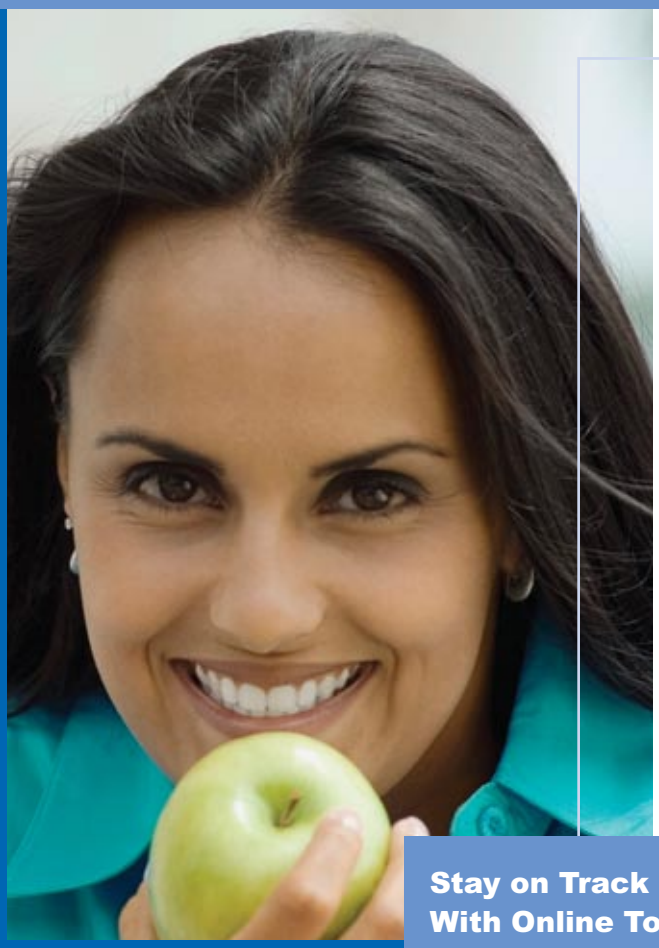
HealthyLiving



Tips for a Healthier 2009

When it comes to New Year's resolutions, two goals always seem to make it onto everyone's lists: eat healthier and exercise more. While they're commendable resolutions, they can also be hard to keep.

This year, increase your chances of success by creating a workout plan and writing it down. If you have clear objectives, you'll be more likely to follow through.

If you want to exercise more in '09, decide what you're going to do, when you're going to do it, and for how long. The Society recommends adults get at least 30 minutes of moderate-to-vigorous physical activity on 5 or more days a week; 45 minutes to an hour is ideal.

To eat better, follow the American Cancer Society's guidelines and keep track of how well you're doing in a food diary. Get 5 or more servings of a variety of vegetables and fruits every day, choose whole grains over processed grains, limit intake of processed and red meats, and watch portion sizes.

Here are some more tips to help you stay on track:

Make one small change each day. If getting in 5 fruits and vegetables everyday sounds daunting, start by eating just one apple a day until it feels effortless. The next week, try adding a small side salad to your lunch menu. Keep going until you've hit 5 a day.

Anticipate situations that might lead you astray. If your evening workout constantly gets sabotaged by dinner plans, carve out time in the morning instead. Or, if you're habitually at the vending machine because you're short on time, keep healthy snacks at your desk or in your purse.

Stay motivated by focusing on immediate benefits. Not seeing 6-pack abs yet? Focus instead on the ways exercise is already making you feel better, such as having more energy.

Stay on Track With Online Tools

Keeping your resolutions to eat healthy and exercise regularly can also help you reduce your risk of cancer. The Great American Health Challenge has tips, tools, and ideas to keep you on track.

CLICK HERE to get started.

4C's to Choosing the Right Gym for You

You want your gym to be of good quality, good value, and fit your lifestyle – otherwise, you'll find excuses not to go. Here are a few practical tips to help you find the ideal place to work out.

Convenience

No matter how nice the gym is and how many cool classes it offers, if it isn't close to your home or office, you won't go. Make location a top consideration in your choice.

Cost

Consider membership, monthly, and class fees, as well as any costs associated with transferring or ending contracts. If possible, start with a trial membership.

