

# ActiveforLIFE News

**HEALTHY LIVING FOR BUSY PEOPLE.** Congrats! You've successfully completed your first week of Active For Life! Remember, the first step is often the hardest. This week you'll learn more about how to fit healthy habits into your hectic schedules.



As she cooked dinner, Mary glanced up the TV. A news segment came on encouraging viewers to eat healthy and stay physically

active to help lower their risk of some cancers. Mary laughed as she looked over at the stack of work she brought home. She thought: It can't be done. I'm too busy with work, the kids, the house, and everything else to have time to eat healthy and exercise.

Most families today feel they have little time to incorporate a healthy diet and exercise into the day. But by simply replacing that afternoon cookie with an apple or taking the stairs at work instead of the elevator, you can make a difference in your overall health and may reduce your risk of cancer.

One of the easiest ways to improve your diet is to pay attention to what you eat. Go for smaller portions and watch your amount of saturated fat (found mostly in meats and dairy products). If your meal comes with a sauce, ask for it on the side and only use half.

Get as close as you can to eating mostly foods from plant sources and getting your recommended five or more servings of vegetables and fruits. For example, pass on the chips or fries and choose a salad with low-fat dressing. If you order a sandwich, ask for whole wheat bread.

Eating right is crucial, but a balanced diet isn't the only thing you need. Being at least moderately active for 30 minutes on five or more days per week—or more, if possible—is also essential.

Finding time to exercise seems difficult for most people. The good news is that the 30 minutes doesn't have to be consecutive, and you don't have to go to the gym. In the morning, get up 10 minutes early and take a walk around the neighborhood. When you get home from work, play a game of tag with the kids for at least 10 minutes. While you watch your favorite TV program, do arm curls, squats, lunges, and sit-ups for another 10 minutes. By the time you're ready to go to bed, you've added exercise to your day while barely changing your routine.

It's never too late to start eating better and adding more activity to your day. Commit to living a healthy life—not just for you, but your family too.

## SNACK YOUR WAY TO 5 A DAY

Try the snack suggestions below to help reach the goal of eating at least 5 servings of fruits and vegetables each day. When you substitute low-calorie, high-fiber fruits and vegetables for less healthful snacks, you'll save on calories and feel fuller, too.

- Keep vegetable juice boxes in your desk drawer and glove compartment.
- Keep a bowl full of fresh veggies and fruits on your kitchen counter.
- Try dipping fresh fruit in low-fat yogurt and pudding.
- Fruits packaged in their own juice, frozen fruits and vegetables, and low-sodium canned vegetables provide the same healthful benefits as fresh produce.
- Try dried fruits as a tasty and energizing snack you can take anywhere.
- Short on time? Look for pre-washed, pre-cut vegetables such as baby carrots and broccoli florets at the grocery store. Dip them in non-fat ranch dressing for extra zip.
- Limit your consumption of French fries, snack chips, and other fried vegetable products.
- Try the Energizing Smoothie in this week's recipes for a fast, fun snack.

# Fitting In Fitness

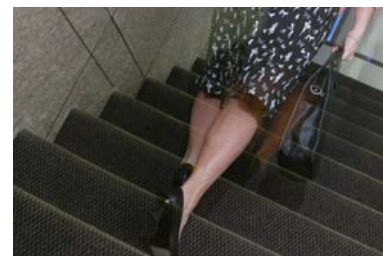
Whether you have a few minutes, or half an hour or more, take the time to fit in some fitness. Mark time on your calendar for your exercise, just like you make an appointment for a meeting. It's a meeting for yourself and your health.

## 10-15 MINUTES

- Get off the bus a few blocks before your stop and walk the rest of the way.
- Park away from the store and walk those extra steps.
- Skip the elevator and take the stairs.
- Take a short walk during your break, lunch hour, or right after work.

## 30 MINUTES OR MORE

- Check out yoga, pilates or an aerobic exercise video from your local library.
- Get up a half-hour early to get in some stretching exercises.
- Walk or bike to the store for your groceries.
- Join a sports or recreation team.
- Strength train while watching your favorite TV show.



## Lunchtime Exercise Plan

Turn your lunch hour into 30 minutes of healthy eating and physical activity.

- Have a light lunch, including fruits and vegetables, and avoid fast food fare.
- Ask a co-worker to join you in a brisk 30-minute walk.
- Small hand weights increase your walk workout.
- In bad weather, find an empty conference or storage room and skip rope, do stretching exercises, sit-ups or lunges.
- If your building has stairs, include them in your exercise.



## Potluck without the Extra Pounds

Are potlucks your office's party of choice? Planning a healthy office party is one way to help prevent weight gain.

- If your office is having a potluck, be sure to include salad, whole grains, fruits, and vegetables on the sign-up list.
- Having a catered affair? Select a variety of entrees and side dishes so that your menu offers lots of choices and something from all the food groups.
- Avoid serving alcoholic beverages. They pack loads of extra calories.

## How does your sandwich stack up?

The sandwich has been the staple of American lunchboxes for generations. And like most brown bag options, how healthy it is all depends on what you use to create it. Here are some ways to help yours achieve good nutritional form:

- Instead of white or sourdough bread, choose whole wheat, which is a good source of fiber.
- Select lean meats such as turkey or chicken breast, which contain about 40 calories per slice and less than 1 gram of fat, instead of bolognas (90 calories per slice; 2 grams of fat).
- Substitute mustard (0 calories; 0 fat grams) for mayonnaise (100 calories and 11 grams of fat per tablespoon), or use light mayonnaise (45 calories; 4 grams of fat).
- Red or green leaf lettuce contains more vitamins (A and C), calcium, and iron than iceberg lettuce.

The "Good" Sandwich	Calories	Grams of fat
Whole wheat bread, 2 slices	160	2
Turkey, 2 slices	80	1
Mustard	0	0
Lettuce	2	0
<b>TOTAL</b>	<b>242</b>	<b>3</b>
The "Bad" Sandwich	Calories	Grams of fat
White bread, 2 slices	160	2
Bologna, 2 slices	180	2
Mayonnaise	100	11
Cheese	110	9
<b>TOTAL</b>	<b>550</b>	<b>24</b>



Active for Life™

1.800.ACS.2345  
www.cancer.org

Hope.Progress.Answers.