

HOPE healthletter®

VOL. 34, NO. 6

"An ounce of prevention is worth a pound of cure."

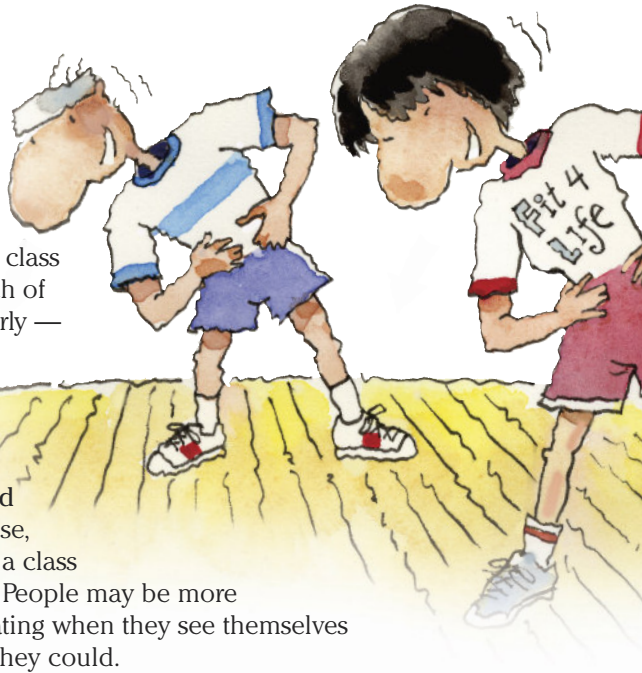
JUNE 2014

3 powerful persuaders for group exercise

If you have difficulty staying dedicated to working out because you're trying to do it alone, you may want to think about joining others.

Group exercise — whether in a class setting or as an organized bunch of people who get together regularly — can help individuals stick to a fitness routine, according to many experts.

- 1. Participants may be pushed to another level in their exercise,** thanks to encouragement from a class instructor or other participants. People may be more motivated to continue participating when they see themselves doing more than they thought they could.
- 2. Groups, by nature, are social.** After getting to know others and developing friendships, people may look forward to attending future sessions.
- 3. Participating in a group is usually more affordable than one-on-one exercise.** The cost of a class, such as yoga, can be split among many participants. And organized events frequently offer "group rates" for a certain number of people who want to participate together.



Quick-Read!

All hail, kale!

Looking for an alternative to cabbage? Check out its leafy-green cousin, kale. Pg. 2

If the shoe fits...

Are you wearing the right shoes to keep your feet injury free and feeling good? Find out. Pg. 3

Tune in to the risk of TV tip-overs

A child visits the emergency room every 45 minutes because a TV tipped over. Learn what you need to do to protect your kids. Pg. 4

A bit of neighborly advice

Try these simple tips for getting along with the people who live near you. Pg. 5

Don't make these 4 money mistakes

Increase your chances of avoiding a personal financial fiasco. Pg. 6

Steer clear of lawn-mower injuries

Do you know how to be safe when using a lawn mower? Pg. 7

Best bets for a better buffet

A smart eating strategy for your next big gathering. Pg. 8



For more on group exercise, including etiquette when working out with others, go to Jun.HopeHealth.com

OuterAisleFresh: All hail, kale!

If you're looking for an alternative to cabbage, you may want to check out its leafy-green cousin, kale. The versatile cruciferous ("kroo-sif-er-us") vegetable offers a host of health benefits.

Eating kale may help reduce risks of certain cancers, such as cancers of the bladder, breast, colon, ovary, and prostate. Steamed kale has also been shown to lower cholesterol levels.

One cup of cooked kale comes in at 36 calories, and is a rich source of vitamins K, A, and C.

Selecting kale

- Look for firm, deeply colored leaves and moist, hardy stems.
- Leaves should look fresh, not wilted, with no small holes or signs of browning or yellowing.
- Choose smaller leaves, which will be milder and more tender than larger leaves.

Storing kale

- Put kale in a plastic storage bag, removing as much of the air as possible.
- Store kale in the refrigerator for up to five days.
- The longer kale is stored, the more bitter its flavor becomes.
- Do not wash kale before storing, or it will tend to spoil.



