



Tricks for Better Eating

By Cara Rosenbloom, RD

Do you want to eat better? These strategies can help make good nutrition a bit easier to achieve.

Make vegetables and fruit convenient.

If you open the fridge and the first thing you see are carrot and cucumber sticks, there's a good chance those are the snacks you will choose. And if you have a cookie jar on your counter, replace it with a bowl of fruit. It's better to pick an apple or banana instead of cookies, and that's more likely if fruit is the first thing you see.

Always shop on a full stomach. Why? If you shop hungry, you're more likely to grab something convenient to munch on, such as ultra-processed chips or a chocolate bar. And you're also more likely to make more impulse purchases (food you don't need, but crave in the moment) and spend more money than you planned. Instead, shop with a grocery list and try to stick to it.

Skip the distractions. People tend to eat more when paying attention to a computer, TV screen or tablet instead of focusing on food. Dine without electronics and pay attention to every delicious bite. Focusing just on your food is also linked to being less hungry later on because your memory reminds you of your previous meal.

Set realistic expectations.

While pictures of beautiful food and glamorous people on social media can be aspirational, they can also make us feel inadequate. Instead of inspiration from models and chefs, fill your social media feeds with more realistic lifestyles. It's better for your self-esteem.



3 Exercise Claims You Can Ignore

By Elizabeth Smoots, MD, FAAFP

Regular exercise is 1 of the best things you can do for your health. So don't let these common exercise myths sabotage your workout goals.



Myth No. 1: There's no point in exercising if you don't have time for a full workout.

Fact: You need about 150 minutes of moderate-intensity physical activity a week. Pushed for time? The NIH says simply working in brief, 10-minute exercise spurts (e.g., fast walking) 3 times a day, 5 days a week, meets the recommended exercise goal.

Myth No. 2: Skip weight lifting because you'll bulk up and gain weight.

Fact: Lifting weights 2 or 3 days a week won't build bulk — but will help build strong muscles. It takes intense strength training, combined with certain genes, to build large muscles. If you don't like weight lifting, resistance bands, sit-ups, push-ups and some kinds of yoga also can strengthen muscles, according to the NIH.

Myth No. 3: Have chubby thighs or a spare tire around the middle? Just target those areas with specific exercises to lose the fat.

Fact: You can't spot-reduce fat, according to the American College of Sports Medicine. Genes and lifestyle factors determine where we carry flab — and a healthy diet without excess calories and regular exercise are the most effective ways to reduce fat all over.

Donate Life Month



celebrates Americans who helped save lives through the gift of donation and encourages others to register as organ, eye and tissue donors. Your donation helps provide comfort and wellness as it turns one's sorrow into hope and renewed life. Learn more at donatelife.net.



Saturday, April 27, is National Prescription Drug Take Back Day.

Join millions of Americans safely disposing of unwanted prescription drugs at about 6,000 sites across the U.S. The Take Back program is sponsored by the Drug Enforcement Administration. Visit takebackday.dea.gov to learn more, including other disposal sites if you miss the Take Back Day. Watch for another Take Back Day in October.



April is Youth Sports Safety Month.

Concussion Update



To prevent concussions in youth sports, traumatic brain injury (TBI) training laws were enacted in 2010. The CDC recently issued new treatment guidelines for mild TBIs or concussions. Parents can do their part by taking these actions:

Parents can do their part by taking these actions:

Recognize concussion symptoms. Your child may show 1 or more of these symptoms:

- Headache or pressure in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light or noise.
- Feeling sluggish, hazy, foggy or groggy.
- Confusion, or concentration or memory problems.
- Change in sleep patterns.



Observe your child after every bump to the head.

Call your pediatrician if your child gets anything beyond a minor head bump or if your child complains of the symptoms listed above. If your child has any of them during a game, pull your child out of the action if they show any of these signs.

Follow your health care provider's advice as to what activities your child should engage in and when they can return to normal activities.



“Impossible is for the unwilling.”

— John Keats

Cancer: Risks You Can Control

Because of its complexity, cancer is hard to predict. But there are many cancer risks that we may control and behaviors that can protect us from getting sick.

Here is a summary of steps you can take now to fight cancer:

Routine screening — Early detection through regular tests can lead to early treatment, when it's likely to work best, and potentially prevent or reduce complications, or save your life.

Discuss these cancer screenings with your health care provider, based on your age, gender, medical history and other factors.

Women:

Cervical cancer: Pap test.

Breast cancer: mammogram.

Men:

Prostate cancer: Discuss PSA and digital rectal exam with your health care provider.

Everyone:

Colorectal cancer: fecal occult blood testing, fecal DNA test, sigmoidoscopy or colonoscopy.

Skin cancer: regular office check.

Lung cancer: X-ray for those at high risk.

April is
Cancer
Month.



Risk awareness — You can reduce your risk of getting cancer by making healthy choices throughout your life. Here are some preventable factors:

- The No. 1 cause of cancer deaths is lung cancer, primarily due to smoking, which can also cause cancer almost anywhere in your body.
- Obesity and excess body fat are linked to 11 forms of cancer; it's considered the second leading risk factor for cancer after smoking.
- Drinking alcohol raises your risk of getting 6 kinds of cancer: larynx, esophagus, liver, colon, rectum and female breast. The more you drink, the higher your cancer risk.
- Excess sunlight raises your risk for deadly skin cancer (melanoma), which has been increasing slightly in the past 10 years.

Vaccines — The human papillomavirus (HPV) vaccine helps prevent many cervical cancers and several other kinds of cancer. The hepatitis B vaccine can help lower liver cancer risk.

Regular health care — Your health care provider is your first step to better health and can advise you about (1) screening routines and vaccines and (2) specific risks, such as quitting smoking, losing excess weight, eating well and any inherited risks.



These behaviors count. Our individual efforts are helping to continually lower the overall incidence and cancer death rates in the U.S.



The **Smart Moves Toolkit**, including this issue's printable download, **What's Your Relationship with Food?**, is at personalbest.com/extras/19V4tools.

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