



# Wellness Newsletter

Augusta Technical College

## Why Fruits & Vegetables

Volume 2, Issue 3

Summer 2006—September

**Everyone Needs to Eat More Fruits and Vegetables:** A growing body of research proves that fruits and vegetables are critical to promoting good health. In fact, fruits and vegetables should be the foundation of a healthy diet. Most people need to double the amount of fruits and vegetables they eat every day.

usually related to color. Fruits and vegetables of different colors — green, yellow-orange, red, blue-purple, and white — contain their own combination of phytochemicals and nutrients that work together to promote good health.

**Fruits and Vegetables Fight to Protect Your Health:** Fruits and vegetables are packed with essential vitamins, minerals, fiber, and disease-fighting phytochemicals. Because of this, eating plenty of fruits and vegetables everyday can help reduce your risk of Heart Disease, High Blood Pressure, Type II Diabetes and certain Cancers.



**Fruits and Vegetables and Weight Management:** Because they're low in calories and high in fiber, fruits and vegetables can help you control your weight. By eating more fruits and vegetables and fewer high-calorie foods, you'll find it much easier to control your weight.

**Fruits and Vegetables Contain Powerful Phytochemicals (fight-o-chemicals):** Fruits and vegetables have many important phytochemicals that help "fight" to protect your health. Phytochemicals are

**Fruits and Vegetables and Energy:** Busy lives require food that's nutritious, energizing, and easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

<http://5aday.nci.nih.gov>

## Sautéed Vegetable Medley

4 cups mixed blanched and refreshed vegetables, such as broccoli florets, cauliflower florets, carrot rounds, green beans, or radish quarters, procedure follows

2 tablespoons unsalted butter

2 tablespoons water

Kosher salt, freshly ground black pepper

Toss vegetables together in a medium bowl.

In a medium sauté pan, heat the butter and water together over medium heat. Add the vegetables to the pan and turn the heat to medium high. Toss the vegetables, by gently moving the pan back and forth over the flame. Cook the vegetables for 3 to 4 minutes, or until heated through. Season with salt and pepper. Transfer the vegetables to a serving bowl and serve immediately. Recipe by: Tyler Florence

<http://www.foodtv.com>

### National Health Observances

- *America on the Move Day (29th)*
- *Baby Safety Awareness Month*
- *Backpack Awareness Day (20th)*
- *Family Health & Fitness Day USA (10th)*
- *Healthy Aging Month*
- *National Cholesterol Education Awareness Month*
- *National Eat 5-to-9-a-Day for Better Health Month*
- *National Preparedness Month*
- *Prostate Health Month*

### Inside this issue:

<i>Breastfeeding</i>	<i>p.2</i>
<i>Eat 5-to-9-A-Day</i>	<i>p.1</i>
<i>Healthy Recipe</i>	<i>p.1</i>
<i>Preparedness</i>	<i>p.3</i>
<i>Prostate Cancer</i>	<i>p.2</i>

## Healthy Aging

What's good for the body is good for the spirit as well. As people grow older, it is very important to keep motivated -- to say to yourself, **"I can do it!"**

### Physical Fitness

Choose an exercise that you like and stick with it.

Engage in 30 minutes of aerobic exercise and weight-bearing exercise every day .



### Social Well-Being

Contribute time to your community through local volunteer groups, religious organizations, or civic groups.

Stay in close contact with friends and family. Write, email, or call someone daily.



### Mental Wellness

Keep your mind exercised, too, by reading, learning a new skill, and re-searching something that interests you.

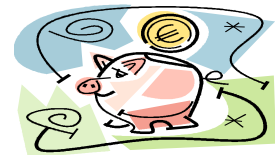
Develop a hobby -- it's never too late to learn how to play the piano.



### Financial Fitness

Save at least 10% of your income and invest in savings plans that compound interest.

Establish financial goals, stick to a planned budget, sign up for a retirement plan.



For more tips on Healthy Aging check out:

<http://www.healthyaging.net>

## Five Tips On Prostate Cancer

Prostate Cancer, two words no man wants to hear. However, there's good news all men should listen to. Surviving prostate cancer is greatly increased when diagnosed early and; there are several steps that can be taken now to help beat the odds of developing advanced prostate cancer. The Prostate Cancer Education Council suggests the following five tips to accomplish this.

