

Wake Up to a *Better* BREAKFAST

What to have for breakfast is a daily dilemma for some.

You might be short on time or short on healthy options. You might be trying to cut calories. Or maybe you just don't feel like eating early in the day.

Why bother with breakfast?

Compared to people who don't eat breakfast, those who do perform better at work and in school, have a higher intake of important nutrients and fibre, and avoid mood swings and irritability from hunger. Eating breakfast is also crucial to weight control.

What are the basics of a healthy breakfast?

Think 4 ingredients:

Fibre – whole-grain breads, cereals or tortillas.

Fruit and vegetables – any and all.

Protein – hard-boiled eggs, lean meats, fish, nuts and nut butters.

Low fat dairy – skim milk, low fat yogurt and cheeses.

When time is short, a healthy breakfast can take less than 15 minutes. And you'll find many easy, creative choices, such as those listed at right.



To overcome a lack of appetite, start small with a glass of juice or carton of yogurt, and get in the breakfast habit by sampling different things. For example:

- An apple and ¼ cup/50 ml of walnuts.
- Cottage cheese or yogurt topped with fruit and nuts.
- Whole-wheat English muffin topped with 1 tbsp/15 ml almond butter and raisins.
- Soymilk and frozen banana whipped with protein powder (sugar-free).
- Whole-grain toast topped with ½ cup/125 ml scrambled egg substitute, sliced tomato and cottage cheese.
- Fibre-rich bran flakes or granola with berries, plus skim milk.
- A hard-boiled egg and slice of turkey bacon in a whole-wheat tortilla wrap.

*Let your day begin
with breakfast!*

◆ **Weight control is primary to good health and fighting breast cancer.** A major study reported in *JAMA* found a significantly higher risk for breast cancer in women who gained weight after menopause, and a strong decline in risk for those who lost weight after menopause. To lose weight, watch your calories and raise your activity level.

◆ **Don't "try" to sleep.** Insomnia can become a vicious cycle. Anxiety about falling and staying asleep can worsen insomnia. *Best advice:* Create a bedtime routine and don't focus on going to sleep. If you're lying in bed awake, get up and do something else (read a book, listen to soft music) until you feel sleepy, then go back to bed. Talk to your health care provider if your sleep problems persist.

◆ **More bran in the diet may help people with type 2 diabetes** lower their risk of cardiovascular diseases, according to a report in *Circulation* from the American Heart Association earlier this year. Based on data from 7,800 women in the Nurses' Health Study (U.S.) during a 26-year period, those who consumed the highest amount of bran reduced the risk of death by 55%, and had a 64% lower risk of dying from a cardiovascular disease.



Cubicle Workouts

If your biggest obstacle to a fitter lifestyle is sitting all day at a desk, try this: Work out in your office space or cubicle.

Simple exercises at your desk can boost alertness and reduce risk of overuse injuries, such as carpal tunnel syndrome, as well as back pain, fatigue and muscle tension. On your breaks you might try:

- 1. Shoulder shrugs:** Inhale deeply, then shrug your shoulders and lift them up to your ears. Hold, release and drop.
- 2. Arm circles:** Stretch your arms straight out in front of you with hands curled into fists. Rotate your arms making small circles in the air in one direction, then reverse.
- 3. Leg extensions:** Holding the seat of your chair, extend your legs straight out in front of you. Flex and point your toes 5 times, and release.
- 4. Triceps presses:** Place both hands on your chair arms and slowly lift your bottom off the chair. Lower yourself back down and stop short of sitting. Hold for a few seconds.

Don't forget to stretch. Stretch 5 minutes after you begin your workout and afterward. To prevent injuries, always stretch when your muscles are warm from activity. *Note:* If you have a back injury or other condition, get your health care provider's okay first before trying these exercises.

Exercise and Illness

Can staying fit also strengthen immunity? According to the American Council on Exercise (ACE) and numerous studies, the answer is yes.

What is the exercise-immunity connection?

During moderate-intensity exercise, immune cells circulate through the body more quickly and are better able to fight infection.

Studies show that 45 minutes of moderate exercise, such as walking or light jogging on most days of the week, may reduce your risk of getting sick by up to 50%. People who exercise regularly reported having fewer colds, according to ACE.

ACE offers these tips to boost immunity:

- Eat a well-balanced diet.
- Avoid rapid weight loss.
- Get enough sleep.
- Exercise 30 to 45 minutes most days of the week.



- Avoid overtraining and chronic fatigue, which can stress your body and have the opposite effect on the immunity response.

If you are sick, exercise cautiously – when in doubt check with your health care provider.

Avoid exercise if you have symptoms such as chest congestion, respiratory infections, fever and swollen glands.

If you are recovering, resume physical activity gradually to avoid a relapse of illness. Drink water regularly to stay hydrated.

