

**In This Issue**

- Gold Medal Gardening
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- Getting and Staying Organized

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



# BecauseWeCare

*Healthy Ideas For A Healthy Workplace*



## Think Locally, Eat Locally

If you've watched more than 10 minutes of TV commercials, you know that we live in a food-obsessed culture. But according to Michael Touhy, chef and owner of Woodfire Grill, it doesn't always have to be about the cheesiest, the gooiest, or what you can get at the drive-through.

His "sustainable cuisine" philosophy uses local, organic, in-season produce that are harvested in ways that protect the environment; organically raised meats and poultry; and artisan products, like hand-crafted cheeses. "For me it's about looking for better flavors and quality," he says, "but if chickens or beef are raised naturally, there are probably health benefits to consumers too."

You can find these kinds of ingredients at local farmers markets which help support local producers and growers – and Touhy says there's nothing like the seasonal flavors you'll find there. "It's really exciting knowing there'll be fresh asparagus in the spring, tomatoes in July, and fresh salmon in March and April. When it comes to taste, waiting for the right season makes all the difference." In fact, the restaurant's menu changes daily depending on what fresh ingredients are available.

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"Sustainable cuisine" isn't just for higher priced restaurants, though. Chipotle, a national chain of "fast-casual" burrito restaurants, serves what owner Steve Ells calls "food with integrity." Although there are not enough natural suppliers to cover 100 percent of the chain's needs, he uses organic produce and naturally-raised chicken, beef, and pork whenever and wherever possible.

Ells says, "It definitely affects quality and flavor. And better meat means better conditions for the animals and survival for small family farms – so it benefits everyone." The success of the chain has even encouraged some commercial producers to expand their natural and organic operations.

For more information on sustainable cuisine, go to [www.chefscollaborative.org](http://www.chefscollaborative.org) for its annual guide and list of member restaurants. *-Jeff Silver*

## Stretching 101

Exercise can be beneficial to everyone, no matter what their age. As we grow older, if we don't remain physically active, our muscles tend to shorten and tighten, and our joints become stiff. Stretching a few times a week can help increase flexibility and range of motion. Stretching a cold muscle can cause injury, so it's a good idea to warm up before you stretch. A light walk for 5-10 minutes will do the trick.

Follow these tips to maximize the benefits of the stretching you do.

- Hold or perform each stretch for at least 10-20 seconds.
- Stretch while standing or sitting, whichever is most comfortable for you.
- Stretch your wrists, arms, shoulders, and neck by slowly rotating each area.
- Extend your arms and legs in front of you and hold for 10-20 seconds.
- While sitting or standing, bend slowly from right to left and front to back to stretch the side and back muscles.
- To keep your muscles flexible and loose, take every opportunity to walk, work in the garden, or partake in any physical activity your health will allow.



## Your BMI and You

Scientific evidence suggests that about one-third of cancer deaths in the United States each year are due to nutrition and physical activity factors, including obesity. For the majority of Americans who don't smoke, the most important way to reduce cancer risk is by eating better, being active, and maintaining a healthy body weight.

Working in collaboration with Weight Watchers, the third annual **American Cancer Society Great American Weigh In®** is scheduled for March 2, 2005. This day of awareness encourages everyone to know their body mass index (BMI) and its cancer connection.

Free "weigh-ins" and cancer prevention information will be available to the public at participating Weight Watchers locations nationwide to help people learn their BMI and gauge how healthy their weight is. In addition, participants will receive the latest cancer information along with recommendations for eating well, being active, and maintaining a healthy weight. For more information, contact the American Cancer Society at [www.cancer.org](http://www.cancer.org) or 1.800.ACS.2345.



**CLICK HERE** to calculate your BMI and to learn more about how it affects your health.

## Gold Medal Gardening: Stay Fit with a Green Thumb

Gardening may not be an Olympic sport yet, but it can still be a great way to get exercise. You can skip those pricey gym fees while communing with Mother Nature at the same time. (Don't forget the sunscreen!) If you've never thought of gardening as good exercise, think again. Gardening can be a great way to burn some calories, build some muscles, and see great results!



**Lawn maintenance.** This includes raking leaves, bagging grass clippings and leaves, pushing a mower (park the riding mower if you want exercise), spreading grass seed, and tilling the ground.

**Shrubs and bushes.** Forget the power clippers and get out the hand clippers to trim shrubs and bushes.

**Planting.** This includes carrying bags of soil, shoveling, hoeing, and tilling.

**Landscaping.** This offers a real workout with activities like carrying and stacking wood, clearing land, carrying and laying stepping stones for walkways, digging and clearing garden ponds, and laying brick walkways or patios.



# PULL IT Together!

For most people, getting organized – much like diet and exercise – tops the list of “New Year’s resolutions to be broken.”

While the idea may be appealing, it seems such an overwhelming task that many people don’t even put forth the effort because they doubt they can actually maintain an organized state of affairs.

