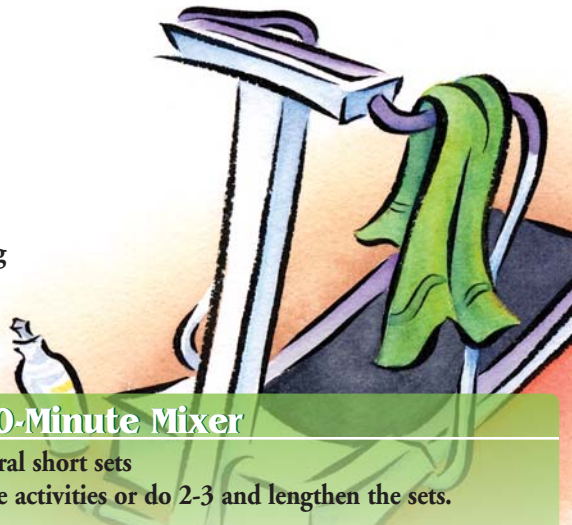


20-Minute WORKOUT

Every little bit of physical activity counts toward improving your health and adding energy and strength. On most days you can probably grab a few active minutes at home, during your work break or while travelling – if you think about it.

For greater fitness benefits try to fit in a 30-minute cardio workout 5 days a week. If that seems too intimidating, start with a 20-Minute Mixer.

Like all sports and exercise workouts, include a warm up, cool down, and stretching. Cardiovascular activities get your heart pumping. Strength training challenges your muscles. Here's a 20-minute continuous routine that includes all 5 stages.



Sample 20-Minute Mixer

You can do several short sets of your favourite activities or do 2-3 and lengthen the sets.

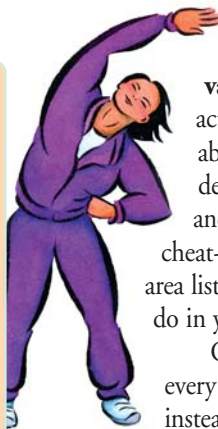
Minutes 0-2	Moderate jog-in-place, steps or rope jumping
Minutes 3-4	Stretching leg and back muscles
Minutes 5-7	Push-ups or band exercises
Minutes 8-12	Treadmill walk/jog
Minutes 13-15	30-50 bent-knee stomach crunches
Minutes 16-18	2-3 sets of 12 bicep curls each arm
Minutes 19-20	Stretching and deep breathing

Extra gear might include free weights, resistance bands, stability ball, mat, step, or exercise machine. Remember, the more variety, the more muscles you work!

Winning Ways With People

How to become a positive influence on family, friends and coworkers:

- ✿ **Think** before you speak. Say less than you think.
- ✿ **Keep** an open mind. Discuss rather than argue.
- ✿ **Cultivate** a soothing voice. How you speak often means more than your words.
- ✿ **Never** lose an opportunity to say a kind word.
- ✿ **Respect** the feelings of others.
- ✿ **Refuse** to discuss the shortcomings of others. To discourage gossip, change the subject.
- ✿ **Exceed** your employer's expectations of your work.



Tips and variations: Match your activities to your current abilities, which should determine intensity, reps and duration. Post a

cheat-sheet in your exercise area listing the exercises you can do in your 20-minute session.

Change your routine every other day. For example, instead of push-ups, do tricep presses, use a stability ball for crunches, or extend your treadmill time.

If you have time to spare later in the day, do it again – that's 40 minutes of exercise!

HEALTH Notes

■ **Myth or Fact: Margarine has fewer calories than butter.** It's a common mistaken belief, typical of many nutrition myths. Best advice: Rely on your health care provider or dietitian for unbiased nutrition information grounded in hard science. By the way, regular stick butter and stick margarine each have about 36 calories per teaspoon/5 grams. Celebrate Nutrition Month by eating well – and wisely. Check out www.dietitians.ca for Nutrition Month's spotlight on food and nutrition.

■ **Include pets when making emergency preparedness plans.** Stock a pet supply kit that includes food, water, medicines, medical records, collar with ID tag, leash or harness, and a picture of you with your pet. Research and list area shelters that will care for pets in emergencies.

