

April is National
Cancer Month

Fresh & Healthy:
Recipe of the
Month

In the Spotlight

Are You Burning
Enough Calories?

Don't Let Worry
Control Your Life



April is National Cancer Control Month

The goal of National Cancer Control Month is to raise awareness and educate individuals on the importance of early detection and cancer prevention. Cancer is a term that encompasses over 100 different diseases and happens when there is an out of control or abnormal growth of cells that can spread locally or be transported to other parts of the body.

Cancer prevention involves reducing risks that can lead to the development of certain cancers. Some simple tips include:

- Eat plenty of vegetables and fruits (Aim for 5-9 servings/day)
- Maintain a healthy weight and be physically active
- Drink alcohol only in moderation, if at all
- Select foods low in fat and salt
- Prepare and store foods safely
- Avoid all tobacco products

Early detection involves being aware of the signs of cancer. They are:

- Unusual bleeding or discharge
- Change in bladder or bowel habits
- A sore that doesn't heal
- Thickening or lump in breast or elsewhere
- Indigestion or difficulty in swallowing
- Change in wart or mole
- Nagging cough or hoarseness

For other materials and tips on cancer prevention and control, visit www.cdc.gov/cancer.

The CDC publishes many delicious recipes designed to help us add more fruits and vegetables to our diet. The simple recipe below provides 40% of the recommended daily allowance of Vitamin C. For additional recipes, type the following in your web browser <http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>.

Fresh & Healthy Recipe of the Month

SPANISH PASTA SALAD

(Number of servings – 14; Calories per serving – 110)

Ingredients:

- | | |
|---------------------------------|---------------------------|
| 4 cups cooked colorful macaroni | 1 ½ cups salsa, separated |
| 1 cup chopped red onion | 2 cups tomatoes |
| 1 cup chopped green bell pepper | 1 cup cooked corn |
| 1 cup cooked black or red beans | 1 tbs. cilantro |
| 1 cup chopped red bell pepper | |



In a bowl, mix macaroni and ½ cup salsa. Cool in refrigerator for 30 minutes, then add rest of ingredients. Refrigerate at least 1 hour prior to serving.

In the Spotlight



Congratulations to St. Johns River Water Management District (SJRWMD) for being a community leader when it comes to worksite wellness! The District began its wellness concept in 1991 with annual employee health fairs, and began an incentive program, Wellness Incentive Now (WIN), in 1993. Through the incentive plan, employees earn points throughout the year and are eligible to receive a \$10 per month reduction in health insurance premium the following year. For their outstanding efforts in worksite wellness, SJRWMD earned several awards.

Their health care cost stabilized for a 10 year period between 1991 & 2001. However, in the past five years monthly claims rose by 52%, indicating the original wellness program had reached its maximum effectiveness at its current level of operation.

In 2006, SJRWMD renewed their commitment to Workplace Wellness by providing an onsite Wellness Center. The Wellness Center was created from existing unused office space and the doors opened to all District employees and retirees on May 30, 2007. Educational programs are free to employees, and those wishing to use the exercise equipment pay a \$30 monthly fee.

Typically worksite wellness programs produce a return on investment of \$1-\$3 in benefits for every dollar spent. The District's Risk Manager, Frank Hancock commented, "With the national average of 15% per year over a several year period, the District has been able to beat the national average and has seen an average rate increase of 6.7%." The District's health insurance claims cost for 2007 decreased 8% from the prior plan year and they realized a savings of \$2.10 in health care claims cost for every \$1.00 spent on the wellness program. What a great return on their investment for the District and the employees!!!

Are you burning enough calories?

How much exercise is enough? The answer depends on your specific goal. The Surgeon General's minimum recommendation for a healthy heart and to reduce your risk of chronic disease is 30 minutes of moderate physical activity, 6-7 times per week. Moderate physical activity is defined by an increase in respiration (breathing) and heart rate. If your goal is to lose weight, then you may need to increase the amount of time that you are physically active.

