

Too Busy to Exercise?

No time to fit in hour-long workouts?

No sweat. You're more likely to make exercise a life-long habit if you weave it into your lifestyle – and make it enjoyable.

First, grab opportunities throughout the day to get up and move more. List some fun and easy ways to be active so you won't view exercise as one more thing you have to do.



How To Get Moving

- Do you laze in bed after your alarm goes off? Rouse yourself and welcome the day with a walk and a blast of fresh air.
- Do you watch TV every evening? Set up a treadmill or free weights in front of it, and work a little.
- Do some errands on foot – trips to the post office or market to pick up a paper.
- Just do some basics: 2 sets of 8 strength-training exercises for 10 minutes.
- Ride a bike or rollerblade around the neighbourhood playfield.
- Walk the kids to school or the bus stop.
- Walk through a shopping mall or visit museums.
- Pace while thinking or talking on a phone.
- Work up a sweat indoors – sweep, vacuum or wash floors, walls or windows.
- Turn outdoor chores into exercise – garden, rake leaves or sweep the driveway.
- Swim at a community pool after dinner instead of passively watching TV.
- Treat yourself to golf lessons. Next time you're on the course, walk it.
- Hop in your car and meet a friend for a scenic walk in the park or along a beach.

Bottom line: Accumulate 30-60 minutes a day of physical activity. Even a little exercise will deliver protective benefits – so long as you fit it in every day.

HEALTH notes

■ **August means getting ready for back to school** – time to get all the vaccinations you need. Getting shots isn't just kids' stuff – regardless of your age, getting vaccinated is essential for protecting you, your family, friends and community against serious, life-threatening infections. Learn the facts about immunization at www.phac-aspc.gc.ca/publicat/cig-gci/index-eng.php.

■ **New hope for gout?** Gout is an increasingly common form of arthritis, especially in men. Risk factors include obesity, heavy beer drinking, high intake of shellfish or liver and excessive consumption of high-fructose corn syrup (found in soft drinks and processed foods). Vitamin C may help: A study of nearly 50,000 men showed that taking 1,500 mg a day substantially reduced their risk of getting gout.

■ **The 4th leading cause of death in Canada is chronic obstructive pulmonary disease (COPD)** – a condition that includes emphysema and chronic bronchitis. Smoking causes about 80-90% of COPD cases. To protect your lungs, kick smoking with help from The Lung Association site (www.lung.ca).

■ **Overweight children are much more likely to become obese adults.** Heavy kids have a higher chance of developing ailments associated with adults, such as type 2 diabetes and high blood pressure. Children who stay obese as adults are also at increased lifetime risk for arthritis, sleep apnea, esophageal reflux disease, cancer and heart disease. Ask your child's provider to measure your child's height, weight and body mass index at every visit, and plot it on a growth curve.

AUGUST GOAL:

No time to work at the gym? Working in the yard burns calories and tones muscles too. Beautify your garden and your body.



Lose Weight 10 Ways

Health experts recommend losing **.45-90 kilograms (1-2 pounds) per week for healthy weight loss.** The best strategy? Watch the calories you consume and burn with these guidelines:

- 1. Plan the first few weeks of your weight loss in detail.** Create exercise routines and menus to keep you on track until they're automatic. *Tip:* Cut 500 calories per day by eating 250 fewer calories and exercising to burn off 250 calories more to lose a pound a week.
- 2. To keep up your metabolism (calorie-burning rate),** lower your calorie intake and raise your activity level. Be aware that metabolism may slow with age.
- 3. Read food labels.** Check calories and fat per serving, even on products labelled "light".
- 4. Walk, jog, garden ...** Aim for 30-60 minutes of moderate- to vigorous-intensity physical activity daily and vary your activities.
- 5. Stay hydrated with water.** Sugary and alcoholic beverages can add hundreds of empty calories to your day.
- 6. Avoid fads that cut out entire food groups.** You miss out on essential vitamins and minerals, which could impact your health and zap your energy.
- 7. Make sure your meals taste good.** In between, include satisfying, nutritious snacks.
- 8. Be realistic, and respect your individuality.** We're all built differently and no two people lose weight the same way.
- 9. Think long-term** – exercise and healthy eating are life-long pursuits. Once you lose 5 kilograms (11 pounds), be ready for maintenance – make flavourful light cuisine and pleasant exercise part of your lifestyle.
- 10. You're not alone.** If you see no progress, seek guidance and encouragement from your health care provider, a personal trainer or coach.