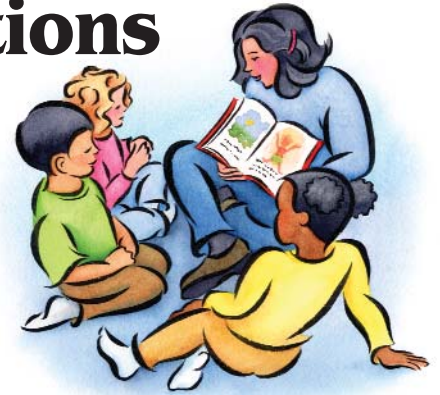
■ **A drink a day might aid cholesterol, but alcohol can cause or contribute to high blood pressure,** which is a leading risk for heart attack. If you are concerned, consult your provider and start recording your blood pressure with a home monitor that has been checked at your provider's office. While alcohol may provide some heart protection, remember regular or heavy use can lead to other health problems and safety risks.

■ **Concerned about food and children's product recalls?** Visit the Healthy Canadians website at http://healthycanadians.gc.ca/index_e.html. You can search a database for recalled food and children's products that are unsafe or unhealthy. Under Tools, click on "Food & Children's Product Safety."



Child Care Questions

When it comes to choosing a child care provider, parents have lots of questions. Don't be rushed with your decision. To begin your search for a safe, healthy and happy child environment, start with a plan.



6 STEPS to Choosing Child Care:

STEP 1 Identify what's important to your situation, such as location or child group size.

STEP 2 List potential providers. Ask your friends, family, community agencies or others for referrals.

STEP 3 Interview the providers, asking key questions related to discipline, safety, playtime, etc. If you don't like the answers or sense a problem, drop them as candidates.

STEP 4 Invite questions – an interested provider will ask about any special needs your child may have, such as behavioural, allergies or medications.

STEP 5 Get references and check them. Call parents who use the facility or have recently.

STEP 6 Visit your top facilities at least once. Take your child to observe the behaviour and interaction with the provider and staff.

MORE INFO ► Child and Family Canada: www.cfc-efc.ca/docs/vocfc/00000797.htm

Checklist: Positive Signs

- ❑ **References** – clients appear happy, confident and satisfied with the centre.
- ❑ **Qualifications** – provider and staff appear caring, positive and experienced, ideally with early childhood education, first aid and CPR training.
- ❑ **Facility** – all rooms, bathrooms and kitchen are clean, well lit and properly ventilated.
- ❑ **Policies** – such as hygiene and germ control, toys and equipment safety, illness and visitors.
- ❑ **Safety** – childproofing, emergency plans, first aid kits, fire extinguishers.
- ❑ **Activities** – scheduled playtime, quiet time, individual and group activities, meals/snacks.
- ❑ **License** – licensing or accreditation from your city/region or province/territory.

Q: Bottled or tap water?

A: Is bottled water purer, healthier or safer than tap? Not necessarily, according to the Canadian Food Inspection Agency. Both are equally safe to drink if they meet federal water quality standards. Some factors to consider:

Sources: Some brands use municipal tap water while others contain mineral or spring water. Check the bottle and label for manufacturing date or code, best-before-date, chemical analysis, treatment, company contact number, location and water source.

Benefits of bottled: It is very handy when you're on the move; when the water supply is limited; in places that use unregulated private wells; and in countries with less dependable water treatment systems.

Environment: Bottled beverages take a lot of energy to make, ship and refrigerate. To reduce waste, recycle your plastic bottles or drink tap water from reusable containers.

Q: Hazards of smokeless tobacco?

A: Smokeless tobacco is not a safe or less harmful alternative to cigarettes. Besides the cost, bad breath and stained teeth, this habit poses major health risks: mouth cancer (risk of facial disfigurement and death); pancreatic cancer; gum recession, bone loss and lost teeth; possible increased risk of heart disease and high blood pressure.

Because it contains nicotine, smokeless tobacco is highly addictive and just as hard to kick as cigarettes. In fact, smokeless tobacco delivers more nicotine than cigarettes. Compare these nicotine averages: 3.6mg in snuff, 4.6mg in chewing tobacco, 1.8mg in cigarettes.

If you're trying to quit, ask your provider about quitting aids. These are important steps you can take now:

- Use less tobacco and less often.
- Don't leave the tobacco in one spot in your mouth.
- Have your gums checked regularly by your health care provider.

Crisis – Resolved

Every workplace faces unexpected trouble – lost data, missing shipments, angry clients, rush deadlines, workers who suddenly quit or become ill or injured. These types of problems usually need fast attention to stop further damage. Take time to think and plan the best resolution.

- 1 Begin** by learning what needs to be done.
- 2 Ask questions** to assess the scope and root cause to be sure you're solving the right issue.
- 3 Stay calm and positive.** Recalling past successes can restore a sense of control.
- 4 Stay focused** on what needs to be done, not what you can't control.
- 5 List all possible solutions.** Be creative and brainstorm alone or with others.
- 6 Coordinate actions** with others to minimize conflicts and competing efforts.
- 7 Share information.** Communication between departments and coworkers is primary to ensure individuals stay positive and the business stays operational and safe. Knowledge also helps people feel less worried.



