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# HealthyLiving

## Caring for a Most Precious Asset: Mom

Proud moms everywhere work hard to make sure their children have the things they need to thrive – whether those kids are age 3 or 43. Too often, though, moms are so busy worrying about the needs of others, they neglect to take care of themselves. As we honor mothers across the country this May, it's important to encourage the women we love to make their own health a priority. Take time to check in with the moms you know on the five critical health categories below. If you're a mom, take stock of them yourself. More healthy moms will give everyone another reason to celebrate this Mother's Day.

**Eating right.** Moms need to eat their fruits and veggies just as much as kids do. Whole grains and lean proteins are also important. Studies show that poor diet can contribute to the risk of serious diseases, including cancer, so be sure to follow the [American Cancer Society's guidelines for healthy eating](#).

**Staying active.** Finding time to exercise can be a challenge for anyone, but that can be especially true for busy mothers. Getting 30 minutes or more of exercise each day can help mom cut down her risk of heart disease, cancer, and even diabetes.

**Quitting smoking.** Knowing the severe health risks of smoking doesn't necessarily make it any easier to quit. Help a mother find the tools she needs to kick her tobacco habit for good, and she'll reap health benefits for years to come.

**Getting regular health checks.** Finding cancer early or preventing it where possible are powerful weapons when it comes to maintaining good health. Women should make appropriate cancer screening tests such as mammograms and colon cancer tests part of their health routine.

**Protecting your skin.** Skin cancer is the most common type of cancer, so remind mom to seek the shade when outdoors; and when in the sun, she should slip on a shirt, slop on sunscreen, slap on a hat, and wrap sunglasses around her eyes to help reduce her exposure to harmful UV rays.



Need help encouraging mom to make her health a priority? The Web site [ChooseYou.com](#) is a great place to start. This online resource from the American Cancer Society offers tips, tools, and detailed information to help women take charge of their health.

## E-cigarettes: Fact and Fiction

Electronic cigarettes, or e-cigarettes, are being marketed as a way to help people quit smoking. These refillable tubes have a battery and an electronic chip in them but

### May 31 Is World No Tobacco Day

Sponsored by the World Health Organization (WHO), World No Tobacco Day aims to educate the public about the dangers of tobacco by highlighting a different aspect of the problem each year. This year's theme is the WHO Framework Convention on Tobacco Control, a treaty signed by more than 170 countries to regulate tobacco products and protect people from tobacco smoke. Visit <http://www.who.int/tobacco/en/> to learn more.

look like cigarettes, right down to the glowing tips. When the smoker puffs on one, it delivers a mist of liquid, flavorings, and nicotine that looks something like smoke. The smoker inhales it like cigarette smoke, and the nicotine is absorbed into the lungs. But are e-cigarettes safe? And do they really work?

Manufacturers of e-cigarettes say the products are safe, but there's no good way to verify that. E-cigarettes are not labeled with their ingredients, so you can't know exactly what's in them – or if those ingredients are safe to inhale.

The Food and Drug Administration (FDA) has found problems with e-cigarettes. Testing in 2009 found cancer-causing substances and other dangerous chemicals in some of the samples. One had a toxic ingredient found in antifreeze. The FDA's testing also revealed that nicotine levels varied a great deal from puff to puff, even



between cartridges labeled as having the same nicotine amounts, and small amounts of nicotine were found in most of the cartridges labeled nicotine-free.

But even if e-cigarettes are safe, we don't know if they really help people quit smoking. There have been no clinical trials to find that out.

The good news is there are many other tools that are proven to help smokers quit. If you're ready to quit for good, call 1-800-227-2345 anytime of the day or night, or visit [cancer.org/smokeout](http://cancer.org/smokeout) for help.



## Running, Swimming, and Biking, Oh My!

Looking for a way to vary your workout routine? Or maybe you'd just like a challenge. Triathlons offer both. Once an event for the most elite athletes, triathlons have now become an event for anyone who's craving a challenge. Triathlon combines three sports – running, biking, and swimming – where competitors perform all three, one after the other without stopping. Training for and competing in a triathlon is a great way to get in shape, while also enjoying different activities.

Triathlon training offers a well-balanced program of combined exercise known as cross training. The variety of activities can help you beat boredom and work more muscle groups than a single exercise alone would.

Signing up for a triathlon is a great way to motivate yourself to get in shape, but it's also a great way to meet people. Whether you train alone or with others, you're sure to meet fellow triathletes along the way. And many triathlons are held to benefit charities, which encourages people at different levels of experience and physical ability to compete.

You might just want to shake up your workout and give it a "tri!"



**CLICK HERE** to dedicate your triathlon to the fight against cancer with the American Cancer Society DetermiNation® program.

## Great Food in the Great Outdoors



Warm weather means it's time to eat outdoors, but munching on the heavy, greasy, and fatty food on the menu at a typical picnic or barbecue can really weigh you down. Next time you plan to dine al

fresco, consider these ways to lighten up the fare without sacrificing satisfaction.

