

## AT HOME & AT SCHOOL

### 7 quick-slim tips for kids

1. **Start every day with a nutritious breakfast.** A scrambled egg on a whole-wheat muffin or string cheese with an apple are some quick ideas.
2. **Make sure healthy school lunches and other food choices are available,** such as apples and bottled water in vending machines. Replace sugary cupcakes and candy at classroom parties with fruits and veggies, and apple, carrot, or banana muffins.
3. **See that your kids get at least 60 minutes of physical activity every day,** either through physical education classes or after-school activities. If walking to school is an option, that would be a good way to start the day.
4. **Limit television,** video games, and surfing the web to two hours total per day.
5. **Eat dinner together** whenever you can and devote one evening a week to a physical activity you can enjoy as a family.
6. **Get serious about shuteye.** Studies of preschool and middle-school age children have found that getting enough sleep (at least 10.5 hours per night for children ages 3-5, about 10 hours for ages 5-12, and about 9 hours for teenagers) helps prevent childhood obesity.
7. **Be a good role model** with your own eating and activity choices.

Source: American Academy of Pediatrics; *Pediatrics*, Vol. 125, pg. 420



### 5 on 5 Team Nutrition Challenge

Start the school year off with a fun 12-week healthy eating program that captures the excitement of a basketball tournament and is designed to help you look and feel your best. Online registration for 5 on 5 begins August 23. The program starts on September 13. Everyone who registers will receive a shopping list and meal planner note pad, while supplies last. All employees with MCSIG are eligible.

Participants join together in teams of 5 to compete against other teams. There is no food weighing, measuring or calorie counting. Players score points by making healthy food choices like avoiding late night snacking or eating 3 servings of vegetables each day. You'll be amazed how easy healthy eating is with the support of your team and how much better you will feel after just 2 weeks of 5 on 5 healthy eating.



## Why not try tofu?

*A nutritious and versatile choice for any meal*

**One half cup of tofu has 10 grams of protein, only 88 calories, and almost no saturated fat. It's also a good source of calcium and is low in sugar and sodium.**

Since it takes on the flavor of the ingredients it is cooked with, tofu can be used in everything from breakfast smoothies to sandwiches and stir-fries.

Tofu is made by curdling the milk of soybeans. You'll find it in the produce section or dairy case in three different varieties. **Firm tofu** is solid and holds up well in stir-fries, scrambles, and veggie burgers. **Soft tofu** is a good base for soups, dips, and spreads. **Silken tofu** is custard-like and can be used in purees, salad dressings, or baking.

### Simple ideas for preparation include:

- Stir-fry one-inch cubes of firm tofu with vegetables, garlic, and spices, and top with low-sodium soy sauce.
- Scramble tofu with onions, mushrooms, and seasonings such as mustard, thyme, cayenne, or fresh cilantro.
- Make an "eggless" salad sandwich with crumbled tofu, mustard, mayonnaise, and pickle relish.
- Blend silken tofu with fresh or frozen berries for a smoothie or fruit salad dressing.

*Sources: Vegetarian Resource Group; Puget Sound Consumers Cooperative*



### Spicy Sautéed Tofu with Peas

- 2 lb. firm tofu, cut into small cubes
- 1 Tbsp. vegetable oil
- ¼ cup water
- 1 tsp. dill weed
- ½ tsp. each basil, cumin, turmeric, and curry
- 2 cloves garlic, minced
- 2 Tbsp. low-sodium soy sauce
- 10 oz. box frozen peas, thawed
- ½ cup cashew pieces

Stir-fry all the ingredients except the peas and cashews for 5 minutes over medium-high heat. Add peas and cashews and heat 5 minutes longer over low heat. Serve hot.

Serves 4. Per serving: 367 calories, 22 g protein, 14 g carbohydrate, 23 g total fat, 7 g saturated fat, 7 g fiber, 367 mg sodium

*Source: The Vegetarian Resource Group, [www.vrg.org](http://www.vrg.org)*

### Tofu tips

**Store tofu in the refrigerator at all times.** When a firmer texture is desired, put tofu on a plate with another plate on top for 5 to 20 minutes. This gently presses the extra liquid out, making the tofu especially good for marinating.