Comfortable

Before joining the gym, take a tour during the time you would normally be using the facility. That way, you'll know how crowded it will be, and you'll get a feel for the atmosphere. If you aren't comfortable, you won't go.

Classes

If you're motivated by the latest fitness craze – say yoga or kickboxing – make sure the gym offers classes. If your gym doesn't offer any classes, you may get bored and stop going. Check times, skill levels, and additional cost.

Working Out on a Budget

In these uncertain economic times, many Americans are cutting the bloat out of their budgets. For some, this might mean ending their gym memberships or cutting back on sports that come with fees or pricey equipment. But don't let hard times affect your health. There are many ways to get much needed exercise on the cheap.

Walking: Walking requires no memberships, little equipment, and has incredible benefits. Regular walking can help you shed pounds; lower your blood pressure; reduce your risk of a heart attack, diabetes, and stroke; improve mood and sleep; alleviate stress; and strengthen muscles and joints.

Community Centers: Many community centers, church recreation groups, and local high schools offer low-cost fitness, exercise, and weight-training classes for reduced rates to area residents.

DVDs: Exercise and yoga DVDs have exploded in popularity in recent years. They're an easy, low-cost way to exercise at home. To further cut costs, check out discs from your local library.

Equipment discounts: Numerous Web sites list previously-owned treadmills and dumbbells for sale at rock-bottom prices. Also check out retail outlet chains devoted solely to the sale of used exercise equipment.

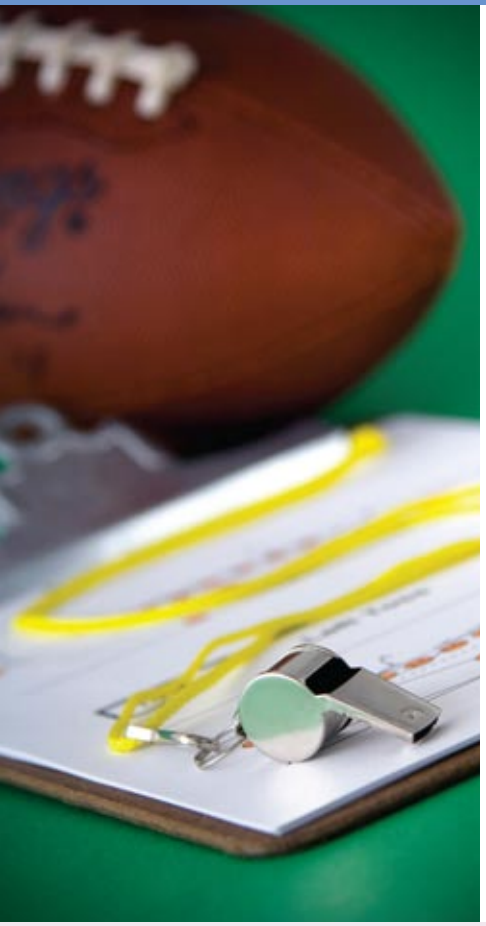
Tune In to SUITS and SNEAKERS to Help Fight Cancer

One weekend each year, college basketball coaches lace up their sneakers to show their support for the American Cancer Society and to fight cancer in their communities. This year, the Coaches vs. Cancer® Suits and Sneakers awareness weekend, a joint effort of the National Association of Basketball Coaches (NABC) and the Society, falls on January 30 through February 1. Tune in and show support not only for your favorite teams, but also for the fight against cancer.

By slipping on sneakers rather than their usual dress shoes, participating NABC coaches nationwide raise awareness about the fight against cancer and the important roles good nutrition and physical activity play in reducing the risk of the disease. The American Cancer Society recommends the following to reduce your risk of cancer, as well as heart disease and diabetes:

- Maintain a healthy weight throughout life.
- Adopt a physically active lifestyle.
- Consume a healthy diet with an emphasis on plant sources.
- Limit your consumption of alcoholic beverages.

In addition to raising awareness about cancer, the Coaches vs. Cancer program has raised nearly $45 million since 1993 through community galas, golf tournaments, and other local and national events.



A Pre-Game Talk from Your Nutrition Coach

The team needs a host for this year's Super Bowl party, and you've been handed the ball.

Kick things off with healthful appetizers, such as *baked* chips, pretzels, and popcorn. Serve up your own trail mix of unsalted nuts, dried fruit, seeds, and whole-grain cereals.