Best Practice Be Prepared for Crises

Some people become very skilled at resolving crises, even thrive on them. But when crisis management becomes the routine rather than the exception, people can end up spending more time putting out fires than doing their jobs.

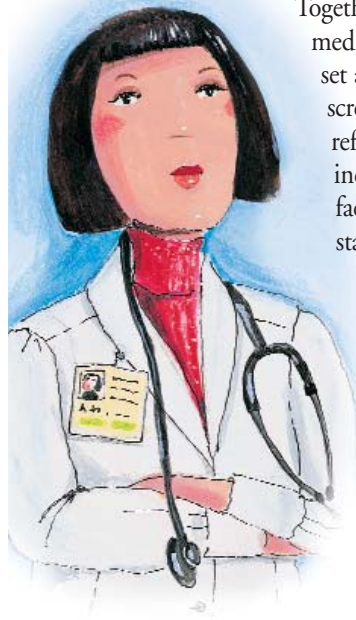
If this is the case, you may need to resolve a more fundamental problem – such as lack of organization, time, knowledge or communication – and do it before the next crisis strikes.

Mid-Life Screen Tests

Midlife for men and women is a critical time for health. At age 50-65 the results of earlier lifestyle choices usually begin to show – perhaps as diabetes, an expanding waist-line or elevated blood cholesterol.

Routine tests are needed to detect hidden medical problems. Recommendations for screening vary by province and territory in addition to federal guidelines, so check with your health care provider.

You might be surprised to learn these tests can be easy to manage with the help of your health care provider.



Together, review your medical history and set a timetable for screenings that reflects your individual risk factors and health status.

ROUTINE CHECKS

For Everyone 50-Plus

Blood pressure: every 2 years at least.

Cholesterol: every 5 years.

Colorectal cancer screening: every 5-10 years (fecal occult blood test every year; sigmoidoscopy every 5 years; colonoscopy every 10 years.)

Dental exam: 1-2 times a year.

Diabetes screen: every 3 years but every 1-2 years for 65-plus.

Eye exam: every 2-4 years but every 1-2 years for 65-plus.

Hearing test: every 3 years.

Skin exam: every year.

Immunization: Tetanus, diphtheria every 10 years.

For Women

Mammogram: every 1-2 years for 50-plus.

Pelvic exam: every 1-3 years or less often for 65-plus if negative on previous screens.

Pap test: every 1-3 years.

Bone mineral density: at least once by age 65.

For Men

PSA test (prostate cancer): guidelines vary; discuss with your provider.

It's never too late to make changes that improve your health – routine screenings can alert you to medical issues that need attention. Most importantly, they can get you on track for better health protection through weight control, exercise, quitting smoking and other positive habits.

Spot Stress Symptoms

The first step to easing the stress in your life is to recognize it. One way to learn if stress is hurting you is to check for some obvious negative effects. Take some quiet time to review how you are feeling.

More aches and pain – Are you having more headaches, backache or stomach pains than usual? Prolonged tension can lead to physical pain.

Heavy drinking – Are you frequently using alcohol to “escape” problems? It may ultimately reduce your ability to cope.

Irritability – Do you get angry over minor things you would normally dismiss? Angry outbursts can come from fatigue or ongoing pressure.

Isolation – Are you trying to avoid people and situations? This can be a sign of depression, even despair.

Mental stress is part of living. But when it starts causing serious symptoms, such as those listed here, talk with your health care provider without delay. Then work on setting realistic goals for yourself. You deserve to live and feel better.



Try this stress control tip: Keep a journal in which you record the sources of your stress. When it comes to psychological stress, the way you perceive your circumstances plays a big part in how you react to them. Writing down your stressful thoughts may help you “see” that the situation is more manageable.



Whether you work in an office, in health care or construction, your eyes can be vulnerable to infection or injury. Accidental eye injuries are one of the leading causes of visual impairment in Canada, some resulting in permanent loss of vision.

Here are some common causes:

- small particles or objects, such as metal slivers, wood chips or dust ejected from tools
- blunt force from large objects striking the eyeball
- burns from chemical splashes
- infectious diseases, such as conjunctivitis, HIV or avian flu
- direct exposure to bio hazards, such as blood or other bodily fluids
- touching the eyes with contaminated fingers or objects

Even on your busiest days, don't overlook eye safety:

- Use goggles, face shields or safety glasses, depending on your job. Have them properly fitted and maintained, based on current CSA requirements.
- Know your company's eye protection procedures, and follow them.
- Learn first aid procedures. Eyewash stations are recommended in areas where chemicals are used.
- Routinely inspect all work areas and equipment for eye hazards.
- Get regular eye exams. Poor vision may lead to accidents.