*Source: Puget Sound Consumer Cooperative*

**Smart Living**



*Fill two-thirds of your plate with fruits and vegetables.*

# get moving

## STEPPING OUT

### Any time is the perfect time for a walk

Many people think that walking isn't strenuous enough to make an impact on health, but numerous studies have shown that 30 minutes per day can reduce your risk for heart disease, type 2 diabetes, and maybe even some types of cancer. Walking also has these advantages over other types of exercise:

- It can be done almost anywhere and by people of all ages.
- It's easy to fit into your lifestyle. If you can't walk 30 minutes all at once, you'll get the same benefits by breaking it down into three 10-minute sessions.
- The only equipment you need is a good pair of shoes and a little motivation.
- If you like solitude, you can walk by yourself. If you prefer to socialize, ask others to join you.
- It's easy on your joints and muscles and has a low injury rate.
- Since it's weight-bearing exercise, walking helps keep your bones strong and reduces the risk for osteoporosis.
- It gives you a good opportunity to spend some quality time with your dog.

Of course, don't forget to wear bright clothing and bring a flashlight at dusk or after dark, and watch out for ice in winter.

Source: American College of Sports Medicine, *Fit Society*, Summer 2006

## Check your mileage

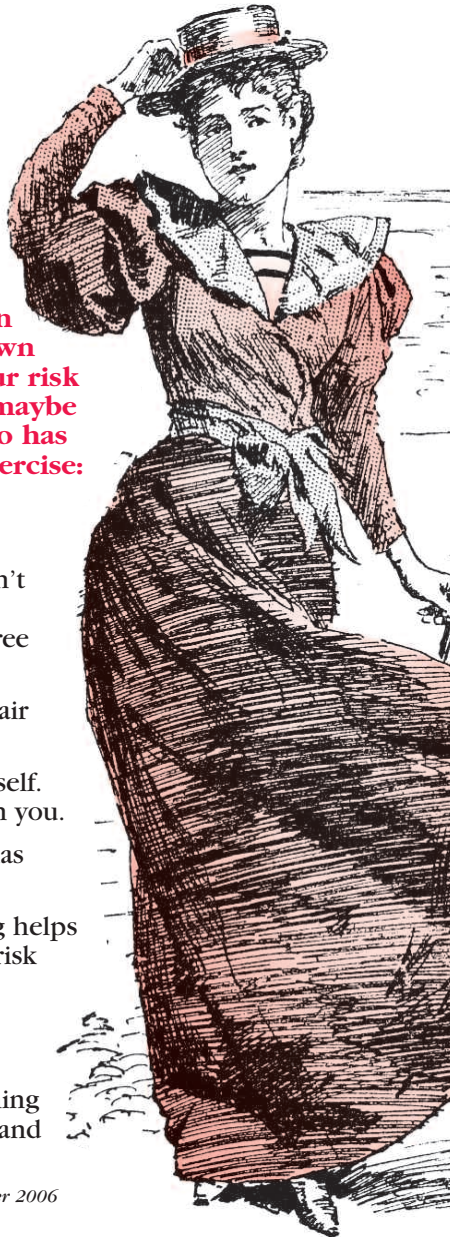
Knowing when to replace your running shoes can help prevent injury as well as aches and pains in the knees, legs, and ankles.

Depending upon your weight, running style, and running surface, experts recommend that you replace running shoes every 350 to 550 miles.

Periodically check shoes for signs of wear. Wrinkles or creases inside the shoe can be signs of a worn-out midsole. A shoe that twists easily may have lost its support.

If you are uncertain, try on a new pair of shoes to see if there is a significant difference in comfort and cushion.

Source: *In Motion*, Winter 2010, published by American Orthopaedic Society for Sports Medicine



## FLEX TIME

### Secrets of proper stretching

Regular stretching can keep you flexible, release stiff joints, and make exercise and everyday activities easier.