**Do a meat makeover.** If you're breaking out the grill for a barbecue, choose lower-fat meats, such as cuts from the round or loin, or consider forgoing the meat altogether and enjoy grilled veggie kabobs or Portobello mushroom burgers. If you've got picnic plans, stack sandwiches with grilled or roasted veggies instead of loads of lunch meat that may be heavy in nitrates and preservatives.

**Scoop up some salads.** When it comes to side dishes, skip the chips in favor of cooling

salads, such as a colorful fruit salad with seasonal berries, a flavorful whole-wheat pasta salad tossed with vegetables, or a simple black bean and corn salad with a hint of spice.

**Let Mother Nature take care of the sweet stuff.** Slices of ice-cold watermelon or chunks of ripe pineapple make fresh and tasty desserts, and they have much lower fat and calorie counts than cakes or cookies.



[CLICK HERE](#) to find more healthy food ideas for your next outdoor meal.

## Mindful Moments Can Make a Difference

In our busy lives, sitting still for even a short amount of time may seem like a luxury. But taking a mental break can truly be good for your health, especially if you use that time to practice the art of meditation.

Put simply, meditation is a process that uses concentration or reflection to relax the body or calm the mind. Some practitioners meditate by repeating a word or phrase aloud; some use physical movement, such as tai chi or aikido. Many people meditate by simply finding a quiet place, closing their eyes, and focusing their attention on their breath or on other soothing elements.

Although it may not seem like this mental practice could have a big impact on a person's health, meditation has been shown to have a host of potential benefits.

An independent panel convened by the National Institutes of Health found that meditation can work with traditional therapies to help treat chronic pain and sleeping problems. Meditation is even offered in some clinics to help reduce stress and anxiety for cancer patients. The next time you are feeling stressed and overwhelmed, consider exploring meditation. You, too, could reap positive results.



[CLICK HERE](#) to learn more about "meditation" and its benefits.

## Build a Young Resumé through Volunteer Work

In today's economy, recent college grads can use a leg up in the ultra-competitive job market. Volunteer involvement is one way to stand out in the crowd and gain valuable experience to round out your resumé, all while doing good in your community.

There are lots of opportunities out there. For young alumni interested in the fight against cancer, the American Cancer Society College To Community™ program is a great way to make a difference and develop some business savvy.

Recent grads can use their voices to advocate for a healthier community, provide direct assistance to patients, or take part in dozens of other volunteer adventures. It's a perfect opportunity to network with other young professionals and alumni, and sharpen the skills many employers look for.

American Cancer Society volunteer and staff partners work with recent graduates to match the right opportunity to your interests and schedule. And, with a presence in more than 5,100 communities across the nation, you can make a difference right in your own backyard – whether you're still in your college town, back in your hometown, or in a new place.



[CLICK HERE](#) to learn more, or check us out on Facebook.



## Lemon-Watermelon Slush

*1 cup lemon juice, freshly squeezed, with pulp (from approximately 4 large lemons)*

*½ cup sugar*

*8 cups seeded, diced watermelon*

*30 to 40 ice cubes*

*2 tablespoons fresh mint for garnish*

*Cool off with this sweet summer sipper from the American Cancer Society cookbook Celebrate! Healthy Entertaining for Any Occasion.*

In a small saucepan, bring lemon juice and sugar to a boil. Stir until all sugar is dissolved and remove from heat. Chill syrup well.

Blend in 4 batches. For each batch, place 2 cups of watermelon into blender, add ¼ of the chilled lemon syrup and blend until mixed well.

Add ice cubes to blender 1 at a time, approximately 10 per batch, until mixture is thickened.

Repeat for remaining 3 batches.

Serve in chilled glasses and garnish with fresh mint.

Serves 8.



**CLICK HERE** to order and for dozens of other delicious recipes in The American Cancer Society's *Celebrate Cookbook*.

## A Taste of Summer

From the crunch of the red fruit to the feeling of sticky juice on your chin, the joy of eating watermelon is one of the great pleasures of summer. And it seems this joy is not a new one. According to the National Watermelon Promotion Board, the first recorded watermelon harvest is said to have occurred in Egypt nearly 5,000 years ago. Today, watermelon is still one of the most consumed melons in America. Little wonder, as this refreshing fruit is not only thirst quenching (it contains roughly 92 percent water), but nutritious, too. Its healthful resumé includes doses of fiber and potassium, high levels of lycopene

and of vitamins A, B6, and C, and no fat or cholesterol.

Ripe, red watermelon shines as the star of fruit salads, but there are many other ways to enjoy it as well. Pairing cubes of watermelon with tangy feta cheese and onion transforms this fruit into a savory side dish. Watermelon puree enhances smoothies, fruit drinks, and frozen concoctions of every kind. Of course, watermelon does wonders on its own, making it an easy and healthy choice for a simple dessert. Just slice it up, sit back, and enjoy a true taste of summer.



**In the Next Issue:** • Healthy Gift Ideas for Dad  
• Know Your BMI • Add Flavor without Calories

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