Over 90% of eye injuries can be avoided with proper eyewear.

Keep those questions and suggestions coming!

phone: 800-952-0690

fax: 205-437-3084

e-mail: editor@personalbest.com

website: www.personalbest.com

Editor: Diane McReynolds

Managing Editor: Susan Cottman

Assistant Editor: Kim Angeles

Medical Editor: Elizabeth Smoots, MD, FFAFP

Canadian Advisors: Marica Borovich-Law; John Brennan, MD, CCFP; Teresa Zohorsky, BJ

U.S. Advisors: Cynthia Gale, MS, RD; Timothy J. Halm, MD, ASAM;

Mary P. Hollins, MS, JD; Leslie B. Hutchinson, PhD;

Wm. Richard Ludwig, MD

Designer: Nicolai Petersen

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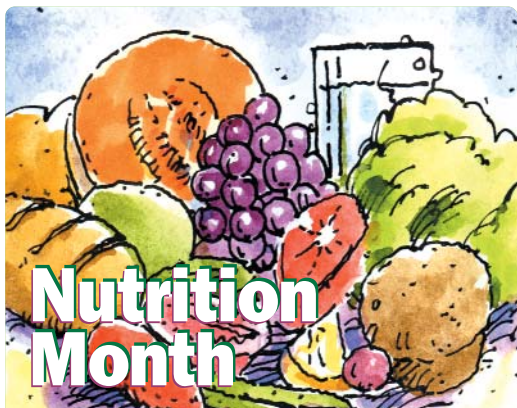
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FOOD CUES

Think before you eat.

We have all sorts of reasons for eating when we're not hungry – I deserve a treat; I'm on vacation; it's my birthday; I paid for it.

Many people also eat to satisfy an emotional need. Do you rely on comfort foods (like ice cream or pasta) to improve your mood? Common emotional triggers are boredom, loneliness, depres-



7 Best Eating Goals:

- Eat regular meals.
- Watch overall calorie intake, including beverages.
- Eat lean or low-fat protein.
- Add fibre with whole-grain foods.
- Avoid eating right before bedtime.
- No surprise here – get your daily fruits and veggies.
- Watch your food cues (described above).



sion, stress and low self-esteem.

Studies show we also tend to consume significantly more calories when we eat together, eat on the go, or feel tired.

Keep in mind your bottom line: Eating extra calories you don't need can add extra pounds. Before you pop that cookie in your mouth, take a moment to consider how long it will take to burn off those extra calories. *Example:* If you have 2 cookies or a bag of chips or an extra glass of wine (each about 150 calories), you'll need to walk more than 30 minutes at a normal pace (depending on your weight) to burn off that extra indulgence.

It may not be easy to eat better but you can adopt better eating habits, given time and attention. Make one change and another will follow. Our favourites are listed at left under "7 Best Eating Goals".

Try to follow the hunger and fullness cues you were born with: Eat when you're hungry and stop when you're full.

Spaghetti squash is a versatile vegetable. It makes a delicious low-calorie spaghetti substitute served with your favourite sauce; or serve it as a vegetable side dish (see recipe).



Recipe of the Month

Spaghetti Squash Sauté with Garlic

- 1 spaghetti squash (about 2 pounds/.91kg)
- 1 tbs/15ml olive oil
- 2 cloves garlic, minced
- ½ tsp/1g black pepper
- ¼ tsp/1g sea salt

- 1 Cut spaghetti squash in half. Remove seeds and pulp.
- 2 Place squash, cut side down, in a baking dish; add ½ inch/1.27cm of water.
- 3 Bake in a preheated 400°F/204°C oven for 35-40 minutes, or until squash is tender. Remove from baking dish and cool until you can handle the shell.
- 4 Using a fork, scrape the spaghetti-like strands out of the shell into a bowl.
- 5 In a large skillet, heat oil over low heat. Add garlic and cook until fragrant and starting to colour, about 5 minutes.
- 6 Add squash, season with salt and pepper and gently toss until squash is hot and ready to serve. *Option:* Top with a sprinkle of grated Parmesan cheese.

Nutrition Facts

Makes about 4 one-cup/227g servings.

Amount Per Serving	Calories	72
	Total Fat	4g
	Sodium	150mg
	Total Carb	10g
	Fibre	2.2g
	Protein	1g

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