Other benefits include improved range of motion, circulation, and muscle tone. When you stretch:

- Warm up with a short walk before stretching.
- Stretch major muscle groups first, like thighs and legs. Then stretch specific muscles for the types of exercise you plan to do.
- Your muscles should feel a gentle pull, but no pain.
- Avoid bouncing. It can tear muscle fibers, which creates scar tissue when it heals and in the end may make you less flexible.
- Stretch muscles on both sides of the body evenly.
- Hold each stretch for 10 to 30 seconds and complete six to eight repetitions.
- Never hold your breath while you stretch. Deep, easy breathing is the key to relaxation.
- Some experts recommend stretching after exercise, when the muscles are heated by blood flow and move more easily.

Source: *All About Joints; How to Prevent and Recover from Common Injuries*, by Irwin M. Siegel, MD, Demos Medical Publishing, Inc.



“Walk to be happy, walk to be healthy.”

— Charles Dickens

## Doc Talk

### POWER TO THE PATIENT

## Hot Topic

This time of year, I advise my patients about the health risks of hot weather — sunburn, dehydration, heat cramps, heat exhaustion, and heat stroke. Sunburn increases fluid loss, produces older-looking skin, and increases skin cancer risk. Heat exhaustion is when heat and dehydration strain our natural cooling ability, leading to heavy sweating, pale skin, weakness, cramps, headache, and nausea. When this happens, get to a cool place, rest, and drink plenty of cool, non-alcoholic or sports drinks. Heat stroke is when high temperatures overwhelm our body's ability to keep our own temperature normal. In heat stroke, sweating stops; heart rate rises; skin becomes red, warm, and dry; body temperature increases above 103 degrees; and we can become nauseous, dizzy, confused, or unconscious. It requires rapid cooling — cool bath, cool spray from a garden hose — and immediate medical attention.

#### How can this be prevented?

- Stay in a cool, shaded place, especially in peak sun hours of 11 a.m. – 3 p.m.
- Wear a vented hat, sunscreen of SPF 15 or higher, and light, loose-fitting, cotton clothing.
- Avoid over exertion and drink plenty of non-alcoholic beverages.
- Take a cool bath or shower.
- Keep the elderly, infants, and young children cool.

These steps can keep your family safe and prevent unnecessary ER and office visits to doctors.

**William J. Mayer, MD, MPH**  
Medical Editor

Do you have a subject you would like the doctor to discuss? E-mail DocTalk@HopeHealth.com.



## Soothe those jittery nerves

Physical activity such as walking or weight lifting may be a low-cost way to relieve anxiety related to chronic health problems such as cardiovascular disease, cancer, arthritis, and other painful conditions.

Anxiety is common among people who are dealing with a chronic illness, yet it often goes unrecognized or untreated by doctors who may view it as an “unimportant response to a chronic illness,” says researcher Matthew P. Herring.

A review of 40 research studies found that people with chronic illnesses who exercised regularly reported significantly fewer anxiety symptoms than those who were inactive. Although certain medications can relieve anxiety, exercise may be an option for people who want a non-drug approach. It may have the additional benefit of increasing self-confidence and self-esteem.

Source: Archives of Internal Medicine, Vol. 170, pg. 321

## Preserving summer's harvest

Now is the time to freeze fresh fruits and vegetables to enjoy later in the year.

When frozen just after picking, frozen produce is usually just as nutritious as fresh. If exposed to light or stored for too long, fresh produce loses vitamin C and other nutrients.

Source: 101 Healthiest Foods: A Quick and Easy Guide to the Fruits, Vegetables, Carbs, and Proteins That Can Save Your Life, by Dr. Joanna McMillan Price and Judy Davie, Ulysses Press

# Healthy

Timely Wellness News & Ideas

## What you need to know about concussions

To reduce the risk of concussions, football helmets need to be inspected every year and replaced or reconditioned to meet standards of the National Committee for Safety in Athletic Equipment.

