

TANK TIMES

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10,000 STEPS A DAY IS THE WAY

Maybe you've already heard about the 10,000 Steps a Day Program. Studies have shown that walking 10,000 steps a day is the optimum daily step goal for a healthy adult.

The 10,000 Steps a Day Program focuses on counting the steps you take each day with the help of a pedometer or step meter and then tracking your daily results.

On average, a sedentary person may walk only 3,000 to 4,000 steps a day. For these people, adding steps and working toward the 10,000 steps goal will have many health benefits.

A reasonable goal for someone who is beginning the program is to increase his/her steps by 500 a week, eventually reaching the 10,000 steps a day goal. Believe it or not, 10,000 steps a day amounts to more than 5 miles!

Before beginning, adjust your pedometer or step meter to your stride. Purchase or make a log book and record the number of steps you take each day. You'll be surprised how many steps you actually take. Wear your pedometer while walking the dog, shopping at the mall, going to the grocery store, and at the office. Work to increase the number of steps you take each day, i.e., park further out in the parking lot, take the stairs instead of the elevator, or walk to work.

This is a great way to start a regular exercise routine and improve your health. Studies have shown that exercise can help protect you from illness, and what easier way to exercise than counting your steps?

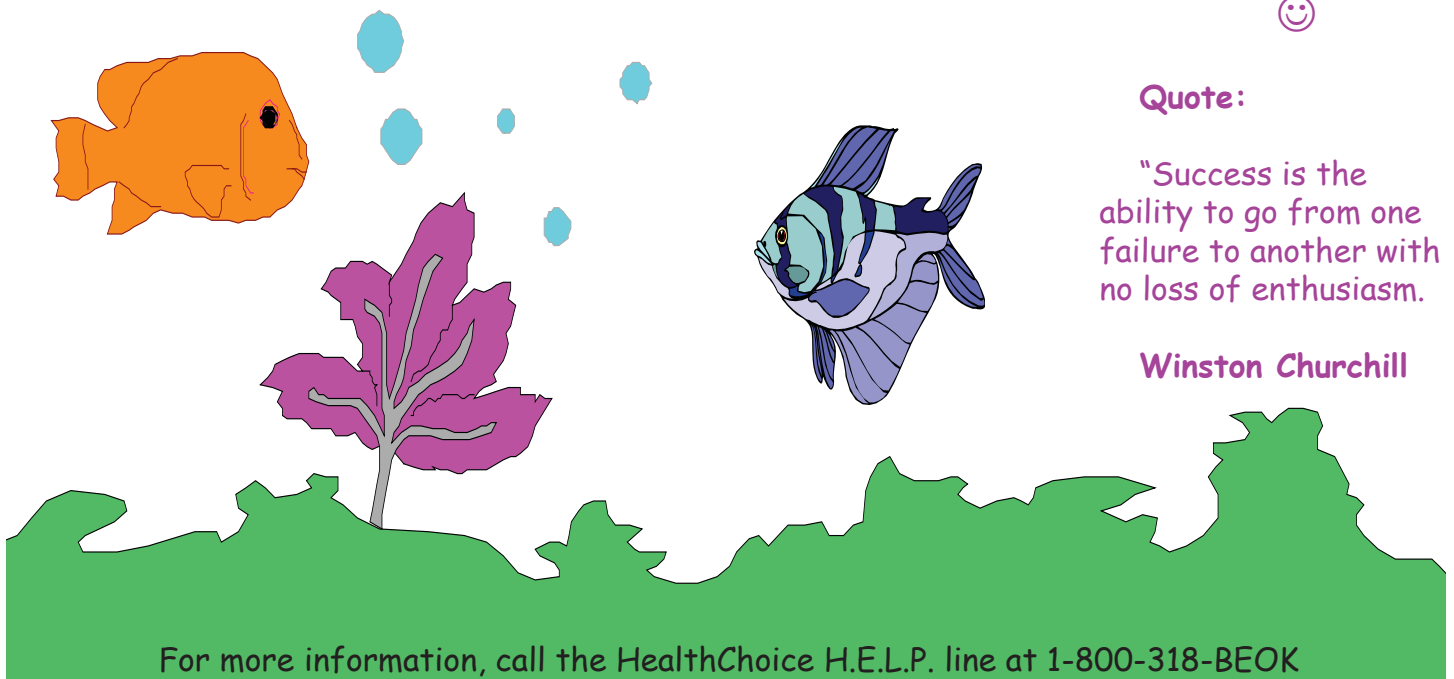
Resource: 10,000 Steps at www.10000steps.org.au



Quote:

"Success is the ability to go from one failure to another with no loss of enthusiasm.

