

TAKE CHARGE!



for health and living

February 2011

well being

3 Ways to Say I Love You



A good meal. Eating well is a big factor in preventing heart disease. While salmon is “on the menu” this month, there are plenty of other heart friendly choices too! Looking for something beyond the main course? For a sweet treat, add pomegranate juice and some dark bittersweet chocolate shavings to poached fruit.

A nice walk. Your heart and body loves and needs physical activity. Bring a friend or loved one together with you, and that activity can become so much more. So go and do something fun and active together with someone. Tour a museum or botanical garden, go dancing or take a moonlight stroll.

A good talk. Juggling career and home makes for busy, busy people. This Valentine’s Day, make time for more heart-to-heart talks. Revisit your New Year’s goals with someone special and talk about why you chose them in the first place. A support network helps you reach your personal best.

NOT EVERYONE IS FEELING THE LOVE THIS VALENTINE’S DAY. WHEN DOES DEPRESSION STRIKE MOST OFTEN? ➔

“To ensure good health:
eat lightly, breathe deeply,
live moderately, cultivate
cheerfulness, and maintain
an interest in life.”

~ William Londen

Why is salmon on the menu this month?

This and more Best Bites are inside. ➔

City Events

Tips for a Tax Smart Future

Thursday, February 3
12 noon – 1:00 pm
SMT Room 4050

Thursday, February 10
12 noon – 1:00 pm
Webinar - registration required at www1.gotomeeting.com/register/147148200

Tuesday, February 15
12 noon – 1:00 pm
SMT Room 4050

Deferred Comp - Enrollment

Thursday, February 10
12 noon – 12:45 pm
SMT Room 4080

Blood Pressure Screening

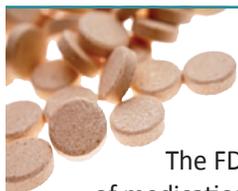
Wednesday, February 23
Stop by 10:30 am – 1:30 pm
SMT 4096



in and out: february

Water Therapy Soothes Back Pain?

If you suffer from back, muscle or joint pain, consider what water can do for you. Water-based exercise provides resistance to build strength without putting extra stress on your spine or joints. You can stretch and build core muscles to improve your posture, increase your range of motion and relieve pain. And a dip in warm water after — or even instead of — exercise can soothe and relax you.



Bone Drugs: Help or Hindrance

The FDA recently announced that a common class of medications called bisphosphonates, prescribed to treat osteoporosis, must carry a warning label that the drugs may increase fracture risk. It's a confusing development since the medications are supposed to strengthen bones. If you are concerned, speak with your health care provider about ways for you to maintain optimum bone health, which may include getting enough vitamin D and calcium, exercising and avoiding cigarettes and cola drinks.

The Obesity-Depression Connection

You may have heard of “emotional eating,” when people overeat to cope with sadness or other feelings. It turns out that not only does depression increase the risk of obesity, but the opposite is true as well: Obese individuals are more likely to become depressed. While there are a number of theories to explain this finding (both psychological and biological), those suffering from one of these conditions would do well to reduce their risk for the other. Exercise, fortunately, can help with both.



LONGEVITY CORNER | Young at Heart



Now is the time to think about exercise. Active adults who exercise (even a little) live longer and have a lower rate of disability. This is especially true of older adults. A study of adults in their 70s and 80s showed that those who exercised at least 4 hours a week — from walking to swimming, gardening to putting around the house — were more independent and less likely to die.

Bottom line: Exercise is for everybody, so get up and get moving.

— Zorba Paster, MD

When Depression Strikes Most Often

Depression is a troubling illness. It changes your mood, sleep patterns, appetite and numbs your ability to enjoy life. Depression can strike at any time, but certain circumstances increase your chances of sinking into it.



After a loss. Bereavement, divorce, unemployment — all of these are triggers.

Around pregnancy. Before and after delivering a baby, approximately 7% of women experience an episode of major depression.