Source: The George Mateljan Foundation for The World's Healthiest Foods

Savvy and safe: Produce shopping and storing secrets

Shopping for produce

- When shopping at a farmers market, go early. You don't want to buy produce that has been sitting out all day.
- Buy produce in season, when possible.
- Buy loose produce rather than packaged.
- Avoid produce with bruises, cuts, or mold.
- Buy only a week's worth of produce, unless you plan to freeze it.
- Buy only pasteurized juices.

Storing produce

- As soon as you get home from the market or store, refrigerate produce that needs to stay cold. Fresh, whole produce, such as bananas and potatoes, doesn't need refrigeration.
- Refrigerate any fresh produce within two hours of peeling or cutting it.
- Throw away cut produce left at room temperature for more than two hours.
- Pitch or compost cooked vegetables after three or four days.

Source: Academy of Nutrition and Dietetics

Kale Chips

- 4 cups kale
- 2 Tbsp. extra virgin olive oil
- 1 tsp. balsamic vinegar
- Salt and pepper to taste
- Spices (optional)

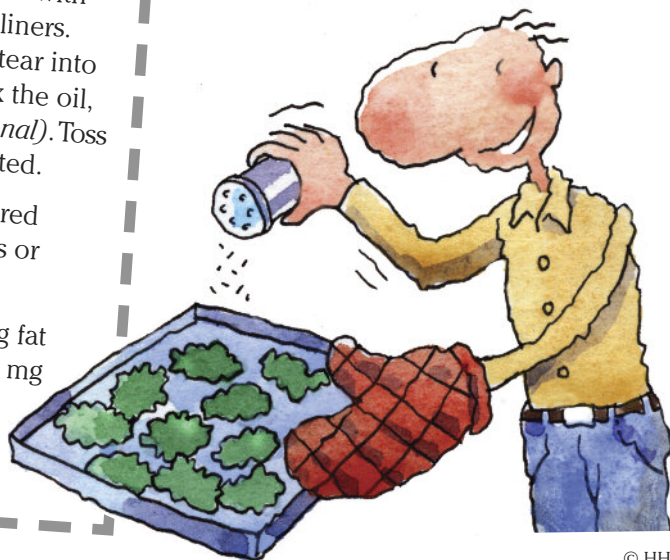
Spice mixture suggestions:

- Garlic powder, dried basil, and grated Parmesan cheese
- Cumin, oregano, and chili powder

Heat oven to 350° F Line baking sheets with parchment paper or silicone baking liners. Wash kale and remove stems. Cut or tear into bite-sized pieces. In a small bowl, mix the oil, vinegar, salt, pepper, and spices (optional). Toss kale with oil mixture until evenly coated.

Spread kale in a single layer on prepared baking sheets and bake for 10 minutes or until crispy.

Serves 4. Per serving: 97 calories, 7.5 g fat (1 g saturated fat), 0 mg cholesterol, 30 mg sodium, 7.5 g carbohydrates, 2.5 g protein. **Note:** Nutritional information does not include salt or seasonings.



GetMoving:

A grown-up's survival guide for a good walk with little ones

- Choose a destination before you head out.

Maybe it's a park or pond where the kids can feed ducks. Knowing they are going somewhere fun may keep those little legs going when they get bored.

- Carry along some side-walk chalk. Let the kids run ahead just a bit and draw something.

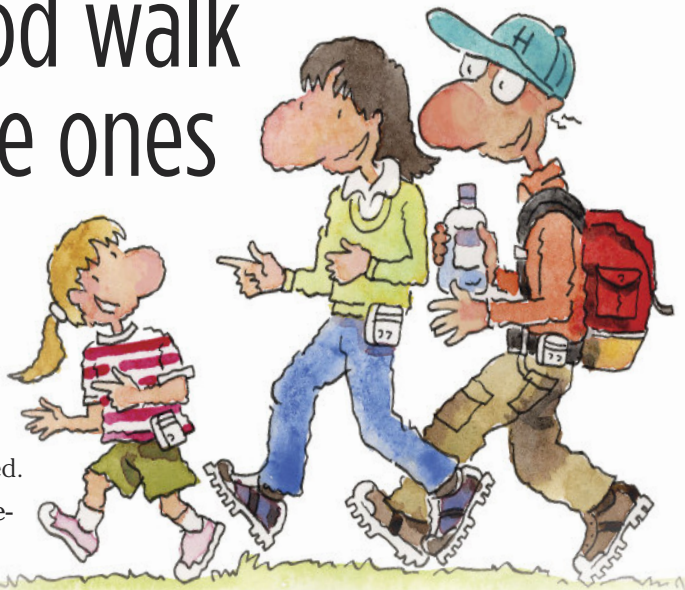
Maybe it's just an arrow pointing you in a right direction, or one you can use to find your way home on the return trip.