Choose activities that you enjoy and mix it up with other activities to avoid burnout. No matter what you choose to do, start slowly and build from there. The chart to the right shows examples of the number of calories burned per hour based on a person who weighs 160 pounds.

Go to www.my-calorie-counter.com to determine the approximate calories burned for your weight and activity.

ACTIVITY	APPROXIMATE CALORIES/HOUR
Yoga (Intense-Power/Hatha/Ashtanga/Vinyasa)	510 Calories
Swimming (moderate freestyle laps)	509 Calories
Stair Walking	489 Calories
Tennis (doubles)	446 Calories
Dance (moderate to intense)	419 Calories
Inline Skating (slow)	397 Calories
Golf (walking and carrying clubs)	330 Calories
Biking (10-12 MPH)	436 Calories
Walking (3.5 MPH)	307 Calories
Windsor Pilates	255 Calories
Vacuuming	255 Calories
Watching TV	73 Calories

Don't Let Worry Control Your Life

Today's world offers countless opportunities for worry. From health issues to job security to terrorism, there's an endless supply of anxiety. Unfortunately, constant worrying can negatively affect many aspects of your life.

Excessive worrying, for example, can directly impact your health. The result of chronic worrying can increase:

- your risk for a heart attack and stroke
- your cholesterol levels
- muscle tension
- amounts of stomach acid

So how can you minimize such problems? Start by identifying the real source of your worry. Are you anxious about things that are real and that you can do something about (your job performance, for example), or is the source of your worry more imagined and beyond your control (perhaps a vague rumor about neighborhood changes)?

When the source of your worry is something you can control, you want to channel that worry into action. Develop a plan for dealing with the cause of your worry, and then carry out that plan.

However, if the source of your worry is beyond your control, you still need to take action to counter that worry, rather than just letting it build up. One simple way is to switch gears. Instead of worrying about something you can't change, do something, or think about something, over which you do have control.

Even small actions can help alleviate needless worry:

- Talk to a friend
- Take a walk
- Go to the gym
- Splash water on your face
- Listen to music
- Think of positive thoughts about people or places you enjoy

If, however, you find you're constantly worrying, especially about things beyond your control, talk to a counseling professional. Chronic worrying can negatively affect your life in too many ways to just to ignore it.

Provided as a public service by the American Counseling Association at www.counseling.org.



Celebrate World Tai Chi & Qigong Day on April 26

In an era of information overload, it's no surprise that more people are feeling the accumulating effects of stress. The demands for our time and attention have continually increased. With multitasking being a necessity to keep pace rather than a way of getting ahead, we seldom have the luxury of being able to focus our attention on just one task or conversation. Stress related illnesses are costing companies billions of dollars in lost time and productivity. Ironically, in this rapidly changing world of technological advancements and instant communication, an ancient mind/body tool exists that can still soothe the over-stimulated psyche and body.

Tai Chi, pronounced tie-chee, is a series of gentle, relaxing motions that may reduce stress, depression, anxiety, and even chronic-pain conditions. Physical activity can increase the body's ability to fight off illness and chronic disease and Tai Chi is no exception. The combination of slow, controlled movements and mental concentration stimulate the whole body and increases awareness, concentration, balance and strength.

The thing that makes Tai Chi a perfect outlet for stress reduction and physical wellbeing is that it does not require any special equipment or clothing. You won't even break a sweat so you can even do it at your desk or in an empty boardroom, yet it will provide the same cardiovascular benefits of moderate intensity aerobic activity. And Tai Chi is well suited for people with physical limitations who may be prevented from participating in other forms of physical activity. Tai Chi classes can be found in many local gyms, YMCAs, and senior centers, or you can borrow or purchase a video or book to learn the poses and practice on your own.

Find out more about Tai Chi, medical studies showing the benefits of Tai Chi, and resources for learning Tai Chi or finding an instructor at www.worldtaichiday.org.



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