

October is
National Breast Cancer
Awareness Month

B. INFORMED

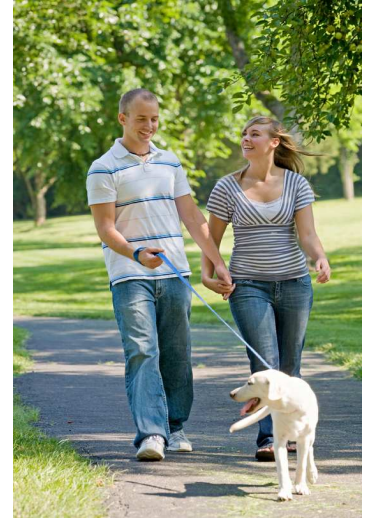
October 2011 — A Monthly Publication From The Wellness Division Of The Benecon Group & ConnectCare3

*“It is never too late to be
what you might have been.”*

George Eliot

B. ACTIVE

Close to thirty percent of people in this country have one of the best personal trainers living with them and may not realize it. Dogs can be great motivators and trainers. Much like us, most dogs require regular exercise to keep them happy and healthy. Dogs generally need twice daily exercise sessions of 15-60 minutes depending upon the breed and age. Schedule twice daily times to meet with your friend and trainer. Take some water along for both of you and use a leash for their safety. Your local veterinary clinic can give you specific information on how much exercise and the type of exercise your dog may actually need for its age and condition.



B. SLOW

People that eat slowly tend to consume fewer calories than those that eat quickly. Eating slowly gives you time to enjoy your food therefore you may be less prone to fall victim to cravings. You will also allow your brain to realize that you are full and satisfied. Studies have shown that it takes approximately twenty minutes for your stomach to send a message to your brain that it is full. So slow down and enjoy your meal.

B. TREATED



Childhood obesity is on the rise along with all the diseases associated with obesity. Instead of giving out candy this year, explore these healthier options.

- Trail mix or breakfast bars
- Small bags of animal crackers
- Hot cocoa mix
- Microwave popcorn
- Low fat string cheese
- Henna tattoos or glow bracelets
- Crayons, chalk or bubbles
- Flavored sugar free gum
- Playdough

B. THRIFTY

All these foods can generally be found for under or around a dollar per serving: apples, baby carrots, banana, beans, beets, broccoli, butternut squash, eggs, kale, low fat milk, nuts, oats, oranges, pears, pumpkin seeds, spinach, tomato, water melon, whole grain pasta, wild rice, yams and yogurt. Keep this list with you the next time you think about ordering a dollar value meal.

MARK'S PICK

www.spibelt.com

It isn't your fanny pack from years ago. It truly has evolved into a cooler, sleeker version.



Mark My Words

Question:

I have read about a condition called DVT. What exactly is it?

- Corinne R.

Answer:

Deep vein thrombosis mainly affects the larger veins in the legs targeting the lower leg. A blood clot could develop and then block the blood flow causing pain and swelling.

When a clot breaks off and circulates through the blood stream it is called an embolism. An embolism can get stuck in the brain, lungs, heart or other area which can lead to severe damage or death.

Certain conditions and age can increase your risk of developing DVT. Sitting for long periods can increase your risk especially if you have other risk factors such as obesity, recent lower body surgeries or injuries or you are a smoker. That's why you usually hear about this condition and associate it with traveling on airplanes. All that sitting can take a toll on your body.

Getting up and walking around, wiggling your toes and rearranging your body position in your seat all may help reduce the chance of developing DVT.

Symptoms to be aware of are increased warmth, redness, pain, tenderness, or swelling in just one leg. If you experience any of these conditions or symptoms call your doctor or head to the emergency room immediately.

Mark

B.READY

Rush, rush and rush. The alarm goes off and away we go. We hit the ground running. No time for breakfast, just grab a cup of coffee, a muffin, or donut and we are ready for action. Lack of time is the main reason most people give as to why they do not eat breakfast or exercise. A few simple changes in your daily habits may help you create the time you need to eat a healthy breakfast and find the time to exercise.

Prepare as much as you can the night

before. Lay out your clothes, pack a lunch, grind your coffee beans and place them in the coffee machine. You can even get your breakfast items ready the night before. Morning after morning I see the same people that say they don't have time to eat breakfast or exercise standing in line waiting for a cup of coffee. It seems we always



B.NUTRITIOUS

Pumpkin pancakes make a great tasting and nutritious fall weekend breakfast. Make a few extra to use as snacks throughout the week.



PUMPKIN PANCAKES

- 2 cups whole wheat flour
- 2 teaspoons brown sugar
- 2 1/2 teaspoons baking powder
- 1/2 tsp each salt, allspice, ginger
- 1 tsp each cinnamon and vanilla
- 2 cups non-fat milk
- 3 tablespoons olive oil
- 1 cup canned pumpkin

DIRECTIONS:

Mix all dry ingredients together. Mix in all the wet ingredients with the dry ingredients until there are no clumps. Preheat griddle and cook on a medium heat until the edges look dry and flip. These pancakes will be dense and thick so don't think you did something wrong.



If you have a question you would like answered, please contact me at mkrug@ConnectCare3.com
www.ConnectCare3.com