- Bring along bubbles. Nothing beats bubbles. Let the kids blow them and chase them down the sidewalk.

- Just keep moving. If your young ones need a break, don't let that stop you. Walk or run circles around them or do jumping jacks until the kiddos are ready to go some more.

- Pack a snack. Plan to have a mini "picnic," either at your destination or at some other point along your walk. Also, be sure to bring water for you and the kids.

- Make walking a habit. The more often you go for walks with kids, the easier and more enjoyable it becomes.



If the shoe fits...

... wear it, right? The problem is, many times, people don't pick out proper shoes, especially when it comes to exercise.

Lacing up the appropriate athletic shoes for specific sports activities can improve comfort and performance, and help prevent injuries.

Signs that you may be wearing the wrong shoes:

- You develop blisters. Shoes, even during their break-in period, shouldn't cause blisters. If they do, it's most likely because they are too narrow.
- The shoes make noise. Why? Because your feet are likely slipping in the shoes, which are then not hitting the ground naturally.
- Your arches ache. If you have high arches, shoes with hard or thin soles may cause pain. If you have low arches (*flat feet*), you may experience discomfort in the arch when shoes are too flimsy.



For tips on choosing the right athletic shoes, go to Jun.HopeHealth.com

Source: American Academy of Orthopaedic Surgeons

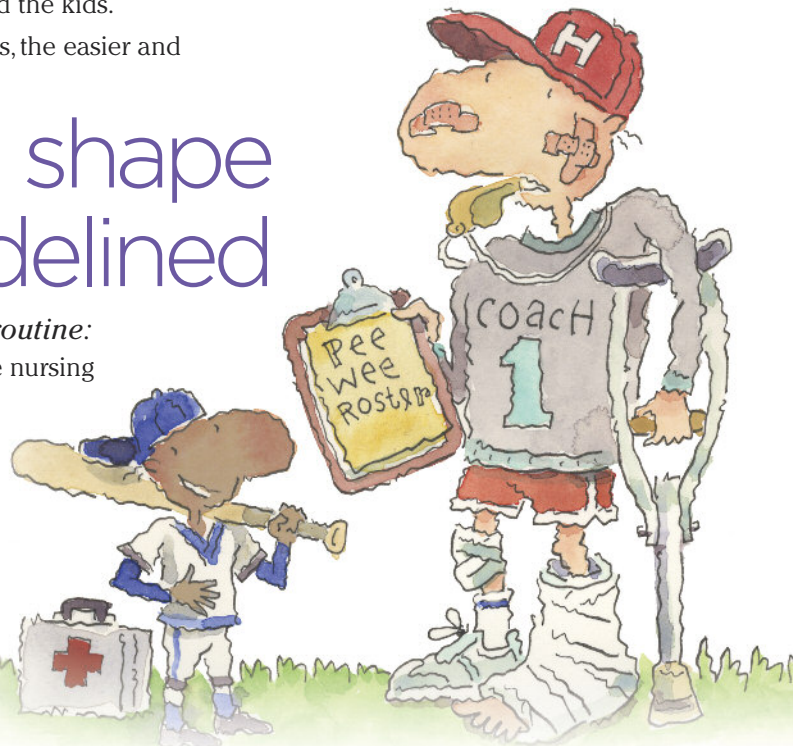
Staying in shape while you're sidelined

If you're injured and unable to do your normal exercise routine:

- Work your uninjured muscles. If you sprained your ankle or are nursing another lower body problem, concentrate your exercise efforts on arms, shoulders, and abdominal muscles — and vice versa.