Proper tackling and heading techniques can also protect against concussions. The “spear tackle” (using the helmet as a battering ram) is especially dangerous for football players.

If your student athlete gets a strong bump on the head, watch for the signs and symptoms of concussion, including headaches, dizziness, confusion, and disorientation. Many people are not aware they are showing the symptoms of concussion, and only 10% of those who experience a concussion lose consciousness. Athletes who experience a concussion should also be evaluated by a medical professional before they return to play.

Sources: American College of Sports Medicine, Fit Society, Summer 2009; Academy of Family Physicians

## Smart Living



Spend 15 to 20 minutes “decompressing” with an activity that relaxes you when you get home from work.

## Troubleshooting

When you're faced with a problem at work, try to think of at least two solutions before you take that problem to your boss.

It shows that you're a thinker and problem solver, as well as a doer.

Source: You Can Find More Time For Yourself Every Day, by Stephanie Culp, Betterway Books

# Snip-its!

## Boost your immunity

**A good night's sleep may be one way to fight off a cold.**

In one study, adults who slept less than seven hours a night had triple the risk of catching a cold compared to those who slept more than eight hours. Researchers interviewed participants in the study about their sleeping habits, and then dosed them with nasal drops containing one of the viruses responsible for the common cold. The virus took hold more readily in those who were less rested; suggesting that lack of sleep may have weakened their immune systems.

Source: Archives of Internal Medicine, Vol. 169, pg. 62

## In the blink of an eye

**If you work for long stretches on a computer, take an "eye break" at least once an hour.** Shift your vision to something farther away, and consciously blink every few seconds.

Most people don't blink normally when they do prolonged close-up work. You might blink less than once every 10 seconds while working on a computer, and that's not enough to lubricate the eyes.

Source: University of Maryland School of Medicine, Brett Levinson, MD

## Can I eat this?

**MyFoodAdvisor is an online tool available through the American Diabetes Association that can give people with diabetes a head start toward healthy eating.** The program has information on the calories, carbohydrate, fat, and fiber content of more than 5,000 foods, along with recipes and meal-planning ideas for blood sugar and weight control. Visit <http://tracker.diabetes.org/myfoodadvisor.html> for more information.

Source: American Diabetes Association

## Anger management

**The next time you get really angry with someone, take 15 minutes to write down your feelings instead of blowing up at the offender. Then shred the paper and toss it.**

Using pen and paper is more satisfying than typing, says mental health researcher Dr. Bruce Rabin. "Studies show that people who do this regularly sleep better and have the blues less often." After putting your feelings on paper you may also be better able to calmly problem-solve with the person who made you angry.

Source: Bruce Rabin, MD, PhD, Director of the University of Pittsburgh Medical Center Healthy Lifestyle Program



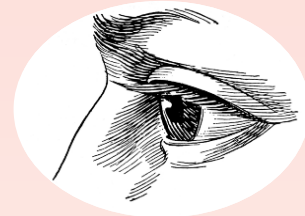
*Stay hydrated in hot weather by drinking water throughout the day, not just when you feel thirsty.*



The information in this publication is meant to complement the advice of your health-care providers, *not* to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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## August Health Observances



### Cataract Awareness

**Beginning at age 40 adults should have an eye examination with eyes dilated to screen for cataracts and other eye problems.**

Advanced age increases everyone's risk for cataracts, but diabetes, smoking, a family history, prolonged steroid use, especially of oral and inhaled steroids, and extensive exposure to sun are also risk factors. Blurry vision, difficulty seeing at night or in dim light, and seeing haloes around lights are common symptoms of cataracts. To learn more visit [www.geteyesmart.org](http://www.geteyesmart.org).

