

Keep Fit Wherever You Are

Traveling from home for business or pleasure can throw off your established exercise routine – and can even keep you off of it. Finding time to work out while you're on the road can help you stay fit and maintain healthy behaviors.

Stretch. If you're on a long car trip, take frequent rest stops. Get out and stretch, and take a quick walk to refresh and rejuvenate. If you are flying to your destination, walk the length of the plane every hour or two to stretch your muscles and to keep your blood circulating.

Arrange accommodations with fitness facilities. Book a hotel with a fitness facility, or better yet, a pool. A calorie-burning swim is a great way to cool off after a tough day of meetings. If your hotel does not have an exercise room, do calisthenics in the comfort of your own room instead.

Make the extra effort. Skip the escalators and elevators in the airport. Take the stairs instead. If you arrive early or your plane is delayed, take a brisk walk around the terminals.

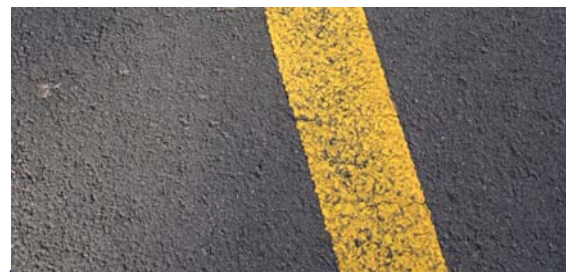
Stay hydrated. Whenever traveling a long distance, remember to drink plenty of fluid to keep your body hydrated.

The Facts About Fiber

No one has ever sat down at a restaurant, looked over the menu and told the waiter, "You know, I think I'll have your 24-ounce plate of fiber—and let's throw in a side order of roughage for dessert!" A cheeseburger, fries and a milkshake may make our taste buds get up and dance, but what we really need is fiber.

It's easier than you think to eat a fiber-rich diet, and the rewards are limitless.

- For breakfast, try a bran cereal topped with raisins, bananas, strawberries, blackberries, or raspberries. These same fruits also make a tasty and nutritious summer salad. For a light, nutritious dinner, bake a potato and add some broccoli. Toss a green salad of fresh spinach, carrots, garbanzo and pinto beans, and you have a colorful and fiber-rich meal.
- The old saying that an apple a day keeps the doctor away may be true. Fiber-rich fruits like apples and pears can reduce or even eliminate gastrointestinal problems.
- Fiber can lower cholesterol. As part of a low-fat diet, fiber can reduce the risk of serious health problems like heart disease, diabetes, and cancer.
- Enjoying high-fiber foods can also lead to weight loss. The Mayo Clinic Healthy Weight Pyramid promotes low energy dense foods, such as fresh or frozen vegetables and fruits. Foods with low energy density usually contain a small number of calories in large portions. They make you feel fuller faster, and you consume fewer calories.



On the Road Again: The Healthy Way

DO:

- Cart your own cooler on long road trips so that you can avoid sugar soda choices from vending machines.
- Bring plenty of bottled water and juice boxes.
- Pack easy-to-eat fruits such as peaches, plums, and cherries.
- Stop to stretch and walk every three to four hours.

DON'T:

- Rely only on fast food for refreshment. Deluxe burger meals can amount to 1,500 calories, 50 grams of fat – and lots of regret.
- Drive drowsy. Switch drivers often or stop to nap.
- Crank up caffeine consumption.
- Expect young children to amuse themselves. Books on CD, car games, and DVD players can mean a smoother ride for everyone.

The Top Ten Fiber Foods

1. Dried beans—baked, kidney, split peas, garbanzo, pinto
2. Bran cereals
3. Fresh or frozen lima beans
4. Fresh or frozen green peas
5. Dried fruit—figs, apricots & dates
6. Raspberries, blackberries & strawberries
7. Sweet corn
8. Whole wheat and other whole-grain cereal products
9. Broccoli
10. Baked potato with the skin

Eat Out, Watch Out

You are the only one that can look out for you and your family when eating out. Don't let those calories get the best of you. Here are some easy and fun ways to watch out while eating out.

Plan Ahead:

- Plan on a light lunch if you'll eat out at dinnertime.
- Try not to show up at the restaurant famished!
- If you'd like to splurge on a higher calorie entrée, skip dessert.
- Stick to your plan once in the restaurant.

Ordering Tips:

- It's all about portions. Try an appetizer instead of dinner.
- Share a meal with a friend and order an extra side salad.
- A la carte should become your motto.
- Look for those heart healthy meals. They are less fattening.
- Ask for grilled, steamed, or sauce on the side instead of the usual.
- Remove nibbling temptations, such as bread & butter, chips & peanuts.

Get Involved!

Relay For Life is a fun-filled overnight event designed to celebrate survivorship and raise money for research and programs of your American Cancer Society. During the event, teams of people gather at schools, fairgrounds, or parks and take turns walking or running laps. Each team tries to keep at least one team member on the track at all times. Relay For Life represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day, cancer will be eliminated.



Fun for Everyone! Top 10 Things to Do at a Relay For Life



10. Meet new people in your community
9. Catch up with old friends.
8. Eat great food.
7. Spend the night under the stars.
6. Play games with the whole family.
5. Get your daily dose of physical activity.
4. Dance into the early morning hours.
3. Cheer on cancer survivors in your community.
2. Learn how to reduce your cancer risk and how to find it early.
1. Continue the progress being made to eliminate cancer.

To learn more about how to get involved in your local Relay For Life event call 1.800.ACS.2345 or visit us online at www.cancer.org.

Eating Out the Healthy Way

Whether you're dining out for business or pleasure, restaurants today serve up plenty of tasty options that won't tip the scales or clog your arteries.

Mexican

- Enjoy baked chips or fresh corn tortillas for dipping in salsa.
- Try borracho or whole beans instead of refried for lower fat but all the flavor and fiber.

Fast Food

- Don't get "super-sized;" order regular-sized burgers and fries.
- Choose juice or low-fat milk instead of sugary sodas.

Chinese

- Ask for MSG, salt, and soy sauce to be omitted in preparation; then add your own light sprinkle.
- Order steamed rice instead of fried rice.

Seafood

- Broiled, boiled, steamed or grilled seafood with lemon or cocktail sauce are tasty and low fat. "Keep it simple" when ordering fish or seafood.
- Sauces, breading and batters usually add fat and calories.

Italian

- Think red when choosing an entrée. Tomato-based sauces such as marinara or red clam sauce are good choices.
- Pizza a junk food? Not when you skip the high-fat meat and deep dish in favor of the flavorful vegetables and thin crust.

Steak Houses

- Order lean cuts – broiled sirloin, tenderloin, or filet mignon.
- Share a regular (10–12 oz.) portion with your dining partner. Or select a smaller (6–8 oz.) cut to eat by yourself.