- Control your eating. You may want to cut back on how much you eat if your injury keeps you from burning as many calories as you normally would.

- Don't try to come back too quickly. Listen to your healthcare professionals and follow your recovery program. If you don't give yourself time to heal properly, you may cause more damage, delaying or preventing complete recovery.



The Whole You: PHYSICAL HEALTH Ticked off!

It that's time of year when a trek through the woods can lead to ticks tagging along on your body. The blood-sucking bugs can spread Lyme disease and bacteria, viruses, and parasites that can make you sick.

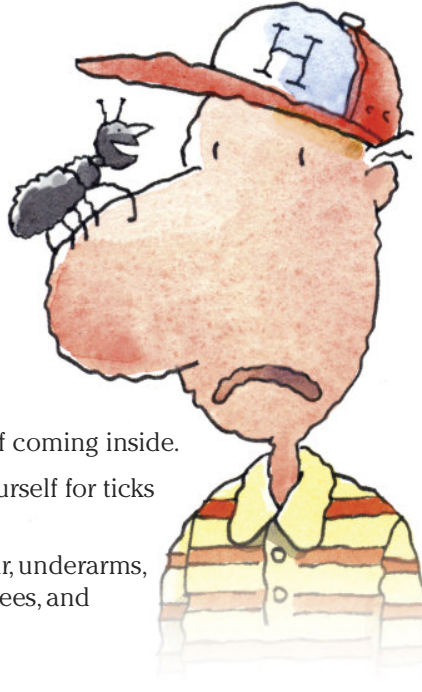
To prevent tick troubles:

- Take a bath or shower within two hours of coming inside.
- Use a hand mirror to thoroughly check yourself for ticks from head to toe.
- Check children, too. Look in their ears, hair, underarms, and navel, between their legs, behind their knees, and around their waists.
- Inspect clothing, gear, and pets.
- Place clothes in the dryer on the hot setting for an hour to kill any attached ticks.

To remove an attached tick:

- Use tweezers to grasp the tick as close to the skin as possible.
- Pull up with steady, even pressure. Don't twist or jerk the tick as this can cause its mouth to break and remain in the skin. If this happens, remove the mouth with tweezers. If you can't remove the mouth with tweezers, leave it alone and let the skin heal.
- After removing the tick, clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

Sources: HealthFinder.gov; Centers for Disease Control and Prevention

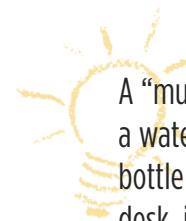


Fruity facials

If you want an all-natural, affordable facial, you may want to head to a farmers market or grocery store produce section.

Although there is limited research to support cleansing claims about fresh fruits and other foods, many people believe applying produce to the face has benefits.

- **Just peachy:** This facial may help to tighten skin. Remove the peach skin and pit. Blend the peach and one egg white in a blender until smooth. Pat the mixture on your face. Leave it on for 30 minutes. Rinse with cold water.
- **Tomato oatmeal:** Try this facial if you have blemished skin. Chop a ripe tomato into small pieces. Combine the diced tomato, one tablespoon of lemon juice, and ½ cup instant oatmeal or rolled oats in a blender, and blend until you have a pasty mixture. You may need to adjust the amount of oatmeal you use to get the desired texture.




A “must-have” fashion accessory: a water bottle. Have a filled water bottle with you in the car, at your desk, in a purse or briefcase — wherever you are. Sip as needed to stay hydrated throughout your day.

Tune in to the risk of TV tip-overs

Parents take great care to protect their kids — car seats when they're young, helmets when they're riding their bikes. However, many moms, dads, grandparents, and others don't think about another potential problem: TV tip-overs.

The statistics are enough to make any adult put down the remote and take action:

- Every three weeks, a child dies from a television tipping over.
- For the past 10 years, a tipped-over TV has sent a child to the emergency room every 45 minutes, on average.