During hormonal changes. Women of childbearing age are at higher risk than men. Some women experience depressed moods prior to menstruation, as well as at the onset of menopause.

In winter. In northern latitudes where there is less sunlight in the fall and winter, some people are more prone to develop the blues or “seasonal affective disorder” (SAD).

After a heart attack. Up to one in three survivors of cardiac arrest report depression. Chronic pain and other chronic illnesses appear to be risk factors as well.

Following substance abuse. Heavy drinking, other addictions and some prescription medications, can increase risk.

After previous depression. If you've had depression before, you're more likely to experience another episode.

What to do: Talk with your health care provider for treatment referrals and suggestions such as exercise, counseling or medication.

on the menu

Salmon: A Heart-healthy Choice

No need to be fish-wary with salmon! It's high in protein, low in saturated fat and a rich source of omega-3 fatty acids, which are considered heart healthy. It's also a versatile food with dishes that are sure to please. So if you...



Make your best choice:

Aim for two 3-ounce servings of heart-healthy proteins each week. Change things up by substituting baked or grilled fish for meat twice a week.

- ✓ **Don't like to cook fish.** Canned salmon is ready-to-eat and can be used in chowder, casseroles and salads.
- ✓ **Love to entertain.** Salmon is well-suited for tasty appetizers and entrees. Serve salmon in sushi rolls, deviled eggs or mousse.
- ✓ **Cook for kids.** Salmon can be made more appealing with a sweet glaze, mixed into croquettes or baked. Check with your pediatrician about the recommended number of servings.
- ✓ **Dislike fishy taste.** Buy fresh fish and combine with robust flavors. Dress it up with a fresh black bean and bell pepper salsa or a Dijon mustard sauce.
- ✓ **Like to grill.** Serve it grilled, smoked or as a burger. Marinating salmon adds a nice flavor.

best bites

PRODUCE PICK OF THE MONTH



Honey Tangerines

This super-sweet variety of mandarin oranges is in season from January to April. Tangerines are high in vitamin C and are a source of vitamin A and the B-vitamin folate. Plus, they have just 40 calories and 8 grams of sugar per fruit, so go ahead and enjoy a few! Add wedges to salads and fruit salsas.



Know Your Numbers

TARGET HEART RATE

Do you know how fast your heart has to beat to get all of the good effects of exercise? This is called target heart rate. Knowing your target heart rate is especially important if you have a chronic condition or you have been inactive. Your target heart rate is generally 50-85% of your maximum heart rate. The American Heart Association recommends beginners aim for 50% first, gradually building up to the higher level. Learn more about your target heart rate (with your health care provider's help) especially if you're on high blood pressure medication. In the meantime, try the math yourself the next time you exercise.

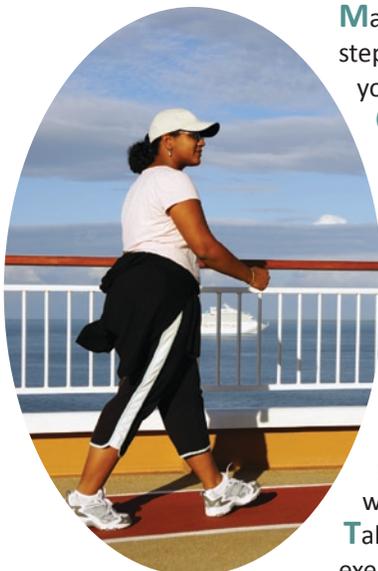
Maximum heart rate = 220 minus your age

Multiply maximum heart rate by .50

To track your progress: Take your pulse or use a heart rate monitor while exercising.

smart moves

Catch the Benefits of an Active Lifestyle!



Make time for exercise while watching TV by using a stair-stepper, lifting weights or doing yoga moves. Partner with your child to do jumping jacks during commercial breaks.

Outings with friends can include fun activities such as bowling or biking — a nice change from the usual dinner and drinks.

Video gaming gets physical when you play interactive sport or exercise programs. Have a "gaming Olympics" night and see who walks away with the gold.

