

TAKE CHARGE!



for health and living

October 2012

Fit In Fitness Top Fitness Trends

Name your fitness goals – weight loss, more muscle, heart health or stronger joints – and you'll find emerging exercise trends to help you succeed.

Effective activities help you achieve aerobic endurance and muscular strength as well as joint flexibility and stability.

For the American College of Sports Medicine's 2012 "Worldwide Survey of Fitness Trends," 2,600 health and fitness professionals ranked the 20 most popular fitness pursuits from 37 potential options. Here are some of the leading practices.



- **Strength training** remains a central emphasis at gyms. It's vital to maintaining health and mobility for everyone.
 - **Fitness programs for older adults** are increasing as many boomers retire, gain time for fitness activities, and favor targeted exercise for age-related health conditions.
 - **Core training** strengthens the mid-body muscles and is essential for aiding spinal health.
 - **Group personal training** has emerged as a more affordable option than individual sessions.
 - **Functional fitness exercise** prepares the body for doing everyday activities with ease and to avoid injury. *Examples:* Pilates, yoga and tai chi.
- ➔ Consult your health care provider before significantly increasing your exercise level.



October is Breast Cancer Awareness Month.

Breast Cancer – Can You Lower Your Risk?

Most women want to know how they can lower their odds for getting breast cancer. *Here are several lifestyle changes you can make:*

1. **Stay physically active.** Regular moderate-to-intense exercise, such as walking, for at least 3 hours a week has been linked to a significantly lower risk of breast cancer.



Continued on page 4 ➔

city events

Open Enrollment
October 8 - 31

Benefits Fairs

Wed., Oct. 3, 9:30 am - 2:30 pm
City Hall – Bertha K. Landes Rm.

Tues., October 9, 7:30 - 10:00 am
Rainier Community Center

Wed., October 17, 7:30 - 10:0 am
Northgate Community Center

Deferred Comp. Enrollment

Wednesday, October 10
12 noon - 12:45 pm
SMT 4080

How Flexible Spending Accounts Work

Tuesday, October 16
12:00 noon - 1:00 pm
SMT 4080

Retirement Readiness - Social Security

Tuesday, October 23
12:00 noon - 1:30 pm
City Hall - Bertha K. Landes Rm

How Flexible Spending Accounts Work

Wednesday, October 24
12:00 noon - 1:00 pm
SMT 4080

Stress Management Webinar

Thursday, October 25
12 noon - 1:00 pm
Registration - watch email

Blood Pressure Screening

Wednesday, October 31
Stop by between 10:30 & 1:30
SMT Room 4096

How's Your Smile? ?

Turn to page 2. ➔

This Edition ➔ Diet Detective Says
PersonalBest 4u ➔ Squash Delights
➔ Safety After Dark



Reach your personal best with Smart Moves at www.personalbest.com/extras/oct12tools.



Be a good role model – brush and floss daily

How's Your Smile?

Your overall wellness will impact the health of your teeth and gums. The most important step to preventing dental problems is brushing and flossing every day. You might be surprised by other factors that affect your dental health. Take the assessment to learn more.

1. **YES NO** Do you use tobacco?
2. **YES NO** Do you have diabetes?
3. **YES NO** Are you avoiding regular dental checkups?
4. **YES NO** Do your gums often bleed?
5. **YES NO** Do you often fail to floss your teeth?
6. **YES NO** Do you snack on sugar-rich foods every day?

Smile if you answered “no” to at least 5 questions. If you answered “yes” to using tobacco products, be aware that it causes gum disease and raises your risk of oral cancer. Diabetes? It reduces the body’s resistance to infection, including gum tissue. Infected gums (periodontal disease) may then make it harder to keep blood sugar under control.

Professional cleaning and exams can keep plaque and gum disease under control and other oral problems from becoming serious. In between, flossing daily is a must for healthy gums.

PB4.u Tip: After you eat candy and other high-sugar foods, try to brush your teeth, or at least rinse your mouth well. When sugar stays on your teeth, bacteria in your mouth form acid that can damage tooth enamel and lead to decay.



“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”
~ Maria Robinson

What to Do to Fight the Flu



Your first line of defense is to get a flu vaccine.

The CDC recommends that everyone 6 months and older get vaccinated every year to prevent getting the flu.

Vaccination is especially important for those at high risk for developing serious complications from the flu, such as pneumonia. Most at risk are people who have certain medical conditions including asthma, diabetes and chronic lung disease; pregnant women; people age 50 and older; health care workers; and others living with or working for people who are especially at risk for infection.