With some dedication, you can lose 5 kilograms in 5-10 weeks!



What Food Packages Tell You

You can learn a lot about packaged foods from their labels. It's all at your fingertips – from serving size, calories and fat to ingredients, allergy cautions and even claims about health benefits.

If you usually skip over food labels because they look confusing or hard to read, use the following guidelines when you shop, so you can fill your kitchen with healthy foods.

The Nutrition Facts Table – This simple tool (sample diagram at right) appears on most packaged and processed foods. Review the details below that correspond to each section on the label.

Nutrition Facts	
Per 2 slices (64 g)	
Amount	% Daily Value
Calories 140	
Fat 1.5 g	2 %
Saturated Fat 0.3 g + Trans 0.5 g	4 %
Cholesterol 0 mg	
Sodium 290 mg	12 %
Carbohydrate 26 g	9 %
Fibre 3 g	12 %
Sugars 2 g	
Protein 5 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 4 %	Iron 10 %

1 Start here: Standardized serving sizes allow you to easily compare similar foods. *Tip:* Official serving sizes are often smaller than you think. If you eat double the amount listed as the serving size, remember to multiply all nutrients (calories, protein, fat, etc.) listed on the Nutrition Facts table by 2.

2 Check calories: The number of servings determines how many calories you consume. *Tip:* To learn if the calories are low or high per single serving, use this guide: 40 calories per serving = low; 100 calories per serving = moderate; and 400 calories per serving = high.

3 Limit these: Eating excess fat, sodium or cholesterol may raise the risk for heart disease and other chronic conditions.

4 Get enough of these: Many Canadians fall short of recommendations for fibre and the vitamins and minerals listed in this space.

NOTE: These numbers are based on a 2,000-calorie diet. Your calorie goal may differ, depending on your daily calorie needs.



Health Claims on Labels?

The federal government has approved several health claims indicating that a food or nutrient in a product may affect the risk of certain health conditions. The claims include:

- A healthy diet low in saturated and trans fats may reduce the risk of heart disease.
- A healthy diet with adequate calcium and vitamin D, and regular physical activity, help to achieve strong bones and may reduce the risk of osteoporosis.
- A healthy diet rich in vegetables and fruit may help reduce the risk of some types of cancer.
- A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure.

Free, Low, Lean? What does it all mean?

Free – contains no (or a very small) amount

Sodium free – less than 5 mg sodium

Cholesterol free – less than 2 mg and low in saturated fat (including trans fat); not necessarily low in total fat

Low – a very small amount

Low Saturated Fat – 2 g or less of saturated and trans fat combined

Low Total Fat – 3 g or less of total fat

Reduced – at least 25% less of a nutrient compared with a similar product

Reduced in calories – at least 25% less energy than the food to which it's compared

Source of – contains ≥5% of the recommended daily intake of a particular vitamin or mineral

Good source of – contains ≥15% of the recommended daily intake of a particular vitamin or mineral

Excellent source of – contains ≥25% of the recommended daily intake of a particular vitamin or mineral

Examples:

Source of calcium – 55 mg to 164 mg

Good source of calcium – 165 mg to 274 mg

Excellent source of calcium – 275 mg or more

Source: Health Canada

QUIZ: Kitchen Safety

The kitchen – source of good food and good times – also conceals hazards, making it one of the most dangerous rooms in your home.

Check: How safe are you in the kitchen?



1. True False Dish towels, paper bags, curtains and other flammable items should be placed at least 1½ feet/46 centimetres away from the heat of the range top.
2. True False “Stop, Drop, Roll and Cool” is the old-fashioned strategy to put out a fire on clothing. Douse it out with a wet cloth instead.
3. True False Wearing loose clothing while cooking is a hazard.
4. True False Only grease spills need to be wiped up immediately to prevent slips.
5. True False Chemical cleansers and other toxic products can be stored near food as long as they are sealed properly.
6. True False To prevent scalding, set the hot water heater to 120°F /49°C or lower.
7. True False After microwaving foods, remove their covers quickly to prevent steam burns.
8. True False In the kitchen, covered trash cans keep odors in and young children and pets out.