 Want to learn how you can keep your family safe from TV and furniture tip-overs? Go to Jun.HopeHealth.com

Source: *Safe Kids Worldwide*



The Whole You: EMOTIONAL HEALTH

A bit of neighborly advice

To get along with the people
who live near you:

- **Meet them.** Whether you've just moved in or you've lived in a place for some time and don't know your neighbors, make a point to say, "Hi," and introduce yourself.
- **Be considerate.** Think about your neighbors' schedules and family habits. Noise can be a big deal with neighbors. Does the family next door have children who go to bed early? If so, you may not want to blare your radio with the windows open at midnight. Does the couple across the street work at night and sleep during the day? If so, you may want to wait to mow the lawn until later in the day.
- **Be helpful.** Everyone appreciates an extra set of hands, especially when a person finds a daily task difficult or just needs some down time. Does a neighbor have difficulty taking out the trash? Would a new mom enjoy a 30-minute break from the baby?
- **Be respectful.** Maintain common-sense boundaries; no one should just "walk right in" to someone else's house or "borrow" a tool from an open garage without asking.
- **Be informative.** Keep one another updated about recent developments in the neighborhood.



Finding the right child-care fit

Children have their own personalities — and needs — when it comes to child care. To set up your kiddos for success in their daily surroundings, match their style with their sitter.

If your child is **adaptable**, he or she:

- Is flexible
- Approaches new people and situations easily
- Is good with transitions

Look for a large-group setting with social interaction and new experiences.

If your child is **cautious**, he or she:

- Is thoughtful
- Approaches new people and situations cautiously
- Has difficulty with transitions

Look for small-group settings that aren't overwhelming.

If your child is **feisty**, he or she:

- Is passionate, and feels things intensely
- Has difficulty controlling strong feelings, wants, and needs

Look for a setting where your child has a primary caregiver (*someone who knows and understands your child*).



For more on child-care considerations, including health and safety issues, go to Jun.HopeHealth.com

Source: *Child Care Aware*

Take a well-deserved time-out

Taking an afternoon, entire day, or even longer just for you may help boost your energy and emotional health. Here are a few ideas for ways to recharge:

- Hit a flea market or garage sale in search of a one-of-a-kind treasure.
- Take to the outdoors. Go for a nature walk, eat lunch at the park, or take a typical indoor task — such as balancing your checkbook — outside.
- Head to the zoo to feed the ducks or watch the sea lions swim.
- Enroll in an enrichment class through your local parks and recreation department or community college.



FiscalFitness:

To add value to your home, think outside the house

Curb appeal is crucial when trying to sell a home. The outside of a house is the first thing people see as they approach any residence. If you're looking to make improvements to your home — even if you're not getting ready to put up a for-sale sign — focusing on the outside is a safe financial bet.



Projects, such as replacing entry doors, siding, and windows, can recoup homeowners more than 78% of costs when selling a house, according to a report from the National Association of Realtors. Nationwide, exterior projects make

Curb Appeal

Replacement	Costs Recouped When Selling the House
Steel entry door	96.6%
Wood deck addition	87.4%
Fiber-cement siding	87%
Vinyl siding	78.2%
Mid-range garage door	83.7%
Upscale garage door	82.9%
Wood window frame	79.3%
Vinyl window frame	78.7%

up eight of the top 10 most cost-effective home-improvement projects.



Source: National Association of Realtors

Newlywed savings know-how

Sit down together and create a financial vision of where you want to be in a year, five years, 10 years, and beyond. Ask yourselves, "How much money will it take?" Then, set savings goals on paper (or in an electronic file).

Think about three savings categories:

- **Emergency savings** — enough to pay for at least three to six months of living expenses, should you ever need it.
- **Short- to mid-term savings**, should you want to buy a home and need a down payment.
- **Long-term savings**, such as retirement savings. Make sure you're both enrolled in your employers' retirement benefit plans (if available), and try to maximize any matching contributions.

Source: GetRichSlowly.org



Don't make these 4 money mistakes

Life doesn't come with guarantees, but avoiding common money mistakes may help you dodge a personal financial fiasco.

Mistake No. 1:

Jumping on the bandwagon. Don't do (or not do) something just because everyone else is. Base your decisions on your own needs and circumstances, rather than on the opinions or actions of others. Also, don't let emotions drive your money decisions.

Mistake No. 2:

Only saving leftovers. Savings should be a priority, not an afterthought. Have a fixed amount taken from your paycheck automatically. Or, set up automatic transfers from your checking account to a savings or investment account.