Get vaccinated as soon as vaccine becomes available in your community. Flu season can begin as early as October. Allow about 2 weeks after vaccination for antibodies to develop in the body and provide protection.

Best ways to avoid spreading germs:

1. **Cover** your nose and mouth with tissue when you cough or sneeze.
2. **Wash** your hands often with soap and water.
3. **Avoid** touching your eyes, nose and mouth.
4. **Avoid** close contact with sick people.

FLU FACTS:

- The U.S. distributed 132.8 million flu vaccine doses during 2011-2012; between 146 and 149 million doses are projected for this season.
- Prescription antiviral drugs can reduce the length and severity of flu. They’re most effective when used within the first 2 days of flu symptoms.
- Flu viruses change constantly, so it’s always possible for new flu viruses to appear each year.

Diet Detective Says:

- Charles Stuart Platkin, PhD, MPH

About the author: Dr. Platkin is the founder of DietDetective.com (www.dietdetective.com) and assistant professor at the CUNY School of Public Health at Hunter College (NY).



Losing weight almost always comes down to the dozens of daily micro choices we make. Eat an apple or a slice of apple pie? Bike or drive to work? List your most common decisions about food and physical activity. Here’s why: When you need to make one of these micro choices, it’s usually based on memory. When you make a memory-based choice, you don’t think too much because you’re relying on information you already have. There’s little thought involved.



Solution: Think about your choices throughout the day so the healthier decision becomes part of your memory. When that happens, healthy choices may become automatic.



Sight Savers

Most of us develop minor vision problems as we age – difficulty reading and focusing are normal changes. But some factors can lead to serious vision loss from glaucoma, diabetic eye disease and age-related macular degeneration. You may be especially vulnerable if you smoke or have diabetes, high blood pressure or a family history of eye disease. If you have these risks or vision changes, see your health care provider about eye exams.



Meanwhile, take everyday precautions to protect your eyes:

- Wear sunglasses with maximum UVA and UVB to reduce sun exposure.
- Wear eye safety goggles or shields at work and at play.
- Don't smoke. Stay healthy.
- Eat plenty of fruits and vegetables rich in eye-protecting nutrients.

nutrition watch

Squash Delights

- Cara Rosenbloom, RD

If you're looking for a colorful, delicious alternative to white rice and white pasta, try squash.

A 1-cup serving has just 80 calories, compared with 234 calories in a cup of spaghetti.

Named because it was traditionally harvested in autumn and stored throughout the colder months, **winter squash** is now available year round. Popular varieties include orange-fleshed acorn squash; stringy spaghetti squash; bell-shaped butternut squash; and the ubiquitous Halloween pumpkin.

Winter squash are fat-free and rich in vitamin C and beta carotene (vitamin A). A cup of butternut has 457% of the Daily Value for vitamin A and 52% for vitamin C (based on a 2,000-calorie diet).

Choose a firm, well-shaped squash that's heavy for its size. Make sure it has a hard, tough skin – avoid squash with sunken parts, moldy spots, cuts or punctures. If stored in a cool, dry place, whole squash can keep for up to 6 months.



Not sure how to cook squash?

Cooking it whole is a great option:

- ✓ Preheat oven to 400°F.
- ✓ Pierce rind with fork.
- ✓ Bake for 45 minutes.
- ✓ Test for doneness by piercing with a fork, which should easily pierce peel and flesh.
- ✓ Scrape out seeds.
- ✓ Cut or mash and top with olive oil, Italian herbs and Parmesan cheese. Note: Use oil and cheese sparingly.



If your recipe requires cubes, use a vegetable peeler to remove the skin before cutting the squash. Tip: Try softening it for 3 minutes in the microwave before cutting.

Produce Pick of the Month

best bites

Spaghetti Squash

Spaghetti squash is unique and fun to prepare. It makes a delicious low-calorie spaghetti substitute served with your favorite sauce, or serve it as a vegetable side dish. After baking, pull the inner strands from the shell with a fork. Then toss the steaming spaghetti-like strands with a small amount of shredded Parmesan or goat cheese and ground pepper. Or toss with your favorite pasta sauce. This yellow winter squash is a source of vitamins A and B₆, manganese, niacin and potassium.