Answers:

1. *False.* Keep all flammable items at least 3 feet/ 91.44 centimetres away from the range.
2. *False.* Teach young children the tried and true method – “Stop, Drop, Roll and Cool.” Don’t run. Drop to the ground, cross hands to chest, and roll over and over until the fire is out. Get immediate treatment for burns.
3. *True.* Roll up your sleeves when cooking and don’t wear anything that dangles over the heat or flame, such as a scarf, tie or jewellery, where they could catch fire.
4. *False.* Any spilled liquid or food can cause slips, whether it’s grease, dry cereal, a banana peel or plain old water. Keep floors clear of clutter, too – toys, shoes – anything that poses a tripping hazard.
5. *False.* Store toxic products in their original containers, away from foods and out of toddlers’ reach.
6. *True.* Look for tub spouts and showerheads with anti-scald features.
7. *False.* Let microwaved food cool for a few minutes before uncovering; follow package directions. Do a touch test for temperature before eating; heat is distributed unevenly in microwaved foods.
8. *True.* A covered trash can helps reduce exposure to germs. Also, teach kids to avoid touching the lids.

Q: Risk with nutrient supplements? By: Elizabeth Smoots, MD, FAAFP

A: Before using an herbal or nutrient supplement, consider these points:

Safety: Remember, “natural” does not mean harmless. The herb kava, for example, has been linked to liver damage. Bitter orange or ephedra supplements can contribute to heart attack, stroke or irregular heartbeats. Learn about side effects before purchasing dietary supplements.

Reliability: The federal government regulates supplements for safety, quality and effectiveness. If possible, research each product; if you have

questions, talk to your provider.

Drug interactions: St. John’s wort decreases the effectiveness of certain prescription drugs, while other herbs increase sedation from anesthetics during surgery. To prevent drug interactions, inform your provider about all your supplements and prescription or over-the-counter drugs.

Know your needs: Taking unnecessary or high doses of supplements can be a waste. **Better:** Try to get your nutrients from whole foods.

8 Part Stroke Prevention

By Elizabeth Smoots, MD, FAAFP

True or false? In Canada, 1 stroke occurs every 10 minutes. The answer is “true.” Take these key steps to prevention to heart:

1 Check your blood pressure. Have your provider get a reading at least once every 2 years. High blood pressure causes your blood vessel walls to thicken or weaken. This can result in blockage or breakage of a blood vessel in the brain, 2 common causes of stroke.

2 Learn if you have atrial fibrillation. Your provider can check for an irregular pulse; an EKG (electrocardiogram) can confirm the diagnosis and possible need for blood thinners to prevent stroke.

3 Stop playing with fire. Your stroke risk goes up two-fold if you use tobacco.

4 Limit alcohol. Too much alcohol can triple your risk for stroke. The recommended daily limit is about 1 drink for women and 2 drinks for men, for a weekly maximum of 14 for men and 9 for women.

5 Limit salt intake. Check food labels for salt content; processed foods tend to be high in salt.

6 Watch blood sugar and cholesterol. Ask your provider if you need diabetes and cholesterol screening based on your health history.

7 Promote good blood circulation. If you have risks for cardiovascular disease, work with your provider to control them, including 2.5 hours of moderate exercise weekly, preferably aerobic.

8 Act fast if you have symptoms. Call 911 and get tested and treated immediately, if you show signs of stroke.

SIGNS of STROKE They typically occur suddenly and include: severe headache • trouble walking, dizziness or loss of balance • trouble seeing • confusion, trouble speaking or comprehending • numbness or weakness of face, arm or leg, especially on one side.

Keep those questions and suggestions coming!

phone: 800-871-9525
 fax: 205-437-3084
 e-mail: editor@personalbest.com
 website: www.personalbest.com

Editor: Diane McReynolds
 Managing Editor: Susan Cottman
 Assistant Editor: Kim Wake
 Medical Editor: Elizabeth Smoots, MD, FAAFP
 Advisors: Canada Safety Council; Marica Borovich-Law, MBA;
 John Brennan, MD, CCFP; Grey Bruce Public Health;
 Leslie B. Hutchinson, PhD; Cara Rosenbloom, RD
 Designer: Nicolai Petersen
 ©2009 Oakstone Publishing, LLC dba Personal Best. All rights reserved.
 100 Corporate Parkway, Suite 600, Birmingham, AL 35242
 phone: 800-871-9525 fax: 205-437-3084

The content herein is in no way intended to serve as a substitute for professional advice. Reproduction in any form of any part of this publication is a violation of federal copyright law and is strictly prohibited. Sources available on request.

