



OCTOBER  
'13

# Well NEWS

A Monthly Insight into Health and Wellness



## Break out the Pink

BY LAUREN WARD

We all know that October is Breast Cancer Awareness Month, but are we all aware of our risk of breast cancer? Among the factors the Susan B. Komen Foundation lists as risk factors are age, family history, later child bearing age, weight gain, and physical inactivity. Some factors are inescapable, such as family history, but there is a lot we can do to minimize our chances of developing breast cancer.

Recent studies from the University of Minnesota in St. Paul have found that exercising at a moderate to vigorous intensity level for 30 minutes, 5 times a week, significantly influenced estrogen metabolism. With a more efficient estrogen metabolism, we enhance the body's ability to develop favorable metabolites that help reduce the risk of breast cancer. Additionally, exercising at this intensity for 30 minutes will help you burn an additional 200-400 calories. At five times a week you will be burning 1,000-2,000 extra calories. This small change can help you lose a pound every two weeks.

*Lauren is a medically integrated fitness specialist, whose primary focus is on healthy aging and post rehabilitation functional fitness. She works one-on-one directly in homes throughout the St. Louis area.*

*More information can be found at [www.homewardfitness.com](http://www.homewardfitness.com)*

### October Exercise Focus

Exercise is not always about lifting heavy weights, running until you are bored or exhausted, or even doing 500 sit-ups. Doing something you love can be just as beneficial, and often more rewarding than traditional fitness. For that reason aerobics is the exercise of the month, and here are a few ways to get your heart rate up and achieve a moderate to high intensity physical activity from ACSM.

On a scale of 1-12, moderate activities are 3-6, and vigorous activities are 6+

Walking 3.0 MPH - 3

Dancing-Ballroom - 3 (slow) & 5 (fast)

Volleyball - 3-4 (noncompetitive) & 8 (competitive or beach)

Double Tennis - 5 / Singles Tennis - 8

Lawn/Gardening - 5.5

Shooting a Basketball - 5.5

Bicycling on flat land (10-12) mph - 6

Soccer - 7

## Inspiration



*is a relationship between  
you and your body.*



### Newsletter Quiz

1. How many days a week should you exercise to reduce the risk of breast cancer?
2. What Anti-Cancer Foods are in the recipe of the month?

To earn your Wellness Incentive Points, e-mail your response to [Katie@wellworksinc.com](mailto:Katie@wellworksinc.com) by October 31, 2013.



## ANTI-CANCER FOODS

Diet is crucial in protecting against cancer, specifically breast cancer. Though there are numerous theories linked to the causes of breast cancer, a healthy diet is a proven key to preventing it and beating it.

The general recommendations includes a plant-based diet that incorporates foods rich in omega-3 fats.



### Dark colored fruits and vegetables

Packed with fiber, antioxidants and phytochemicals that can help stop cancer. Focus on dark leafy greens, pumpkin, sweet potatoes, squash, berries, oranges, and pomegranates. Make sure you get at least 5 servings of fruits and vegetables each day!

### Whole grains

Swap your processed white flour and white rice products for high-fiber whole grains. Some great examples are oats, brown rice, wild rice, quinoa, buckwheat and spelt.

### Legumes/Beans

Use beans to get a healthy source of protein, increase your fiber and cancer-fighting phytonutrients all while lowering fat content. Incorporate beans into salads, soups, dips and pasta dishes.

### Nuts and seeds

Packed with vitamins, minerals and unsaturated fats, these are also one of the best sources of plant based protein. High in omega-3 fats, nuts, seeds and their oils help combat cancer. Eat in moderation as they are high in calories.

### Tea

High in flavonoids, which are known for their antioxidant power, tea protects the body against cancer. Drinking at least 4 cups of tea a day showed the most significant impact.

### Vitamin D

This fat-soluble vitamin helps to absorb calcium and builds added protection against cancerous cells. Get your Vitamin D from food such as milk, eggs and seafood. Don't forget about getting your Vitamin D from the sunshine too!

## Cancer Fighting Recipe OF THE MONTH Sweet Potato Kidney Bean Salad

Colorful and delicious, this plant based meal helps fight cancer and makes a delicious meal!

### Ingredients

- 1 medium sweet potato
- 1 (15-oz) can kidney beans, rinsed and drained
- 1 celery stalk
- 1/4 cup finely chopped fresh parsley salt and pepper to taste
- 2 tablespoons extra-virgin olive oil or flax oil
- 1 tablespoon balsamic vinegar
- 4 cups mixed leafy greens
- 1/4 cup crumbled low-fat feta cheese

### Preparation

1. Wash and scrub potato. Prick the skins with a fork. Microwave it for 5-10 minutes depending on the strength of your microwave.
2. Place kidney beans, celery and parsley in a large bowl.
3. When potato is cool enough, dice into bite sized pieces and add to bean mixture. Season with salt and pepper and toss to combine.
4. Whisk together olive oil and balsamic vinegar, drizzle half onto potato mixture and toss to combine.
5. Divide the greens on four serving plates. Mound sweet potato mixture on greens. Drizzle with the remaining dressing and sprinkle with feta. Serve warm or cold.