Creamy Squash Soup

EASY | RECIPE

From Personal Best®

- | | |
|--------------------------------------|------------------------------|
| 1 medium butternut squash | ¼ tsp nutmeg |
| 1½ cups reduced sodium chicken broth | ½ cup light sour cream |
| ⅔ cup water | 2 tbsp fresh lime juice |
| 1 tsp curry (optional) | ¼ tsp lime zest |
| ½ tsp garlic powder | 2 tbsp roasted pumpkin seeds |

1. Halve squash and bake (cut side up) at 400°F for 45 minutes or until fork tender.
2. Cool squash and scoop pulp into a deep bowl.
3. Add broth, water and seasonings and puree until very smooth with an immersion blender, electric mixer or in a blender.
4. Pour soup into a saucepan; heat and simmer 15-20 minutes, stirring often.
5. Meanwhile, whisk sour cream with lime zest and lime juice; set aside.
6. Ladle hot soup into bowls. Swirl a scoop of lime cream into each serving. Garnish with pumpkin seeds.

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

128 calories | 4.4g protein | 4.8g total fat | 2.2g sat fat | 1.4g mono fat | .8g poly fat | 10mg cholesterol | 19g carbs | 3.2g sugar | 5g fiber | 219mg sodium



Stay in Touch

Keep those questions and suggestions coming!

Phone: 800-871-9525

Fax: 205-437-3084

E-mail: editor@personalbest.com

Website: www.personalbest.com

Executive Editor: Susan Cottman • Advisors: Eric Endlich, PhD; Cynthia Gale, MS, RD; Mary P. Hollins, MS, JD; Alice Lockridge, MS; Diane McReynolds, past Executive Editor; Zorba Paster, MD; Charles Stuart Platkin, PhD, MPH; Elizabeth Smoots, MD, FFAFP; Designer: Heather Preston Burke

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100 Corporate Parkway, Suite 600, Birmingham, AL 35242
800-871-9525 • fax 205-437-3084

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News and Notes

Consider the following as you plan for your 2013 City Benefits. Open Enrollment is October 8 - October 31.

- Go to a Benefits Fair (see page 1).
- Review plan changes in the *Open Enrollment Highlights* posted at personnelweb/benefits/home.aspx (available October 8).
- Enroll/Renroll in a Health Care or Dependent Care Flexible Spending Account (FSA). Health Care FSA contribution maximums will be *reduced* to \$2,500 in 2013.
- 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. Locate the schedule at personnelweb/benefits/home.aspx.

Make your 2013 benefits decisions by **October 31** at 5:00 pm.

top Safety

Safety After Dark

Nighttime is when we are most likely to become victims of random crime. When making your way at night, arm yourself with these street-smart tips:

- Don't walk alone.
- Avoid isolated areas, such as parking lots and deserted streets or parks.
- Have keys ready to open your car or front door as you approach.
- Wait for public transportation in well-populated, well-lit areas; on the bus, sit near the driver.
- When a cab drops you off, ask the driver to wait until you are safely inside.
- Put away your cell phone or ear buds. Such distractions can make you more vulnerable to an attacker.



- Carry a personal safety device, such as a whistle, personal alarm, heavy-duty flashlight or pepper spray (check your state law). Keep them handy in risky places.
- Learn basic self-defense that can help you get away, defend yourself and avoid risky situations.
- If attacked, yell, "Call 911 – someone is being attacked!"

Always stay aware of potentially risky situations and avoid them.

Breast Cancer -

Continued from page 1.

- 2. Maintain a healthy weight.** A new study shows combining weight loss and regular exercise will drive down hormones that raise risk. Even a 5% weight loss helps.
- 3. Reduce estrogen exposure.** Avoid long-term use of postmenopausal hormone replacement therapy, particularly any combination of estrogen-plus-progestin forms. If you do need hormones to help relieve menopausal symptoms, review your options with your provider.
- 4. Avoid or limit alcohol.** A 20-year study of more than 100,000 women found that even light drinking (3 to 6 drinks a week – beer, wine, spirits) increased risk slightly. Research is continuing to further clarify the relationship between alcohol consumption and breast cancer risk.
Also, talk to your provider about breast cancer screening. This will include learning about other lifestyle factors you may need to change, as well as professional breast exams and mammograms. Remember, early detection of tumors can save lives.

top advice



Third-hand smoke is the invisible tobacco residue that lingers on fabrics, carpets or hair long after the smoke clears. It's a toxic brew of heavy metals, carcinogens and even radioactive materials, and may cling to surfaces for years. Third-hand smoke isn't good for anybody, but is thought to be particularly harmful to children and pets.

Breathe easy: Ban smoking in your home or car. Fans and open windows can help, but they aren't enough to remove the toxins. And if you smoke, ask your health care provider about getting help to quit. It's the best thing you can do for your health and for the well-being of those who live with you.