Hit them with fruit *and* vegetable trays. In fact, cover half the table with fruit and vegetable options. Try a colorful mix of cherry tomatoes, melon, sugar snap peas, and orange slices.

Pass on the heavy, calorie-loaded dip, and go with something light, fresh, and flavorful. Use low-fat yogurt, light cream cheese, and nonfat sour cream to cut calories and fat.

Be "healthy," not boring. Order pizza, but lose the cheese and add veggies. Serve chili, but make it vegetarian or low-fat turkey chili. Score points with a party sub built using whole grain bread, lean meats, low-fat cheese, and plenty of veggies.

At the final whistle, you'll have tackled hosting's toughest challenge: your guests will have eaten well, and it was healthy to boot! Ah, the sweet taste of victory!

CLICK HERE to learn more ways you can eat smarter.

Cervical Cancer: Get Screened with the Pap Test

January is National Cervical Cancer Screening Month, which brings to mind one of the most well-known screening tests: the Pap test.

The Pap test, also called a Pap smear, is the main screening test for cervical cancer. Developed in the 1950s by Dr. George Papanicolaou, the test looks for changes in cervical cells that could lead to cancer. The American Cancer Society campaigned for acceptance of the test, and widespread use has helped cut cervical cancer deaths by more than 70 percent. Today, most invasive cervical cancers are found in women who have not had a Pap test in the last 5 years.

Women should begin screening for cervical cancer about 3 years after beginning to have vaginal intercourse, but no later than age 21. Screening should be done every year with regular Pap tests or every 2 years using liquid-based tests; tests may be done less frequently after age 30, if a woman has had 3 normal Pap tests in a row.

All women should talk with their doctors to determine a screening schedule that fits their age, risk, and other factors.

CLICK HERE for more information on cervical cancer prevention and early detection.

Dr. George Papanicolau, pictured here with his wife Mary (who was also his research partner), developed the life-saving Pap test.

The Benefits of Beans

Beans may not be beautiful, and they get a bit of a bad rap because of their, er, unfortunate side effects. But you really should give beans a chance. They are loaded with nutritional health benefits. The soluble fiber in beans not only provides energy for our bodies but can also lower cholesterol. And if that weren't enough, the fiber in beans can aid digestion and keep your bowels working properly.

You can find beans just about anywhere, and they're usually pretty inexpensive, especially if you buy in bulk. Before you buy, make sure there's no evidence of moisture or insect damage.

When it's time to prepare the beans, spread them out in a light colored plate, remove small stones or debris, then rinse them thoroughly. To shorten your cooking time, pre-soak your beans overnight in the refrigerator for 8 hours. Pre-soaking also helps break down the outer coating of the beans so that they're more digestible. Keeping them chilled keeps them from fermenting overnight.

If you're short on time, use canned beans. They have the same great taste and nutritional value, but do be mindful of the added sodium.

Sideline Chicken Chili

- 3 skinless chicken breast halves, bones intact
- 6 cups water
- 1 large onion, sliced lengthwise
- 2 tablespoons cilantro
- 2 cups fat-free chicken broth
- 4 corn tortillas, cut into 1-inch strips
- 1 4-1/2-ounce can diced green chiles
- 1 15-ounce can corn, drained
- 2 15-ounce cans Great Northern beans (or other white bean)
- 1 cup green tomatoes or tomatillos, chopped into 1-inch pieces
- 1 tablespoon fajita seasoning
- 1/4 teaspoon garlic salt
- 1 tablespoon lime juice

Bring chicken, water, onion, and cilantro to a boil in a large stockpot. Reduce heat and simmer 20 minutes. Remove chicken and cool.

Meanwhile, in a small saucepan, bring chicken broth to a boil, stir in tortillas, and turn off heat.

Pull chicken off the bone and cut into bite-sized pieces. Return to stockpot.

Add chiles, corn, beans, tomatoes, fajita seasoning, and garlic salt.

Add tortilla/broth mixture to stockpot and simmer 15 minutes.

Add lime juice to chili and serve.

Makes approximately 10 cups. Serves 8.

Approximate per serving: 330 calories; 5 grams of fat.

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

In the Next Issue

- **Winter Weather Workout Tips**
- **It's Heart Health Month: Ways to Love Your Heart**

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

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