Complexion Clarity

Acne breakouts aren't just a symptom of adolescence – they happen to adults, too. Breakouts occur when pores become clogged with *sebum*, a naturally occurring oil that lubricates the skin and hair. The glands that produce sebum are on the forehead, nose, and chin – the T-zone – which makes these areas prone to breakouts.

You can prevent and treat common acne with proper skin care. Start with these basics:

- ✗ Wash your face twice a day with warm water and mild soap. After cleansing, use an over-the-counter lotion with benzoyl peroxide, which reduces oil and bacteria.
 - ✗ Avoid touching your face with your fingers and frequently touched objects, such as the phone.
 - ✗ Remove makeup before sleeping. Wear non-comedogenic or non-acnegenic makeup. Avoid using someone else's makeup and throw out old products.
 - ✗ Keep hair clean and away from your face. Tie long hair back during warmer weather and when exercising.
 - ✗ Protect your skin from the sun. Sun exposure can cause the body to produce extra sebum.
 - ✗ Eat a balanced diet and control stress.
 - ✗ Don't pop pimples. Popping them can push bacteria further into the skin, leading to increased swelling and redness, and scarring.
- If you take care of your skin and still have trouble controlling acne, ask your health care provider about treatment.



Taking Care of Your Liver

Why should you be concerned about your liver?

- Your liver is the body's largest organ. It aids immunity, removes harmful substances from your blood and performs many other vital functions.
- The Canadian Liver Foundation says 600,000 Canadians have hepatitis B or C.
- Liver diseases can be caused by contagious viruses, drugs, poisons or overconsumption of alcohol.

What steps can you take to protect your liver?

- Eat a healthy diet and exercise regularly.
- Maintain a healthy weight and cholesterol level.
- Use medications properly, especially when taking multiple medications.
- Limit your alcohol intake – no more than one drink a day for women and two a day for men.

- Avoid smoking.
- Limit your exposure to toxins such as insecticides, cleaning products and other chemicals. If you must use these items, wear protective gear such as a mask and gloves.
- Consider hepatitis A and B vaccines if you are at risk. For information on risk factors, visit www.liver.ca/Home.aspx. Avoid sharing razors, needles, toothbrushes, and other personal items; practice safe sex; and wash hands thoroughly before eating, before preparing food and after using the bathroom.

Take good care of your liver and it will help take care of you.



Cycling Safety

Bicycling – what more could you want in a sport? Biking offers fun, travel, scenery, group support, several speeds, and exercise. It helps you burn calories, strengthen muscles and improve heart health. And it's relatively easy on your joints. But when you get on your bike, don't forget safety.

Serious biking injuries send an estimated 7,500 bicyclists to emergency rooms and result in dozens of deaths each year, according to Transport Canada. Most serious bike accidents involve a collision with a motor vehicle. Factors that raise bike injury risk include:

Most cycling deaths and disability result from head injuries. Scrapes, bruises, broken bones and overuse injuries are also common. **Before you pedal, practice prevention:**

Wear protective gear. A properly fitted helmet is essential; it should sit level on your head (not tilted backward) with pads and straps adjusted for a snug fit. Also consider goggles, cycling shoes, bright or reflective clothing, and a cushioned seat, handlebars, gloves and shorts.

Perform safety checks. Make sure your bike fits your body, with handlebars and seat adjusted correctly. Keep your reflectors, lights and bicycle in proper repair. Test your brakes before every trip.

- age under 16 or male gender
- drug or alcohol use
- racing or doing stunts
- unsafe biking conditions
- not wearing a helmet
- not observing traffic laws

QUIKRISK™ Money Smarts

Managing your financial affairs can be overwhelming at times.

How money-wise are you? Check the boxes that apply:

- Yes I check my credit report
 No once a year.

Why you should: You can spot potentially harmful errors and help prevent identity theft. For this reason it's important to verify that there are no errors in your personal information or any open claims that don't belong to you. You can request a free credit report from the 2 reporting agencies, Equifax Canada and TransUnion of Canada.

- Yes I am regularly saving for retirement.
 No

Why you should: Just \$10 to \$20 a week can add up. For example, \$20 a week invested in growth mutual funds from age 40 to 65 can build a nest egg of \$92,000. Start at age 25, and it could grow to nearly \$370,000. If you haven't signed up for a Registered Retirement Service Plan (RRSP) at work, talk to your human resources department. You can also choose to open and self-administer a Retirement Service Plan (RSP) through your preferred financial institution.

- Yes I check my bank
 No account balance before I use my debit card.

Why you should: Overdraft fees add up quickly if you constantly exceed your account balance. Banks are required to get your permission before covering debit card overdrafts. Let the bank know your overdraft preference.

If you checked "yes" for all three, congratulations! You're taking important steps toward long-term financial health. If you checked "no" for any of the measures above, take action now – it's never too late to be financially savvy.