### Adult & Childhood Immunizations

**Adults typically need a tetanus booster shot every 10 years.** But if it has been 5 years since your last tetanus shot and you have a dirty cut or a deep puncture wound (such as stepping on a rusty nail), you should get a tetanus shot as soon as possible. A complete schedule of vaccinations needed to prevent tetanus and infectious diseases such as mumps, measles, meningitis, hepatitis B, and shingles is available at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

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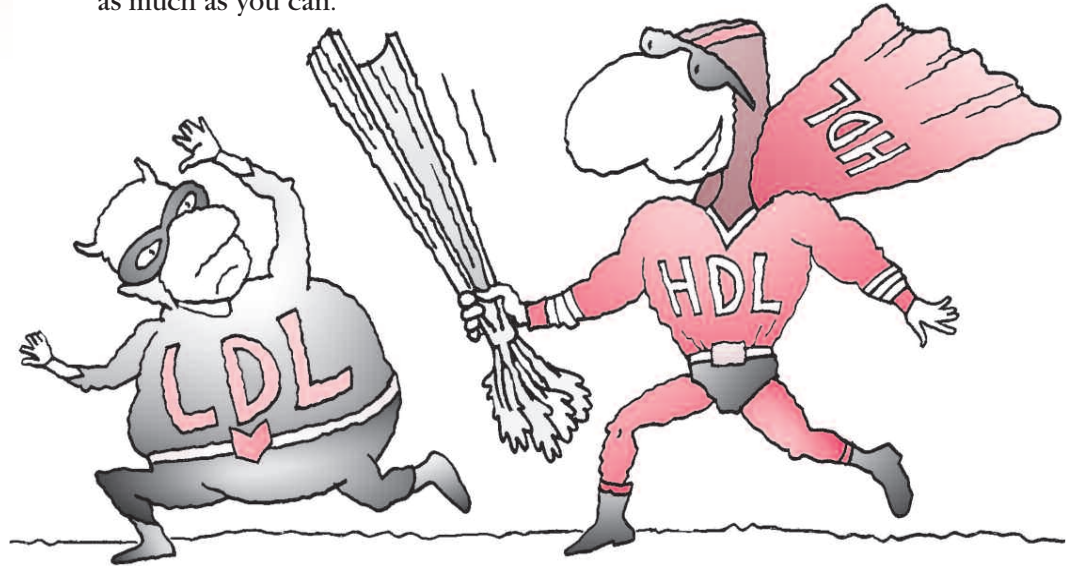
# the whole you

## HEART HEALTH

### What you can do to improve your cholesterol numbers

Cholesterol is a type of blood fat that can increase your risk for heart disease when it's too high. LDL "bad cholesterol" can build up blockages in your blood vessels like junk in a water pipe. HDL "good cholesterol" helps remove the bad cholesterol from your blood. Lifestyle steps that may help you manage cholesterol without medication include:

- **Lose weight if you need to.**
- **Exercise.** In addition to helping you lose weight, it can increase the amount of good cholesterol in your blood.
- **Aim to eat at least 25 grams of high-fiber foods per day.** Soluble fiber like that found in oats, peas, beans, oranges, and apples can help lower bad cholesterol.
- **Choose lean protein sources like fish or chicken without the skin and low-fat dairy products.** Eat less red meat, whole milk, and butter.
- **Use unsaturated fats** like olive oil or canola oil for cooking.
- **Toss your cigarettes.** Smoking can lower your good cholesterol and decrease your fitness level, making it more difficult to exercise.
- **Avoid trans fats** like those found in processed and packaged foods as much as you can.



### Making sense of all those numbers

It's best if your **total cholesterol** is below 200.

Your **HDL (good cholesterol)** should be at least 40 for men and 50 for women. Optimum is 60 and above.

Your **LDL (bad cholesterol)** should be below 130. Less than 100 is best, especially if you have other risk factors for heart disease such as being overweight or smoking.

Triglycerides are another kind of fat in the blood. They should be measured after 9-12 hours with nothing to eat or drink except water. Work toward a number below 150.

Source: American Heart Association



## Behind the wheel

### No-brainer ways to be a better driver

**Obey the speed limit.** This sounds obvious, but speed-related crashes result in 12,000 deaths every year and cost over \$40 million.

