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# HealthyLiving

## Healthy Resolutions You Can Keep

The new year is a natural time to try for a new start. More than 40 percent of American adults make New Year's resolutions, and almost half of them keep their resolutions for at least 6 months. The most common resolutions are to lose weight, exercise more, and quit smoking. You may be more likely to stick to yours if you keep them realistic. We have some ideas for easy, specific goals that could have a significant impact on your health.

- **Organize your medical information** – The US Department of Health and Human Services says that when patients have more information about their health care, they make better decisions and get better care. Gain more control by keeping a Personal Health Record (PHR) of any diagnoses, medications and treatments. To keep track of a cancer diagnosis, use our [Circle Of Sharing™](#) tool to create a PHR and get personalized information from the American Cancer Society.
- **Get a checkup** – Regular health exams and tests can help find problems before they start, or keep existing conditions from getting worse. If it's been a long time since you've seen a doctor, schedule an appointment.
- **Determine if you should get cancer screenings** – Screening increases the chances of finding certain cancers early, when they are most likely to be easily treated and possibly curable. See our [Cancer Screening Guidelines](#) to learn what tests the American Cancer Society recommends, when you should have them, and how they are covered under some types of insurance.
- **Get more exercise** – Try for 30 minutes of physical activity on most days of the week. Take a walk, jump rope, dance to music on the radio, or ride a bike. The point is to get moving.
- **Eat a little less** – The US Department of Agriculture (USDA) is encouraging Americans to eat healthier, and avoiding oversized portions is a key recommendation. For example, the USDA says a single portion of steak is 5 ounces and a single portion of broccoli is half of a cup.
- **Sleep a little more** – Not everyone needs the same amount of sleep. But the National Sleep Foundation says most Americans get less than they need during most weeknights. Lack of sleep is linked with traffic accidents, obesity, diabetes and heart problems, depression, and substance abuse.
- **Quit smoking** – OK, we admit it. It isn't easy to quit smoking. But half of all smokers who keep smoking will end up dying from a smoking-related illness. And we can help you quit. So, make your resolution to visit [cancer.org/quitsmoking](http://cancer.org/quitsmoking) or call us at 1-800-227-2345 and we'll help you get started.



**CLICK HERE** to put your health first this year by joining the American Cancer Society Choose You® program.

## Business Trips and Your Health



Traveling a lot for work can be hard on your heart and your waistline. In fact, people who travel for business 2 weeks or more a month have a higher body mass index and higher rates of obesity than those who travel less frequently, according to researchers at Columbia University. Most business travel is done in the car, which means a lot of sitting – and often, a lot of fast food.

But you can develop healthy habits to eat right and get exercise while on the road:

- **Plan ahead.** Pack athletic shoes, work-out clothing, an exercise DVD, or anything else you need for your favorite

activity. Take a cooler on car trips, and pack healthy snacks like fruits, nuts, and vegetables, or low-fat cheese with whole-grain crackers.

- **Take active breaks.** On long car trips, use rest-stop breaks to take walks, run laps, or do stretches or push-ups. At your hotel, take advantage of pools and gyms, or exercise in your room each day. Walk instead of ride to meetings.
- **Eat smarter.** At fast-food restaurants, skip fried foods, bacon, cheese, and heavy sauces. Choose grilled chicken, vegetables, and salads, but without lots of cheese and dressing. And if you must indulge in fries or a shake, get the smallest size or share with colleagues.
- **Be the boss.** Ask for food to be prepared the way you want it in a restaurant. Order dressings and sauces on the side, ask for half portions, or share a full one. Make smart substitutions, like vegetables or salad for fries. And shop at the supermarket for some of your meals. Pick up a boxed salad or rotisserie chicken to better control fat content and portion sizes.



**CLICK HERE** to watch the American Cancer Society Powerful Choices podcast series designed to help you stay healthy.

## Simple Steps to Healthier Eating

Changing your lifestyle to eat healthier may take less willpower than you fear. New research has zeroed in on some simple changes people can make to avoid what happens to most adults – gradual weight gain over time. In studies, each of the following had just a small impact on weight-gain. But together, they can add up.

- Quit or cut down on chips and fries. In a 20-year study, an added daily serving of chips or fries was linked to a gain of about a half pound each year.
- Stop drinking sugar-sweetened soda. These drinks were tied to a quarter pound gained each year.
- Eat more vegetables, whole grains, fruits, nuts, and yogurt. Eating these foods was actually linked to a small weight loss over time.
- Sleep between 6 and 8 hours a night. Those who did gained less weight than those who slept less than 6 or more than 8.
- Focus on every bite. This helps you recognize when you're full, and stop eating sooner. Try chewing slowly and putting down your fork between bites.
- Use a smaller bowl or plate. In studies, people ate a lot more from larger containers.
- Use a skinnier glass to help control portions. People poured more into short, wide glasses than into tall, skinny ones that held the same amount.
- Move healthier foods to eye level in the cupboard and refrigerator, and move unhealthy foods out of sight.
- Eat in the kitchen or dining room, not in front of the TV.
- Add a few minutes of daily exercise – this is even more important as you get older.



