

TAKE CHARGE!



for health and living

October 2011

weight basics

Energy In, Energy Out

Whether you gain, lose or stay at the same weight depends on your energy balance. That is the number of calories you burn versus the number of calories you eat and drink. If they are the same, your weight won't really change. If you burn more than you take in, you will lose weight.



The 2010 Dietary Guidelines for Americans offers a guide to estimated calories needed daily to maintain energy balance at different activity levels based on age and gender. The chart below provides a general guideline. A more complete chart is available in our online toolkit.

Easy Ways to Change Your Calorie Balance

- ✓ **Swap** cream for skim milk in your coffee, or take it black.
- ✓ **Skip** mayo on your burger or sandwich; try mustard.
- ✓ **Walk** to your co-worker's desk instead of sending email.
- ✓ **Order** a small — not medium — serving of fries.
- ✓ **Drink** water instead of soda.
- ✓ **Walk** two miles or **do** 30 minutes of yard work.
- ✓ **Switch** to tuna packed in water instead of oil.



These changes, if made daily, could help you lose as much as 10 pounds a year.

Estimated Daily Calorie Needs

WOMEN Age (years)	Sedentary	Moderately Active	Active
19-30	1,800-2,000	2,000-2,200	2,400
31-50	1,800	2,000	2,200
51+	1,600	1,800	2,000-2,200

MEN Age (years)	Sedentary	Moderately Active	Active
19-30	2,400-2,600	2,600-2,800	3,000
31-50	2,200-2,400	2,400-2,600	2,800-3,000
51+	2,000-2,200	2,200-2,400	2,400-2,800

How active are you really? Lifestyles defined:

- ✓ **Sedentary** means no exercise beyond day-to-day activities.
- ✓ **Moderately active** means walking 1.5-3 miles per day at 3-4 mph, in addition to the physical activities associated with typical day-to-day life.
- ✓ **Active** means the equivalent of walking more than 3 miles per day at 3-4 mph, plus usual daily activities.

Benefits Fairs



Wednesday, October 5

9:30 am - 2:30 pm
City Hall, Bertha K. Landes Room

Tuesday, October 11

7:30 - 10:30 am
Rainier Community Center

Thursday, October 13

7:30 - 10:30 am
Bitter Lake Community Center

City Events

Diets, Supplements, and Lab Tests

Thursday, October 6

12 noon - 1:00 pm
SMT Room 4050

How Flexible Spending Accounts Work

Wednesday, October 12

12:00 - 12:30 pm or 12:30 - 1:00 pm
SMT 4080

Deferred Compensation Enrollment

Tuesday, October 18

12 noon - 12:45 pm
SMT 4080

How Flexible Spending Accounts Work

Tuesday, October 18

12:00 - 12:30 pm or 12:30 - 1:00 pm
SMT 4096

Stress Management Webinar

Wednesday, October 19 or 25

12 noon - 1:00 pm
Registration - watch email

Blood Pressure Screening

Wednesday, October 26

Stop by between 10:30 am & 1:30 pm
SMT Room 4096

Risk Tolerance/Investing

Wednesday, October 26

12 noon - 12:45 pm
Register at 206-447-1924



in and out: october

Are You Due for a Breast Check?

All women are at risk for breast cancer. Do you know the signs to watch for? They include a lump in the breast; changes in breast skin color (redness), texture (dimpling or scaling) or general appearance; or nipple discharge.

The earlier breast cancer is detected, the greater the chances for recovery from it. In many cases, the key to early detection is regular screenings. For average-risk women, the American Cancer Society (ACS) recommends:

For ages 20-39: Discuss breast self-awareness with your doctor or health care provider and have him or her do a breast exam at least every 3 years.

For age 40: Have a doctor or provider do a breast exam every year and start annual mammograms (X-rays of your breasts). The ACS recommends a mammogram every year as long as women are in good health.

While screening methods save many lives, screening by any means does not guarantee detection of breast cancer. **Breast self-awareness is important to early detection.** Become familiar with the normal look and feel of your breasts. Call your doctor or provider promptly if you notice any changes that are suspicious for breast cancer. Discuss the benefits and limitations of breast self-exams with your doctor or provider.

Note: Screening recommendations vary depending on your individual needs. Ask your doctor or health care provider about what's right for you.