Mistake No. 3:

Not having an emergency fund. Have enough cash on hand for unexpected expenses, or to pay the bills if you lose your job. Without an emergency fund, a minor money shortfall can quickly turn into a cash crisis.

Mistake No. 4:

Not asking for help. Review your finances regularly with a trusted financial professional to reveal possible strengths and weaknesses, and identify changes to make. If you're in financial trouble, ask for help. Facing financial problems early may help you avoid additional problems and speed your recovery.

Source: American Institute of CPAs



Make important financial decisions when you're well rested and focused.

IssueInsight:

Steer clear of lawn-mower injuries

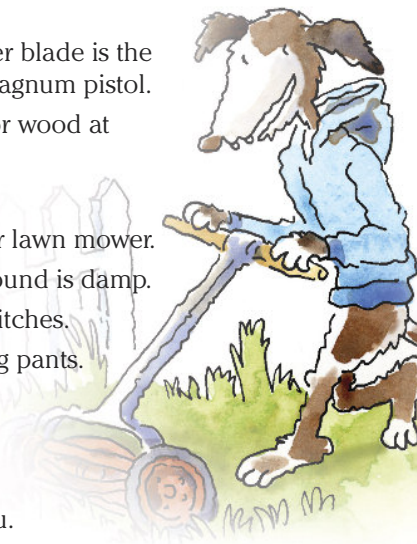
Each year, more than 250,000 people are treated for lawn mower-related injuries. Take precautions when using your lawn mower to avoid becoming a statistic.

Did you know...

- The energy transferred by a typical lawn-mower blade is the equivalent of being shot in the hand with a .357 Magnum pistol.
- A lawn mower can discharge a piece of metal or wood at up to 100 miles per hour.

Safety suggestions:

- Do not drink alcohol before or while using your lawn mower.
- Never cut grass when it is wet or when the ground is damp.
- Do not remove safety devices or guards on switches.
- Wear protective boots, goggles, gloves, and long pants.
- Never allow a child to operate the mower.
- Keep children out of the area to be mowed.
- Never allow passengers on a riding mower.
- Never pull a push mower backward toward you.
- Be cautious when mowing hills or slopes.
- Before mowing, pick up stones, toys, sticks, and other things from the lawn.



Sources: American Academy of Orthopaedic Surgeons; American Society for Surgery of the Hand



Tool Box Your Source for Cool Tools & Resources

Go to Jun.HopeHealth.com to find:

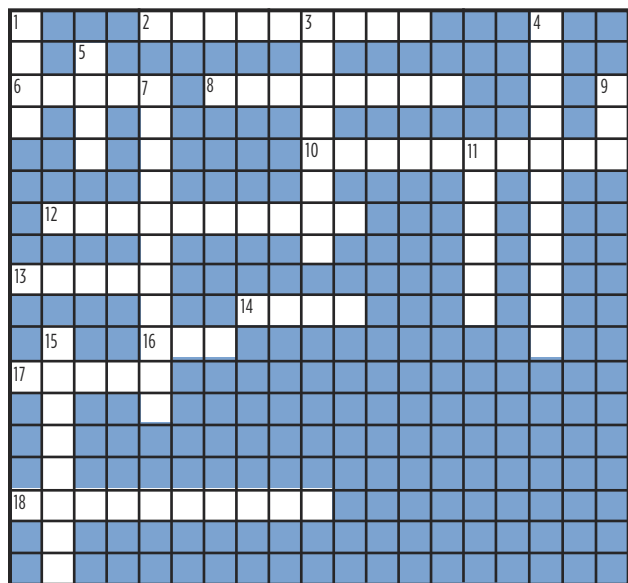
- More information on group exercise, choosing the right athletic shoes, and preventing TV tip-overs
- A video on the dangers of TV tip-overs
- An infographic on TV tip-over statistics
- Resources for preventing TV and furniture tip-overs
- A guide to child-care considerations
- The Crossword Workout answer key

Scan the Quick-Response Code with your smartphone.



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If you have a question or comment on a story, or a suggestion for topics you'd like to see covered in a future issue of the newsletter, leave a comment on our Facebook page.