**CLICK HERE** to learn more about eating less by controlling portion sizes.

## Hit the Ice This Winter

Whether you have visions of landing a camel like Dorothy Hamill, scoring a goal like Wayne Gretzky, or just like the feeling of gliding across the ice, you can have fun and stay fit with ice skating.

Just like walking, running, and swimming, ice skating is an aerobic exercise that helps keep your heart healthy. It also strengthens leg and core muscles, and improves muscle tone, balance, agility, and flexibility.

Many communities have ice skating rinks that rent skates, offer figure-skating classes, and organize hockey teams.

If you live in a place that gets cold enough, you might be able to skate outdoors on frozen ponds and lakes. Just make sure the police or recreation department has posted a sign that says skating there is OK. And as with all winter sports, dress warmly, in layers, and wear a hat and gloves. Don't forget sunscreen and sunglasses. Sunlight reflects off all that bright white ice and snow, right back onto your face.

Wear skates that fit properly, snug but not too tight, and lace them up to the top to support your ankles. For hockey, wear a helmet and padding approved specifically for ice hockey.

Then grab the kids and get everybody on the ice for a winter activity the whole family can enjoy.



[CLICK HERE](#) to see your target heart rate for any activity.

## Tickle Your Funny Bone



Everyone appreciates a good laugh now and then. Chuckling with friends over a good joke or watching a funny sitcom on TV can make you feel relaxed and happy. And researchers have found that laughing can actually cause physical changes – good ones – in your body.

When you laugh, you speed up your breathing and take in more oxygen. It stimulates your heart, lungs, and muscles, and encour-

ages the brain to release hormones called endorphins that help control pain. Laughing also stimulates circulation and aids muscle relaxation, which helps reduce some of the symptoms of stress.

Over the long term, humor can help you cope with difficult situations, and connect with other people.

Nurture your sense of humor by reading comic strips, watching funny movies, and spending time with people who make you laugh. Try to find the humor in life's everyday situations. Think of how you can turn a frustrating experience into a funny story to share later. And if all else fails, fake it! Even pretending to laugh and smile gives you some of the same benefits as the real thing. And with practice, you may soon be laughing for real.

## Kids and Their Screens

The American Academy of Pediatrics has recommended for decades that parents limit their children's TV-watching time. But kids today also have computers, video games, and other electronic devices to keep them occupied. Many even divide their attention between 2 or more at a time.

Recent studies reveal that a sedentary lifestyle, which often goes hand in hand with lots of screen time, is linked to obesity and health problems including cancer, heart disease, and diabetes. In the United States, kids younger than 6 spend an average of 2 hours a day in front of one or more screens. Older kids and teens spend almost 4 hours a day watching TV, DVDs, or videos. When computer use and video games are included, screen time increases to nearly

6 hours a day. And because kids who watch or play more than 4 hours a day are more likely to be overweight than kids who watch or play 2 hours or less, it's a good idea to set limits.

So what can parents do? Keep TVs and other electronic devices out of kids' rooms. Consistently limit the time spent on them by setting up "screen-free" times of day, like dinnertime and bedtime. Encourage physical activity, preferably outside, over TV, computers, or video games. And be an example – if you get moving, your kids are more likely to do the same.



[CLICK HERE](#) for more tips to keep your kids active.

## Cool, Crisp Cauliflower

Cauliflower is an excellent source of vitamin C and is plentiful in autumn. As you can tell by the name, it's actually a flower. The heavy green leaves that surround the head of undeveloped white flower buds protect it from sunlight and prevent it from turning green like broccoli, its closest relative.

When choosing a fresh cauliflower, look for heads that are white with no brown specks or patches. It should be firm, compact, and heavy for its size.

You can eat cauliflower florets raw, or steam, roast, or sauté in just a few minutes. Use frozen cauliflower in our recipe for Cauliflower Quiche from *The American Cancer Society's Healthy Eating Cookbook*.



## Cauliflower Quiche

- 1 8-ounce package frozen cauliflower
- 1 ¼ cups low-fat cheddar cheese, shredded
- ½ cup green bell pepper, cored, peeled, and chopped
- ⅓ cup onion, finely chopped
- 1 cup 1% low-fat milk
- ¾ cup egg substitute
- ½ cup biscuit mix
- ¼ teaspoon paprika
- ⅛ teaspoon pepper
- Nonfat cooking spray



Preheat oven to 375°.

Cook cauliflower according to package directions, omitting salt. Drain and coarsely chop cauliflower. Place onto paper towels and squeeze to remove excess moisture.

Coat a 9-inch pie plate with vegetable cooking spray and layer cauliflower, cheese, green pepper, and onion.

Combine milk, egg substitute, biscuit mix, paprika, and pepper in a blender and process for 15 seconds. Pour mixture over vegetables.

Bake for 30 to 35 minutes or until set. Let stand for 5 minutes before serving.

Makes 6 servings. Approximately 218 calories and 10 grams of fat per serving.



[CLICK HERE](#) to order this and other great books from the American Cancer Society bookstore.

**In the Next Issue:** • Dangers of Secondhand Smoke • Get Fit with Cardio • Choose Your Child's Summer Camp

Articles contributed by Stacy Simon and Becky Slemons.

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