Everyday activities count as exercise, especially when you take them up a notch. Pick up the pace when folding laundry, vacuuming or walking the dog.

Isometric exercises (tightening and relaxing muscle groups) are easy to do while talking on the phone or waiting in line.

Take periodic breaks from desk work to stretch, do chair exercises or take a quick walk.

REVISIT A FAVORITE CHILDHOOD PASTIME:



Jump rope:
This activity burns calories

and gives you a great cardio workout. To avoid injury, wear athletic shoes with good support. If you have a health condition or you never exercise, get your health care provider's OK first.

Stay in Touch

Keep those questions and suggestions coming!

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BREATHE EASIER – QUIT TOBACCO

Celebrate Heart Health month by taking a fresh, deep breath. Quitting tobacco can significantly decrease your risk for heart attacks and cancer and help you and your family breathe easier.

When you enroll in *Quit For Life*, a Free and Clear Quit Coach will give you the knowledge, tools, and support you need to quit for good. You may even qualify for free nicotine replacement therapy. This program is free for employees and adult family members with City medical coverage.

Call 1-866-QUIT-4-LIFE (1-866-784-8454), or log on to www.quitnow.net for details or to enroll.



Creamy Frozen Fruit Dessert

EASY | RECIPE

from Personal Best®

4-5 honey tangerines
(about 2 cups of segments)
2 bananas, peeled and sliced
1 cup crushed pineapple in juice
1 cup low-fat vanilla yogurt
½ cup miniature marshmallows

½ cup frozen reduced-calorie
whipped topping, thawed

½ cup sliced almonds

Grated peel (zest)
of 2 tangerines



- 1] Combine fruit in large bowl and set aside.
- 2] In small mixing bowl, blend remaining ingredients; gently fold into fruit and place in serving dish. Freeze until firm (1-2 hours).

- 3] Remove from freezer and let stand at room temperature for 12 minutes before serving.

MAKES 7 (ONE-CUP) servings. Per serving:

158 calories | 3.5g protein | 2.8g fat | .6g sat fat | 0mg cholesterol
33g carbs | 24g sugar | 3.8g fiber | 23mg sodium

Fat-Free Valentine's Gift Ideas

This month give your loved ones something that will keep them in the pink. Keep top health in mind when you skip the sweets and try these non-fattening ways to show your affection:

- Buy a cookbook of healthy recipes — choose a favorite cuisine. Use a red ribbon to attach cooking utensils such as wooden spoons or red oven mitts.
- Prepare a heart-healthy dinner. Eating well is a big factor in preventing heart disease; choose foods that are rich in soluble fiber, omega-3 fatty acids, folate and monounsaturated fats. Add hearty portions of whole fruits and vegetables and a small serving of nuts.
- Buy a membership for two at a fitness club or a gift certificate at a sporting goods store.
- Find a health-related app for your valentine. Apps can help track your exercise progress and eating patterns; show yoga and relaxation tutorials; give reminders for doctor's appointments and provide hundreds of nutritious recipes.
- Go to www.2c.cdc.gov/ecards/index.asp to send one of over 100 free health-related e-cards.
- Send a fruit bouquet to the apple of your eye.

last bites

CPR update. For years, trainers have taught the standard lifesaving technique of cardiopulmonary resuscitation (CPR) which includes mouth-to-mouth rescue breathing. But now the Journal of the American Medical Association reports that CPR consisting only of chest compressions is actually more effective due to uninterrupted blood flow. This is good news, because compression-only CPR is easier to learn and more appealing for rescuers — which may lead to even more lives saved. Now is a good time for a refresher course.

Fishing for salmon facts. Some people avoid salmon for fear of contaminants such as mercury or polychlorinated biphenyls (PCBs). For most people, the benefits of eating salmon appear to outweigh the risks. Salmon tends to be lower in mercury than other fatty fishes. Still, certain groups are advised to limit fish intake: children under 12 and women who are pregnant, nursing or planning a pregnancy. If you fish, check with authorities about the safety of the local catch.