

LUNG CANCER AWARENESS MONTH

- Lung cancer is the leading cause of cancer deaths
- 1.2 million people will die this year from lung cancer
- Women are 1.5 times more likely to develop lung cancer than men
- Approximately 87% of lung cancer cases are due to smoking
- Lung cancer will kill more people this year than: breast cancer, prostate cancer, colon cancer, liver cancer, and melanoma ... **COMBINED!**

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Exercise, an Alternative Medication

Kristy Caronia (CES '09)



One in ten Americans is receiving treatment for depression. If depression is left untreated it can interfere with jobs, personal relationships, job performance, and it can also increase one's risk for developing other illnesses.

Extended periods of inactivity can make one more vulnerable to depression. Physical activity increases self-esteem by improving body composition, increasing socialization, and offering a sense of accomplishment. Exercise offers a distraction from life and troubles.

Exercise acts as an anti-depressant by releasing en-

dorphins, chemicals released by the pituitary gland. These endorphins cause a state of euphoria and block/reduce the perception of pain.

Depressed individuals annually spend 1.5 times more money on health care than non depressed individuals. Those being treated with antidepressants spend three times more on outpatient pharmacy costs than those not on drug therapies.

Exercise is a cost effective treatment that can be done anywhere. It has no harmful side effects unlike depression medications (with the exception of muscle soreness).

It is important to consider the numerous benefits of exercise especially with depression. A bonus of exercise is that there are so many different types. Just be sure to find the one that works for you!

In order for exercise to be effective for those who suffer with depression, please be aware of a few guidelines:

- **Set realistic short term goals**
- **Avoid feelings of failure and discouragement**
- **Know the acute effects of exercise**
- **Start slow and progress to longer durations and high intensities**

Exercise from yard work?

Amanda Rivera (CES '10)



Believe it or not, activities such as hauling dirt, weeding, mulching, mowing and raking are all forms of exercise. Gardening uses all the major muscle groups.

An important activity to do right now is raking leaves. Raking gives your arms, chest, shoulders, legs, upper and lower back, and core a good workout.

As with any exercise you want to warm your body up before raking. It is also important to consider posture and technique in order to avoid injury. Be sure to have a wide base of support and hold the end of the rake with one hand and 3/4 of the way down hold the rake with your other hand.

Be sure not to twist your spine and move your whole body when raking. It is good to switch sides every ten minutes and also take breaks. About 30 minutes of raking will burn about 160 calories. So don't frown when you see all those leaves falling. Go out there and get some exercise while you work.

Diet Rules for Optimal Exercise

Kurtis Bednarcyk (CES '09)

Rule 1: Don't pig out right before exercising.

When you exercise after a large meal you may feel sluggish and/or you could have cramping. This is because your body cannot digest the food as well as when you are not active. Your muscles and digestive system are competing for energy.

Rule 2: Skipping a meal before exercising can be just as bad.

Not eating before you exercise is just as bad as eating too much. You may feel weak, faint or tired due to low blood sugar levels. Also, your mental abilities may be affected, making you slower to react. Your body needs calories from food in order to make the energy!

Rule 3: Eat fat...it's okay!

Fat has a bad reputation but the truth is, fat is necessary! The best way to provide your body with energy is to keep your fat intake between 20% and 35% of total calories. Be sure the fats are coming from sources such as fish, nuts, and vegetable oils and leave the candy bar behind.

Rule 4: Stay hydrated!

During physical activity the body loses water through sweat, even when the weather is cold. This can be dangerous if you are not replenishing the water. Make sure to drink plenty of water before, during, and after your workouts! And note, thirst does not occur until a person is already dehydrated. So the key is to drink BEFORE you feel thirsty.

So what can I eat and when?

David Calleri (CES '09)



Hours before workout—have a meal that is low on the Glycemic Index. For example: fruits are great because they have sugars that are slow absorbing so they will provide longer lasting energy.

Immediately after workout—eat something with fast absorbing carbohydrates. Liquids absorb faster than solids so maybe try some chocolate milk for your post exercise drink.

40 minutes after workout—this is the best time to eat protein; your body is no longer absorbing carbohydrates and is back to normal. But portion control is key. Any protein about the size of a fist is all you need.

Energizing Smoothie Recipe

Elissa Goldman (Hlth Sci '10)

Ingredients

- 1-1/2 cups sliced ripe banana (approximately 3 bananas)
- 1-1/2 cups frozen sweetened sliced strawberries, partially thawed
- 1-1/2 cups soft silken tofu, drained (about 3 ounces)
- 1-1/2 cups low-fat vanilla yogurt



Directions

Combine all ingredients in a blender or food processor. Process until smooth.

Makes approximately 5 cups. Serves 8.

Approximate per serving: 180 calories; 2 grams of fat.



Client of the Month: Arno Selco

Amanda Rivera (CES '10)

Arno Selco is a 66 year old recently retired Theatre Arts professor. He joined the Clinic back in 2000, shortly after it opened. He faithfully works out at the Clinic five days a week, now that he has more free time.

Outside the Wellness Clinic, Arno is currently taking an undergraduate American History course here at IC and is following the presidential campaigns as what he would call "obsessively."

Arno believes there are three keys to good health...