STAY IN TOUCH

Keep those questions and suggestions coming!

phone: 800-871-9525

fax: 205-437-3084

e-mail: editor@personalbest.com

website: www.personalbest.com

Editor: Susan Cottman

Assistant Editor: Kim Wake

Advisors: Marica Borovich-Law, MBA; John Brennan, MD, CCFP; Canada Safety Council; Leslie B. Hutchinson, PhD; Cara Rosenbloom, RD

Designer: Nicolai Petersen

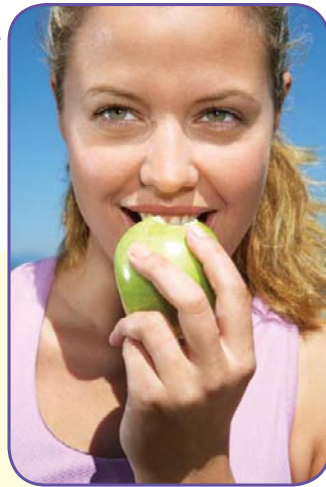
Reproduction in any form of any part of this publication is a violation of federal copyright law and is strictly prohibited. ©2010, Oakstone® Publishing, LLC, dba Personal Best®. 100 Corporate Parkway, Suite 600, Birmingham, AL 35242; (800) 871-9525. Oakstone, Personal Best and Body Bulletin Canada are registered trademarks of Oakstone Publishing, LLC.

The content herein is in no way intended to serve as a substitute for professional advice. Sources available on request.

QUIKQUIZ: *Produce Power*

Check your knowledge of the benefits of fruits and vegetables. Circle true or false:

- 1) T F Fruits and vegetables are composed mostly of water.
- 2) T F A cucumber is a fruit.
- 3) T F Vegetables do not contain calcium.
- 4) T F Dietary fibre, found in most fruits and vegetables, is also found in animal products.
- 5) T F Coleslaw can be a cancer fighter.
- 6) T F The amount of water used in cooking vegetables won't affect their nutritional content.



ANSWERS

1. *True.* Fruits and vegetables typically contain 80% to 95% water by weight – cucumbers are about 96% water, and bananas are about 75%. Fruits and veggies contain virtually all of the nutrients for good health, yet they're low in calories, have little fat and no cholesterol. And we have hundreds of varieties available to us.
2. *True.* Botanically, a fruit is a plant that has seeds. So cucumber, eggplant, avocado, tomatoes, peppers and some others you might not expect are technically fruits.
3. *False.* Broccoli, bok choy and dark leafy greens, such as Swiss chard, kale and mustard greens, are good sources

- of calcium. These nutritional gems also supply vitamins A and C, folate and iron.
4. *False.* Fibre is found only in plant foods. Produce especially high in fibre includes artichoke hearts, peas, corn, sweet potato, avocado, pears and berries.
5. *True.* Coleslaw is made with cabbage, of the disease-fighting cruciferous family. This includes broccoli, cauliflower, bok choy and Brussels sprouts. Crucifers contain anti-carcinogenic substances that may lower risk of several kinds of cancer.
6. *False.* When cooking veggies, cook quickly and use little or no water to reduce the loss of nutrients. Best methods: steam, stir-fry and microwave.

Mango Chicken Salad with Spicy Lime Dressing

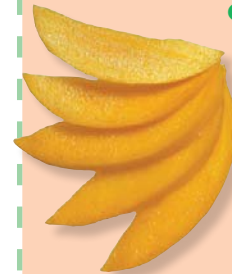
Spicy Lime Dressing:

- $\frac{1}{4}$ cup/50 ml fresh lime juice
 - 1 tbsp/15 ml chili garlic sauce
 - 1 tbsp/15 ml honey
 - 1 tbsp/15 ml white wine vinegar
-
- 4 cups/1 L baby spinach leaves
 - 2 cups/500 ml cooked chicken breast, chopped
 - 1 medium mango, peeled and cubed
 - 1 small avocado, peeled and cubed
 - $\frac{1}{2}$ cup/125 ml red onion, thinly sliced

Note: Chili garlic sauce is a bottled condiment found in most markets.

- 1 In a small bowl, mix dressing; if possible, do this at least 30 minutes in advance of salad preparation.
- 2 Place spinach leaves in a large bowl, toss with dressing and arrange equally on 4 serving plates.

- 3 Top each salad with equal portions of chicken, mango, avocado and onion slices.



Nutrition Facts

MAKES 4 (2-CUP/500 ML) SERVINGS.

Amount Per Serving	
Calories 231	
Total Fat	19g
Saturated Fat	.7g
Cholesterol	60mg
Sodium	193mg
Total Carbohydrate	17g
Dietary Fibre	3.4g
Sugars	12g
Protein	23.6g

©2010 Oakstone® Publishing, LLC