LONGEVITY CORNER | Tai Chi

Tai chi, like yoga, is becoming increasingly popular. A recent study looked at people suffering from congestive heart failure (CHF) — a condition where your heart can't keep up with its demands and you become short of breath. Patients who practiced tai chi improved markedly — they reported better moods and quality of life and were more likely to engage in other exercise, such as walking and swimming. Tai chi — the new yoga.

— Zorba Paster, MD

Feeling Stressed?

Take a break to do some relaxing tai chi moves at <http://nccam.nih.gov/news/multimedia/video/taichi>.

nutrition watch

'Goblin' Up Some Sweet-Free Treats

Looking for some novel Halloween treats to give out this year?



Younger children will be entranced by stickers, juice boxes, mini bottles of bubbles, plastic rings, small puzzles, pretzels, popcorn, finger puppets, bouncy balls or small containers

of play dough. Older kids will be "goblin" up items like temporary tattoos, mini bottles of nail polish, glow sticks and jewelry, magic tricks, spooky pencils and erasers, sugar-free gum, and haunted key chains.

"Witch" treat is best?

Kids get candy at the other houses — chances are, they'll be delighted to receive something different when they visit you.

Hungry for more?

Best Bites are on the next page.

Hot Germ Season Ahead

When you wash your hands often with soap and water — especially after using shared objects — you're doing a pretty good job of stopping cold and flu germs.

Did you know?

Those most vulnerable to the flu and its complications (e.g., pneumonia) include seniors; young children; people with heart or lung disease, diabetes or other chronic medical conditions; smokers; and health care or child care workers. In fact, it's the potentially life-threatening complications for these high-risk groups that spark the annual push for vaccinations.

PRODUCE PICK OF THE MONTH



Chestnuts

It's fall and chestnuts are back in supermarkets. These brown beauties are extremely low-fat and make a fantastic snack. They're also a source of vitamin C and folate. They impart a mild, sweet flavor and gourmet flair to everything from stuffing to desserts. Purchase chestnuts that are heavy, firm, dark and shiny with no evidence of mold. They can be refrigerated for up to two months. Carefully score the shell with a knife, place in a single layer on a baking pan, then bake at 250°F until light brown inside. Peel them when cooled.

Medication Questions

The more you know about your prescription drugs, the better chance you will use them safely and effectively. **Questions to ask:**

- 1 **Is medication my only choice?** Nondrug therapies, lifestyle changes and prevention measures can reduce or stop the need for medication.
- 2 **What side effects should I watch for?** Pharmacies generally attach an information sheet that lists side effects to each prescription.
- 3 **Is this new drug a better way to treat my condition?** The latest therapies can improve treatment, but do your research.
- 4 **Can I reduce the number of medications I need?** Ask your health care provider if one medication could do "double duty." Avoid taking one medication to treat the side effects of another.

Shopping for Best Bites

Shop along the outer aisles of the supermarket first. That's where you'll usually find the healthier items such as fresh fruits, vegetables, bread, fish, nuts and low-fat dairy products. **Next best?** Tackle the center aisles for rice, pasta, dried beans and other pantry best-buy basics. **Before you check out.** Take a look at your cart. You may want to return impulse purchases or any items with low nutritional value.

personal  best.

Quick Guide to Processed Foods

For centuries, people have "processed" foods, from pickling cucumbers in vinegar to sweetening fruit jam with sugar. Today, thousands of food additives are used to maintain or improve freshness, taste, texture, appearance or nutritional value of products. Vanilla or yeast — these are well-known. Others have hard-to-pronounce names. **Federal agencies** determine whether an additive is "GRAS," which is short for generally recognized as safe.

But safe is not the same as desirable: Many processed foods contain added fat, sugar and salt, which can contribute to health problems.

In addition, certain sensitive individuals may experience negative reactions. For example, someone who is allergic to soy may have a reaction to soy-derived lecithin or hydrolyzed vegetable protein.

On the Radar ...

- Sulfites can trigger asthma attacks.
- People with phenylketonuria (PKU) should avoid foods sweetened with aspartame.
- Monosodium glutamate (MSG) and nitrates can cause headaches and chest pain.
- Artificial fats can cause stomach upset.