**Pay attention, and never take your eyes off the road.** Nearly 80 percent of all crashes involve inattention three seconds before the collision. Talking or texting on cell phones, eating and drinking, putting on makeup, disciplining children, and playing with the car stereo are among the most dangerous distractions.

**Stay in your lane.** Drifting into the adjacent lane and driving off the road are responsible for more than 15,000 fatal crashes every year.

**Merge properly.** Remember to look in your rearview mirror as well as over your shoulder to make sure cars are not too close to you in the next lane.

Source: National Highway Traffic Safety Administration



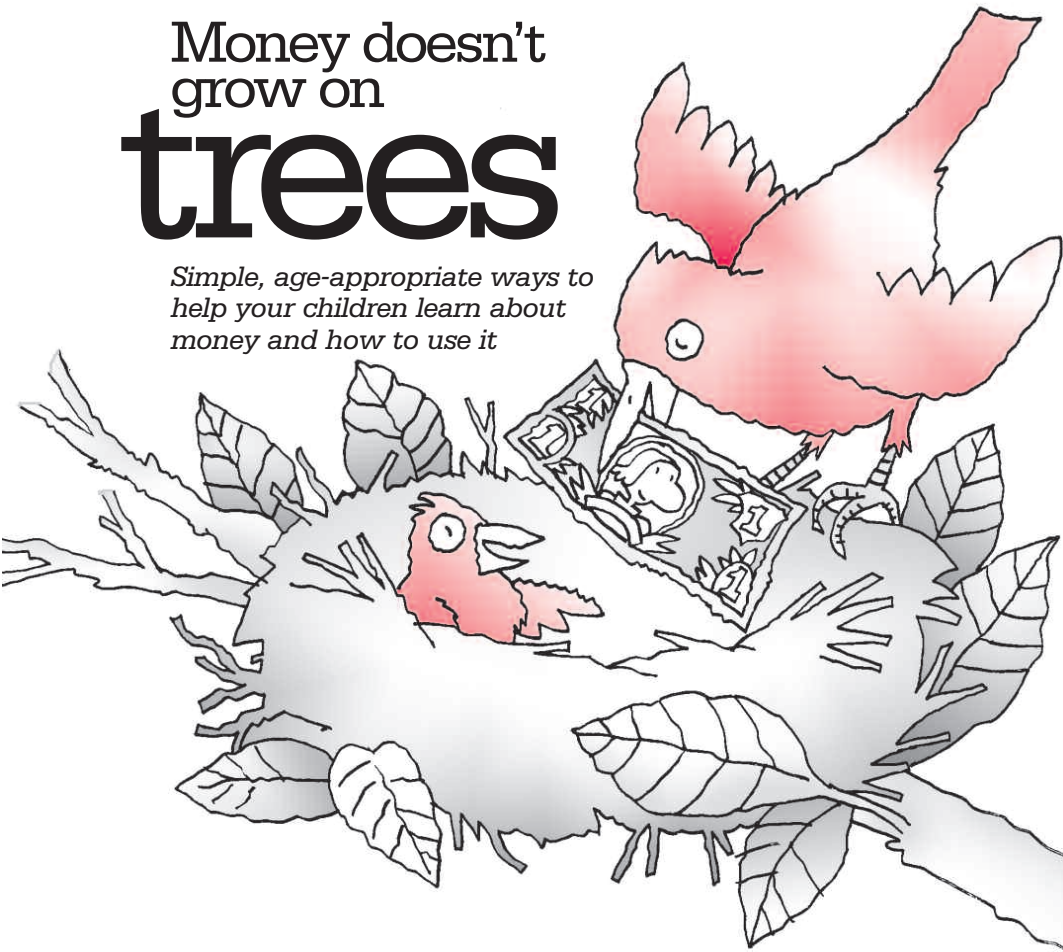
*Regularly clean your car's headlights in addition to the windshield and mirrors.*

## fiscal fitness

### College students and credit cards

# Money doesn't grow on trees

Simple, age-appropriate ways to help your children learn about money and how to use it



The new credit card law that took effect early this year included a provision that parents of those under 21 must agree to take responsibility for their kids' credit cards unless the young applicants can show they have income to qualify.