### 1. Get Screened

The best prevention against advanced prostate cancer is early detection! Because symptoms of prostate cancer may not occur until the disease is advanced, screening is the first step. Screening includes a physical exam and a blood test. Men at high risk should be screened at thirty-five (high risk factors include a family history of prostate cancer and/or men of African American descent.) All other men should begin screening at age 40. All men should undergo screening once per year.

### 2. Women speak up!

Women have a role in beating prostate cancer as well. As many as 60% of men screened say that their wives, girlfriends or another female encouraged them to checked.

### 3. Diet makes a difference

A Harvard study showed that a diet high in dairy and fatty foods, particularly those of animal origin, increased the risk of developing prostate cancer by 80%. Studies of Asian men reveal a low incidence of prostate cancer which may be attributed to a diet higher in fermented soy food products as well as a low fat diet. Supplements and food sources rich in anti-oxidants (vitamin E and selenium) have been shown to control cell damage and may prevent prostate cancer.

### 4. Get active!

A healthy exercise program will increase circulation, lower stress and may decrease levels of prostate-stimulating androgens. Several studies suggest a relationship between obesity and more aggressive prostate cancer.

### 5. Do your homework

The more you know and the earlier you know it, the more control you have over your outcome. Read, ask others and go on-line to educate yourself about prostate cancer.

For more information on Prostate Cancer go to: <http://www.pcaaw.com>

## National Preparedness Month

National Preparedness Month is a nationwide coordinated effort held each September to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and schools. The U.S. Department of Homeland Security (DHS) is sponsoring National Preparedness Month 2006 which will focus on family emergency preparedness.

The goal of National Preparedness Month is to increase public awareness about the importance of preparing for emergencies including natural disasters and potential terrorist attacks and to encourage individuals to take action to prepare themselves and their families. The month provides Americans with a variety of opportunities to learn more about emergency preparedness. Events and activities across the nation will encourage individuals to get an emergency supply kit, make a family emergency plan, be informed about different threats, and get involved in preparing their communities.

DHS is working with a wide variety of organizations, including more than 1,150 national, regional, state and local organizations that form the National Preparedness Month Coalition, to highlight the importance of public emergency preparedness throughout September and beyond. The National Preparedness Month coalition members will disseminate emergency preparedness messages to their customers, members, employees, stakeholders and communities across the nation.

Below are a few examples of the types of activities and events that DHS and the National Preparedness Month 2006 coalition members are sponsoring this fall to engage Americans and increase our nation's overall level of preparedness:

DHS, AARP, the American Red Cross, National Organization on Disability and National Fire Protection Association will release and distribute new emergency information for older Americans and individuals with disabilities and special needs.

Wal-Mart is promoting personal and family emergency preparedness to its 1.4 million employees through internal communication mediums and employee events. The company is also encouraging the 127 million customers that shop at their stores each week to prepare by featuring Ready Campaign public service advertisements and distributing preparedness

information in its 3,800 stores across America.

The American Legion, American Legion Auxiliary and Sons of the American Legion will encourage their nearly four million members to prepare for emergencies by distributing information to their members and posts across the nation. The organizations highlighted National Preparedness Month in their publications, Web sites and events, including their National Convention in Salt Lake City, Utah August 24 to 31.

Throughout the year, DHS promotes individual emergency preparedness through the Ready Campaign and Citizen Corps as part of a broader national effort conducted by the department's Preparedness Directorate. Ready is a national public service advertising campaign produced by The Advertising Council that is designed to educate and empower Americans to prepare for and respond to emergencies, including natural disasters and potential terrorist attacks. The campaign's Web site (<http://www.ready.gov>) and toll free number (1-800-BE-READY) provide Americans with free preparedness information. Citizen Corps, DHS' grassroots effort, localizes preparedness messages and provides opportunities for citizens to get emergency response training; participate in community exercises; and volunteer to support local first responders. Two thousand Citizen Corps Councils are at work across the nation making their communities safer, stronger and better prepared.



Pack It Light, Wear It Right

For more information on Backpack Strategies for Parents and Students check out:

<http://www.aota.org>