What's for BREAKFAST?

Think outside the box.

By Cynthia Gale M.S., R.D.

You've heard health experts say it — breakfast is the most important meal of your day. Yet, an estimated 40% of Canadians skip breakfast at least once a week and 15% never eat it.

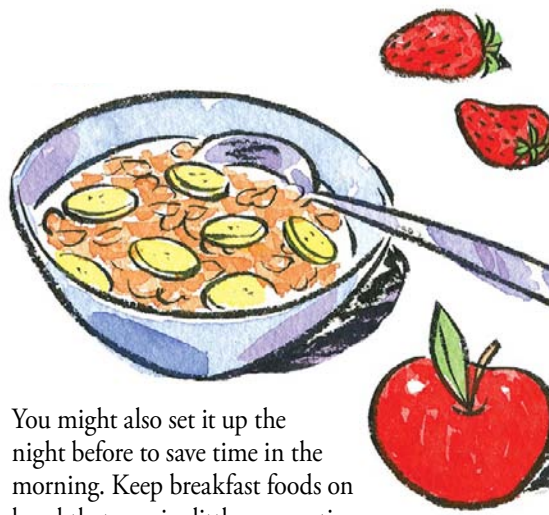
Breakfast sets the pace for your day, physically and mentally. Without it, you may find yourself wilted and ready to raid the vending machine mid-morning.

Adults who eat breakfast have better concentration and productivity in the morning, and tend to maintain a healthier weight than people who skip it. Children who eat breakfast also show better concentration, alertness and creativity.

Sugary cereals just don't stick to your ribs. The sugar and refined flour in many cereals are quickly absorbed and may soon leave you hungry. However, high-fibre, whole-grain cereals such as oatmeal and bran are absorbed more slowly and, with low fat or non-fat milk, they may supply more long-lasting energy.

Breakfast can be more than cereal and still be a breeze to fix come sun-up. For a balanced meal that fills you up and delivers your nutritional needs choose fruits, whole grains, lean protein and low fat dairy products. *Examples:* A banana or juice, whole-wheat toast, a boiled egg and yoghurt.

To make breakfast a healthy habit, plan some easy weekly breakfast menus.



You might also set it up the night before to save time in the morning. Keep breakfast foods on hand that require little preparation.

DELICIOUS Day-Starters To Go:

- ☀ Peanut butter on apple slices or whole-wheat muffin
- ☀ Parfait made with cottage cheese and fruit
- ☀ Greek yogurt with fruit and granola
- ☀ Whole-wheat tortilla with low fat cheese heated in a microwave oven
- ☀ Smoothies with milk or juice, protein powder and fruit
- ☀ Whole-grain bagel with low fat cream cheese
- ☀ Leftover lean meat or fish fillet and fruit
- ☀ Chopped hard boiled egg stuffed in a whole-wheat pita pocket
- ☀ A bag of dry cereal mixed with nuts and dried fruit

Start your healthy breakfast habit with our Quiche Cups To Go.

Recipe of the Month

Quiche Cups To Go

You can freeze these make-ahead breakfast treats, then reheat them in a microwave oven. Use any combination of vegetables and cheese you like.

- 10 oz./2.84kg package frozen chopped spinach, thawed and drained
- ¾ cup/177ml egg substitute
- ¾ cup/85g shredded reduced fat cheese
- ¼ cup/37g red bell pepper, diced
- ¼ cup/40g onion, diced

- 1 Line 12 muffin tins with baking cups. Moisten the cups with cooking oil spray.
- 2 Combine all ingredients in a bowl and mix well.
- 3 Divide mixture evenly among baking cups.
- 4 Bake at 350°F/177°C for about 20 minutes, until a knife inserted in the center comes out clean.

Nutrition Facts

Makes 12 muffins.

Amount Per Muffin	Calories	77
	Protein	9g
	Total Fat	3g
	Saturated Fat	2g
	Cholesterol	10mg
	Carbohydrate	3g
	Fibre	2g
	Sodium	160mg