Crossword Workout —

Find out how well you know the health topics covered in this issue of the newsletter.

ACROSS

2. This type of fund can prevent a minor money shortfall from becoming a cash crisis
6. This type of exercise may help individuals stick to a fitness routine
8. Don't let these drive your money decisions
10. A type of long-term savings
12. A furniture tip-over risk
13. When going for a walk, especially with kids, bring along this
14. An alternative to cabbage
16. A place you can go to if you need time to recharge
17. This type of child-care group setting may be best for kids who are adaptable
18. At a buffet, steer clear of dishes made with this

DOWN

1. One type of group exercise
3. These types of projects make up eight of the 10 most cost-effective home-improvement projects
4. What steamed kale may lower
5. How long to place clothes in a hot dryer to kill any attached ticks
7. The type of juice you should buy
9. Never cut this type of grass
11. Control this when you're injured and can't work out like you normally do
15. Never move a push mower in this direction



For the crossword puzzle answer key, go to Jun.HopeHealth.com

The information in this publication is meant to complement the advice of your healthcare providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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Institute Founder: Lester R. Sauvage, MD

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For subscription information, or reprint permission, contact:
Hope Health, 350 E. Michigan Ave., Suite 225
Kalamazoo, MI 49007-3853

Phone: 269-343-0770 • E-mail: info@HopeHealth.com
Website: HopeHealth.com

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Medical Editor: William Mayer, MD, MPH

Managing Editor: Jennifer Cronin

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Make the most out of road-trip rest breaks. Pick a rest stop or park, get out of the car, and take a 10-minute walk.

Your Health Matters:

Small changes, big impact

It really is the little things that matter. Simply replacing less-than-ideal behaviors with healthy alternatives can significantly improve your overall quality of life. Here are a few self-improvement ideas for various areas of your life. Try each for a week, and see how it goes.

June 1 – 7: Eat more nutritiously by including a fruit and/or vegetable with every meal.

June 8 – 14: Go for a walk every day. Pick a time — morning, noon, or night — and head out for a 20- to 30-minute walk. *(The key is to make it a part of your daily routine.)*

June 15 – 21: Take a time out. Carve out 30 minutes each day for a little break. Read a book, meditate, work on a craft project, or do whatever makes you happy.

June 22 – 30: Give yourself an allowance and use only that “walking-around” money to pay for coffees, lunches, or other wants, instead of using your credit card for these purchases. When your allowance runs out, your “daily luxuries” for the week are over.



Weight Control:

Best bets for a better buffet

If you're headed to a family reunion, class reunion, or wedding, chances are good that a mealtime gathering may include a buffet.

To avoid eating too much of the wrong things:

- Stick with high-fiber, low-fat dishes with ingredients such as beans, peas, and lentils, and dark-green vegetables, such as broccoli, cabbage, spinach, and kale. Choose green-bean, three-bean, black-bean, and black-eyed pea dishes, or pasta salads with summer vegetables and small amounts of healthy dressing, such as olive oil and vinegar. If available, go for whole-grain foods, such as brown rice, couscous, whole-wheat bread, and pasta.

- Steer clear of dishes with mayonnaise, sour cream, or butter. If you can, make your own dressing with a little olive oil and vinegar.

- Select lean meat, poultry, or fish. Opt for grilled chicken — instead of fried — and remove the skin.

- For dessert, think fruit, such as a fruit salad, cantaloupe, or watermelon. Pies, cakes, and cookies are high in fat, cholesterol, and calories. If you want to splurge on a prepared sweet, have a small serving.

- Drink water or unsweetened tea. Add a lemon wedge for flavor. If you decide to drink alcoholic beverages, limit your intake (*no more than one drink per day for women, two for men*) and drink them only with a meal.



“Fatherhood is pretending the present you love most is soap-on-a-rope.”

— Bill Cosby

“A man says a lot of things in summer he doesn't mean in winter.”

— Patricia Briggs

“Only your real friends will tell you when your face is dirty.”

— Sicilian proverb

“Books can be dangerous. The best ones should be labeled, ‘This could change your life.’”

— Helen Exley

Source: National Diabetes Education Program