Diet, exercise, and rest – all of which he tries to follow. He says "when you get to a certain age this is particularly important" and he realizes that he is not a kid anymore.

Arno stays motivated because he strongly believes in preventative measures. He would rather come to the Clinic and workout, which he does enjoy, than end up taking medication. He wants to postpone the effects of old age as long as possible so he can enhance his physical and mental well-being. He also would love to watch his



grandson grow up. Arno enjoys how convenient the Clinic is and loves the staff and how well equipped the Clinic is. He participates in group classes and takes advantage of all the machines along with his own stretching routine. Arno would agree with the fact that he has achieved his goal of taking a preventative approach

to his health. Today at the age of 66 Arno is taking NO medications. He is in good shape and he is not overweight. He does however take a multivitamin daily. He believes this is the more natural and healthy way to live your life and the side effects are that you feel better.

Cancer Prevention Diet

Elissa Goldman (Hlth Sci '10)

It is important to know that a healthy diet can help in preventing cancer.

Eating an adequate amount of fruits and vegetables can help to reduce cancer risk. According to the American Cancer Society, people should aim to eat at least five servings every day.

Here is a daily menu, including ideas to incorporate more fruits and vegetables into your diet.

Breakfast: If you are a cereal person, try adding one half to a whole medium-sized banana. Fruit juice counts too. But keep in mind that juice contains a lot of added sugar.

Midmorning snack: Baby carrots or 1/4 cup dried fruit can provide another serving.

Lunch: If you enjoy eating sandwiches for lunch, try to fill it up with a variety of vegetables. You can get another serving of vegetables by having a side of vegetable soup. If a soup and sandwich does not fill you up, a side salad can add another serving of vegetables. Even add some cut up fruit

for some extra sweetness.

Dinner: Dinner is a great time to cook up some stir-fry. Using frozen vegetables is a convenient way to avoid having to wash them before cooking. Home-made sweet potato fries or regular baked potato makes a nice substitution for potato chips.

Dessert: Adding some berries to ice cream can make for a sweet treat. Also, home-made fruit pies are another way to get another fruit serving. Try making your own crust to avoid a lot of added calories.



Possible Cancer Prevention:

New Research shows that exercise helps decrease the risk of breast cancer and colon cancers!

Just 30 minutes of vigorous activity at least 5 days a week will keep you way ahead of the game

The Route to Successful Aging

Maria Flores (ES '09)

Successful aging includes good physical, mental and emotional well-being. Exercise, a balanced diet, a network of support and an active social life are some of the factors that make up successful aging.

Exercise is one of the most important factors. It improves health, cognitive functions, and social relationships. As people age they experience a decline in muscle strength, aerobic capacity, flexibility, and balance. However, exercise can help maintain or restore these aspects of health.

Muscle strength peaks around age 25, plateaus until 40, gradually declines until

65, and declines steeply after that age. Resistance training counteracts the loss of strength, when done regularly, and helps older adults maintain or restore their muscle strength.

Bone structure declines with age due to calcium loss. Individuals reach peak bone density at age 30. Every decade after this point individuals undergo a 10% decline in bone density. This is greater in women than men due to hormones. Load-bearing exercise induces bone remodeling and strengthening of the bones. It is also recommended to have a high calcium diet to support the resistance training.

Flexibility also declines with aging. This aspect of health is associated with poor posture, which can be related to back pain. Regular flexibility training improves posture, enables completing activities of daily living and might also decrease musculoskeletal pain.

The psychosocial benefits of exercise are related to a more active social life and involvement in the community. Exercise encourages social interaction and engagement. Exercise not only maintains or improves cognitive function in older adults, but also facilitates interaction and involvement with other people.

Successful aging is a better alternative to anti-aging. A leading component to maintaining vitality and social involvement in old age is exercise.

To help with your route to successful aging remember to choose activities you like; make physical activity a part of every day; participate not only in strength training but also stretching; and also remember to always be realistic about what you can do.

For more advice contact the Wellness Clinic at (607) 274-1301.



NO PRESSURE BLOOD PRESSURE!

Thank you to all those who participated in October's NPBP. We had *216 participants!!!* Of all the participants only *8% had blood pressure above ideal levels!*

Great job IC!

The next NPBP Clinics will be Thursday, November 6th and Wednesday, December 3rd.

If you would like your blood pressure taken and the schedule didn't work for you last time please call the Wellness Clinic at (607)274-1301 and we will be sure to send someone to you!!!

SCHEDULE for NPBP: Thurs. Nov 6th and Wed. Dec 3rd

8am-9am:	CHS Smiddy Boardman	12pm-1pm:	Campus Center Hammond Fitness Center
9am-10am:	Physical Plant General Services Public Safety	1pm-2pm:	Textor Muller Bookstore
10am-11am:	Gannett Whalen Center Hill	2pm-3pm:	Williams CNS Park
11am-12pm:	Dillingham Job Friends	3pm-4pm:	Admin. Annex Towers Terraces Alumni Hall

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Top Five Reasons to join the Wellness Clinic

1. Plethora of equipment and workout routines
2. Group exercise classes offered every day
3. Access to very own personal trainer
4. Exercise Testing always available
5. Environment that is focused on your success