While many experts agree that college students should get a credit card to begin building a credit record, parents need to keep in mind how a 19-year-old's credit card use may affect their own credit scores. And teens' use of easy money on plastic is somewhat troubling: in one survey of college freshmen, more than 70% reported "financially risky" behavior in the previous six months — they didn't pay a bill on time, maxed out a card, or took out a payday loan. The April 2009 survey found that 58% of students had a credit card and an average debt of \$169.

**Tip:** If your teen or college student needs a card to go on a trip, consider a pre-paid card, which works like a reloadable gift card.

*Sources: The Wall Street Journal; National Endowment for Financial Education*

**Preschool-age:** Even kids as young as 5 can learn what money is — literally. Spread out various types of money on a table and play a game of remembering which person is on each type of paper money and who and what is on "heads" or "tails." If your child has basic counting skills, ask questions such as "How many ways can you make a stack of coins that equals 50 cents?"

**Elementary-school-age:** Have a family discussion about "needs" vs. "wants." You won't have much trouble coming up with the needs list, but your child may list "basketball camp" as a "need," while you may consider that simply a "want." If, however, you believe your child has real talent and pricey but intensive skills training could lead to a scholarship opportunity in the future, it may be more of a "need." The point: talk about it as a family. Kids will learn that there are some gray areas when it comes to how the family budget is allocated.

**High-school-age:** Ask your teen to manage and monitor the family's monthly budget for eating out. (Computer-savvy teens might want to do a simple spreadsheet.) At the restaurant, ask them to figure the tip and the total. If the family goes over its budget before the month is out, talk about what happened and why.

*Source: National Endowment for Financial Education*



**Toolbox:** Neale Godfrey is a well-known expert on family and children's finances who has written 16 books on money, life skills, and values. Read about her books and other resources at [www.childrensfinancialnetwork.com](http://www.childrensfinancialnetwork.com).

# HOPE HEALTH LETTER

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WELLNESS EMPLOYEE OF THE FOURTH QUARTER '09

## Debbie King

Bus Driver & Custodian  
King City USD

**Place of Birth:** Salinas, Ca

**Favorite healthy snacks:** Fruit

**Exercise routine:** Walking and Curves for strength training and hula hooping

**Favorite activities:** Being with family and friends and motorcycle riding

**Stress buster tip:** Exercise and spending time with my grandchildren (Kodi, Kashton and Ryan)

**Wellness Achievement:** "I stopped smoking 18 years ago and beat breast cancer. I knew that if I could beat cancer I had to take control and beat obesity too. I tried many, many diets with little or no success so I made the decision to have gastric bypass surgery. It was the best thing I could do for me, although it's not for everyone. I've lost 129 lbs. and have been able to keep the weight off. By month four of my surgery I was able to stop taking two different blood pressure medicines and my cholesterol was under control. I am now able to do things that I only just thought about before."

Debbie received a gift certificate for a dinner for two and a framed award. **Congratulations Debbie and keep up the good work!**



*Spotlight recognizes school employees who have improved their health and become healthy role models for students and staff. If you know someone who deserves to be in the Spotlight, please submit a nomination form. Nomination forms are available at [www.mcsig.com](http://www.mcsig.com) or by calling MCSIG (831) 755-0161.*

### body, mind, & soul

“If you want to make your dreams come true, the first thing you have to do is wake up.”

— J.M. Power

“The best angle from which to approach any problem is the try-angle.”

— Unknown

“A jury consists of twelve persons chosen to decide who has the better lawyer.”

— Robert Frost

“If it weren't for my mood swings I wouldn't get any exercise at all.”

— Unknown

“Some cause happiness wherever they go. Some whenever they go.”

— Oscar Wilde