The key to effectively organizing your office or home is in breaking tasks down into smaller steps and following a systematic approach. Remember, being organized doesn’t necessarily mean being “neat and tidy.” It’s about being able to find things when you need them, and getting things done when they need to be done.

Here are a few tips for diving into the seemingly impossible task of getting organized.

**Visualize your goals.** Know what you want to accomplish and set a realistic time frame for each. When you accomplish a goal, cross it off your agenda.

**Develop a plan.** Set a schedule and stick to it. Do a “walk-through” of the areas/rooms you plan to tackle and only address the ones you have the time to finish according to your schedule.

**Just get started.** Stick to it until it’s done, even if you only have a few minutes each day or week to spend getting organized.

**Don’t be afraid to get rid of things.** If you haven’t used the item in the past year, chances are you won’t again. Give extra items you don’t use anymore to charity. Recycle or throw away the extra papers, newspapers, magazines, and clutter.

**Establish patterns and schedules.** Staying organized is an ongoing effort. If you stay diligent about it for just a few minutes each day, putting items away as soon as they enter the house, you’ll reap the benefits, reduce stress, and save time.

**Review and revise.** Once you finish for the day, review what you have accomplished and check to see if any revisions need to be done to your agenda/schedule.

## Check this out!

**If you’re 50 or older, you need to get tested for colon cancer. Your age is your greatest risk, but colon cancer is one cancer you can avoid – simply by getting tested. Talk to your doctor and make colon cancer testing a priority. For a free information kit, call 1-800-ACS-2345 or visit [www.cancer.org](http://www.cancer.org).**



## Active for Life<sup>SM</sup>

Companies large and small can take a proactive role in the health of their employees by participating in the American Cancer Society’s Active for Life program.

Active for Life is a 10-week employee-wellness program that encourages all workers, regardless of their current level of fitness, to be more active. On both an individual and a team basis, participants set personal goals that can set the stage for long-term lifestyle changes. Friendly competition and fun team-building activities help make exercise appealing to people with all kinds of interests.

Being physically active helps participants handle stress better, feel more invigorated, sleep more soundly, and be more productive



on the job and in their personal lives. The program can boost company morale and result in healthier, happier employees – and that’s good for everyone’s bottom line.



**CLICK HERE** to find out how your company can get moving – for life!

## Tai Chi - Good for the Body and the Mind

Looking for a new fitness routine that will exercise your mind and body? If so, you may want to consider Tai Chi. This Chinese art has been practiced for centuries and consists of a sequence of movements performed slowly and gracefully.

Designed to promote the flow of energy within the body, Tai Chi is credited with increasing strength and muscle tone while improving flexibility, balance, and coordination. Tai Chi is popular among people of all ages, especially those looking for a low-impact workout.

To find a Tai Chi class near you, try contacting local community centers, colleges, or health clubs.

# Reel Nutrition:

## Salmon High in Anti-oxidants and Heart-healthy Omega-3's

Salmon has become immensely popular with chefs and seafood lovers alike – and with good reason. Its deep color and rich, buttery flavor is not only appealing, but boasts a number of health benefits. Salmon is high in protein, the antioxidant vitamin E, and Omega-3 fatty acids that reduce cholesterol and blood pressure levels as well as the risk for heart disease and certain cancers. Omega-3's also help improve immune system function. Salmon contain some of the highest levels of Omega-3's of any fish in the world. It's no wonder the National Fisheries Institute ranks salmon as the third most popular seafood in the United States after tuna and shrimp.

### BAKED SALMON with Carrot-Zucchini Stuffing

4 4-ounce salmon steaks  
 1 tablespoon corn oil margarine  
 1 small onion, finely chopped  
 3 cups zucchini, shredded  
 1 cup carrot, shredded  
 1/4 cup parsley, minced  
 1 to 2 tablespoons fresh basil or tarragon, minced,  
 or 1/2 to 1 teaspoon dried basil or tarragon  
 1 teaspoon fresh lime juice  
 Salt and pepper to taste

Preheat oven to 350°. Melt margarine in a skillet over medium heat. Add onion and sauté until tender. Add zucchini, carrot, parsley, and basil, mixing lightly. Place vegetable mixture into a lightly greased 10x10 inch baking dish. Coat salmon steaks with lime juice. Arrange over vegetable mixture, then sprinkle with salt and pepper. Cover and bake for 30 minutes. Uncover and bake for 10 minutes longer until fish flakes easily. Makes four servings.

*Approx. per serving: 241 calories; 9 grams of fat*



**CLICK HERE** to order the American Cancer Society's *Healthy Eating Cookbook*.



### In The Next Issue

- Be Your Own Health Care Advocate
- Overcoming Health Care Barriers
- Minority Health Concerns

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All content for BecauseWeCare is provided  
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*Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance existing employee health and wellness services.*

For more information contained in this newsletter, to sign up for the newsletter, or to find out more about American Cancer Society programs, services, and upcoming events, please call 1.800.ACS.2345 or visit [www.cancer.org](http://www.cancer.org).