Though controversial, some parents theorize that artificial colors and flavors cause hyperactivity in their kids.

Best approach? Read labels carefully and call the product manufacturer if you have concerns. If you have unpleasant symptoms after eating certain foods, keep a log to determine the common additives. If you have a health condition, ask your doctor if you might react to particular additives (for example, tyramine in cheese for migraine sufferers).

Bottom line: If the ingredient list on a product is extremely long and hard to read, you may want to find a less-processed alternative.



Stay in Touch

Keep those questions and suggestions coming!

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FALL BENEFITS ACTION ITEMS

- Review 2012 plan changes. Guides at: personnelweb/benefits/home.aspx. For City employees with Most benefits, consider the new vision Buy-up plan option.
- Go to a Benefits Fair (see page 1).
- Enroll/Re-enroll in a health care or dependent care Flexible Spending Account (FSA). Total your 2011 out-of-pocket health care and dependent care expenses and estimate your 2012 amount.
- Enroll online from home: Go to www.seattle.gov; click on "City Employee Resources" in the NEED HELP? section. After logging into Employee Self-Service, choose "Open Enrollment" under Benefits.
- Review your AD&D and Life insurance beneficiaries on Employee Self-Service.
- Get your seasonal flu shot. Schedule and consent form at: personnelweb/benefits/home.aspx.

Make your 2012 benefits decisions by October 31 at 5:00 pm.

Creamy Pumpkin Soup

EASY | RECIPE

from Personal Best®

- 1 tbsp olive oil
- 1 cup onion, minced
- 2 cups fat-free, low-sodium chicken broth
- ½ tsp ground cumin
- ½ tsp garlic powder

- 1]** In medium saucepan, heat olive oil over medium heat and sauté onion until translucent, 5-6 minutes.
- 2]** Add broth, seasonings and pumpkin; stir and cook until bubbly. Lower heat, cover pot and simmer 20 minutes, stirring occasionally.
- 3]** Add buttermilk and simmer about 5 minutes more; do not boil.

- ½ tsp chili powder
- ¼ tsp salt
- 1¼ cups canned pumpkin puree (not pie filling)
- 1 cup buttermilk
- 2 tsp fresh lime juice

Tip: Beat with an electric whisk to create a creamier texture.

- 4]** Stir in lime juice; pour into bowls and serve hot or chilled.
- Garnishes:* Add a dollop of light sour cream and a sprig of parsley, or for crunch, add chopped green chili or pecans.



MAKES ABOUT 4 (1½ cup) servings. Per serving:

133 calories | 5.6g protein | 4.1g fat | 0.8g sat fat | 2.5mg cholesterol
10.5g carbs | 7.5g sugar | 1.4g fiber | 281mg sodium

Q&A

What is second impact syndrome?

A blow to the head can temporarily change the way your brain works. This is called a *concussion*. Symptoms of the condition include headache, dizziness, nausea, vomiting, blurred vision, irritability, memory problems or confusion. Concussions need time and rest to heal.

But if another blow to the head occurs before the initial concussion has healed, a condition called *second impact syndrome* can result. The syndrome consists of rapid swelling of the brain inside the skull. This condition is serious and potentially fatal. Second impact syndrome can occur at any age, though people younger than 25 are especially vulnerable.

Have a prompt evaluation if you've had a head injury. To reduce the chance of second impact syndrome, don't return to sports or other activities without your doctor or health care provider's okay. A helmet and protective gear can help prevent brain injuries.

— Elizabeth Smoots, MD, FAAFP

last bites

Take Steps Toward Back Safety

Back pain is a very common affliction, and it can range from inconvenient to incapacitating. While back pain is often treatable, you can prevent it from starting in the first place. Here are some strategies to protect your back:

- **Practice** good posture.
- **When sitting**, keep your knees slightly higher than your hips.
- **Stand** with one foot in front of the other and your knees slightly bent.
- **When sleeping**, put a pillow or two

under your knees (when on your back) or between your knees (when on your side).

- **Limit** heavy lifting. When you do lift, use your legs — not your back — by bending at the knees and lowering your hips.
- **When moving** a heavy object, push it rather than pull it.
- **Keep** your back muscles strong through regular resistance exercises.
- **Maintain** a healthy weight.