

WELLNESS COMMITTEE

Learning for health, teaching to be well.

WELLNESS MONTHLY

November 21st, 2008

Fighting Cancer, One Meal at a Time

The American Cancer Society reports that today, 1 in 8 deaths worldwide is due to cancer, and 12 million or more new cases of cancer are reported every year. So what can you do to reduce your cancer risk? According to Dr. David Servan-Schreiber, a few small changes can add up.

Improve Your Diet

- **Eat organic meats, milk, cheese, yogurt and eggs.**
- **Reduce intake of sugar, white flour and foods with omega-6 fatty acids (hydrogenated fats).**
- **Eat fish, and grass-fed animal products.**
- **Increase intake of anti-cancer products and spices (green tea, soy, fruits, vegetables, tumeric).**
- **Filter tap water by using a carbon filter.**

Avoid Certain Household Products

- **Don't heat foods or liquids in plastic containers made with PVC's, polystyrene or Styro-foam.**
- **Don't use household pesticides and insecticides.**
- **Don't use anti-perspirants with aluminum.**
- **Don't use cleaning products with alkylphenols.**
- **Air out dry-cleaning a few hours before wearing. Perchloroethynene (used in dry-cleaning) can be harmful to your health.**

*From the article written by Hope Katz Gibbs
In The Costco Connection (September, 2008)*

Thanksgiving Recipe Corner



Reduced-Fat Broccoli Casserole

Ingredients:

- 1 large bag of chopped broccoli, cooked & drained
- 1 can of reduced fat cream of chicken soup
- ½ cup of reduced fat mayo
- 1 small chopped onion
- ½ cup reduced fat shredded cheddar cheese
- Salt and pepper to taste

Directions:

- Combine all ingredients and bake 30 minutes on 350 degrees. Then add crushed Cheez-its.
- Bake 15 minutes more.

Anti-Cancer Food Tip

Including foods like broccoli, asparagus, beets, soy and ginger in your diet and drinking green tea on a more regular basis can greatly reduce your risk factors.

Alexandria Turkey Trot

What? 5 Mile Race

When? 10am

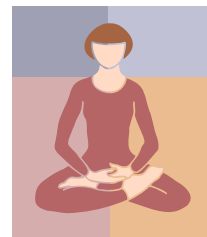
November 27th

Where? Cora Kelly Rec Center, Corner Commonwealth Ave & W. Reed Alexandria, VA

Contact: Paul Coelus
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Anti-Cancer Activity Tips

- **Perform 20-30 mins. of physical activity per day.**
- **Take Vitamin D when you can't play in the sun.**
- **Practice a method of relaxation and self-centering every day (yoga, tai chi, meditation).**



Maintain Don't Gain!

HR Wellness, is offering this holiday fitness challenge. It begins November 26th.

Go to the link below and click *Maintain Don't Gain* to find out how to register:
<http://www.fcps.edu/DHR/employees/benefits/wellness/index.htm>