Winston Churchill



For more information, call the HealthChoice H.E.L.P. line at 1-800-318-BEOK

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BACK TO SCHOOL BLUES

After those lazy, hazy, crazy, days of summer, its time to get your child ready to go back to school. For some kids, this can be an emotional time, especially if they're starting a brand new school. Below are some tips you can use to help your child combat those back-to-school blues:

If your child is feeling the blues, remind them that they are not alone. Let them know that a lot of other children are having the same fears and anxieties and that you are there to provide any emotional support they may need.

- * Try to arrange a visit to the school before classes begin. This helps your child become familiar with the location of his/her classroom(s), locker, and cafeteria. It also helps your child to get an idea of what his/her daily routine will be like.
- * Remind your child that school can be fun and that they will be seeing their old friends and making new ones.
- * If your child is a new student, meeting new people can be overwhelming. Encourage him/her to say "Hi!" to one or two people each day. A good place to begin meeting people is in his/her home room class.
- * Spend some time each day listening to your child's school experiences, and what is going on his/her life.

If the tips listed above don't work and your child continues to have problems adjusting, seek help. Start by consulting his/her teachers to see if they have noticed any problems with your child's behavior. Consider having your child talk with the school counselor or, if necessary, consult your doctor or school psychologist.

Resource: National Mental Health Association at www.nmha.org



Quote:

"The reason lightning doesn't strike twice in the same place is that the same place isn't there the second time."

Willie Tyler



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EAT LIKE A GREEK

Recent evidence suggests that the Mediterranean diet is one of the healthiest diets in the world. Spanish researchers found that for older adults, the traditional Mediterranean diet worked better than a low-fat diet in reducing the risks of high cholesterol, blood pressure, and blood sugar levels. Researchers also found that people who lived in Mediterranean areas had a lower rate of heart disease, even though they have plenty of fat in their diets.

The Mediterranean diet consists mostly of fruits, vegetables, whole grains, limited amounts of red meat and processed foods, and fairly high amounts of fats from olive oil and nuts. The fat from olive oil is monounsaturated, and minimally processed, virgin olive oil retains its natural disease fighting antioxidants. The fat from nuts is unsaturated and contains natural nutrients that fight certain health conditions, such as heart disease.

So, try eating like a Greek! The basic principles of a traditional Mediterranean diet are simple to follow:

- ◇ Eat five servings of fruits and vegetables a day
- ◇ Choose meals that contain less meat, more fish, and plenty of vegetables, especially beans, lentils, and leafy greens like spinach, arugula, and kale
- ◇ When it's time for a snack, choose fresh fruit, dried fruit, or nuts
- ◇ Replace butter with olive oil or canola oil.

Even though you may not live in a Mediterranean area, at least you can eat like you do! The results could be a longer, healthier life.

Resource: MedlinePlus at www.nlm.nih.gov



Quote:

“A man of sixty has spent twenty years in bed and over three years in eating.”

Arnold Bennett



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MENOPAUSAL MOOD SWINGS

Menopause is the time in a woman's life when she no longer has her monthly cycle and is no longer able to have children. Menopause begins around the age of 50, but it can occur naturally at any age, generally from 41 to 59. It is also very likely that a woman will enter menopause at the same time as her mother.

There are many symptoms associated with menopause which can include skipped periods or periods that occur close together, lighter or heavier than usual flow, headaches, night sweats, trouble sleeping, hot flashes, and mood swings.

Mood swings are difficult for menopausal women because of the variety of emotions that they experience at the same time. One minute may be an "up" moment and the next moment, a real "downer." This roller coaster of emotions is very difficult for women.

Doctors still don't completely understand what causes mood swings, however, it is believed that the fluctuating hormonal changes going on in a woman's body are the main culprits.

Many women who experience mood swings feel completely lost. They're often uncertain of how to handle the emotions. If you're going through menopause and experiencing mood swings, you can help ease your symptoms by exercising three days a week, eating a well-balanced diet, and taking your medication therapy as prescribed. One of the most important things you can do to help ease your mood swings is to laugh, laughter is the best medicine!

Resource: American Academy of Family Physicians at www.familydoctor.gov



Quote:

"Never be afraid to laugh at yourself, after all, you could be missing out on the joke of the century."

Dame Edna Everage



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