



Friday, May 29, 2009

SMOKING RISKS

Smoking accounts for about one in five deaths from cardiovascular disease. Women who smoke are two to six times more likely to suffer a heart attack than those who don't. But if you quit, within one year your Coronary Heart Disease (CHD) risk plummets 50 percent; within 15 years your relative risk of dying from CHD approaches that of a lifetime nonsmoker.

FITNESS TIP

School-age youth need 60 minutes or more of moderate to vigorous physical activity each day. The activity should primarily be fun. Try to involve the whole family when possible, and vary the types of games, sports, and activities to keep interest high. The 60-minute goal can be accumulated throughout the day.

HEALTH FACT

Did you know that 1 in 3 American adults (65 million) have high blood pressure? High blood pressure causes more visits to doctors than any other condition – just 10% decline in the number of visits would save \$478 million each year. The following factors increase a person's risk for developing high blood pressure: being overweight or obese, being physically inactive, high salt and sodium intake, low potassium intake (due to not eating enough fruits and vegetables), excessive alcohol consumption, and diabetes.

SAFE WAYS TO INCREASE METABOLISM

1). **Do 30 min. or more of aerobic activity at least 4-5 times a week.** 2). **Strength-train 3 times a week** to increase your lean muscle and the rate at which your body burns calories. 3). **Don't wait more than 5 hours between meals** (except at night). Skipping meals can slow your metabolism. 4). **Eat breakfast** to wake up your metabolism after a night's sleep. Having breakfast gives you energy and helps prevent overeating at your next meal.

DID YOU KNOW?

Besides being a major component of bones and teeth, calcium is also needed for muscles to contract properly and nerves to function. And yet calcium can't do its job without vitamin D. Vitamin D helps the body absorb calcium and fine-tune calcium levels in the blood.

DIABETES TIP

You're more at risk for dementia if you have diabetes, especially if blood glucose levels are not in control.

- Maintain a healthy weight.
- Limit refined grains; emphasize whole grains, fruits and vegetables.
- Be active every day. If you can't get outside, walk up and down stairs.
- Take prescribed medication regularly.

MOVE IT, DON'T LOSE IT

A recent study that followed more than 1,700 healthy people 65 and older for six years found that those who exercised a minimum of 15 minutes at least 3 times weekly had a 32% lower risk of developing dementia than those who were less active. To lower your risk of dementia, try to participate in moderate activity for at least 15 minutes 3 times a week (ideally, for 30 minutes on most days for cardiovascular and other benefits).

HEALTHY RECIPE

Garlic Breadsticks (Makes 8 servings)

- *1/2 cup fat free cream cheese, softened
- *1 tsp. garlic powder
- *1 can (11 oz.) refrigerated soft breadsticks

Preheat oven to 350 degrees. Mix cream cheese and garlic powder until well blended; set aside. Unroll breadstick dough into 12 pieces. Spread evenly with the cream cheese mixture. Fold each piece of dough lengthwise in half; twist slightly. Place on ungreased baking sheet. Bake 15 min. or until golden brown. Serve warm. *Each serving has 80 calories and 1.5 g fat.*