

SB Wellness Group Monthly Newsletter



Fall for Walking



Walking is a great way to get your exercise! Sixty minutes of walking can burn 300-500 calories. It's free, can be done just about anywhere and anytime, and is great for your health! With the weather cooling off, it is a great time to get outside and exercise. There are also many walking and running events this time of year that can be a great activity for the whole family.

Beginners can start with as little as 5 or 10 minutes and increase time gradually. You can also benefit from dividing up your 30 or 60 minute cardiovascular sessions into two or three segments each day.

Walk Tall:

1. Keep your head up and centered between your shoulders with your eyes focused straight ahead. Avoid forward neck posture (I call it chicken neck). Shoulders should be back and down. Lift your chest naturally. Think of a string attached to the center of your chest pulling you upward.
2. Your arms should bend at 90 degrees and swing back and forth, close to your body. Keep your hands cupped as if you are holding a butterfly and do not want him to get away, but not so tight as to smash him!
3. Pull in your abdominals. Think about pulling your belly button toward your spine and slightly tucking your pelvis so

that you feel tall and stable.

4. Hips should stay loose and natural. Take short, fast strides landing on the heel and pushing off with your toes. Roll through the foot!
5. Keep your breathing even and steady.

Map your walk. Find out the exact distance you are walking or find new walking routes with www.mapmywalk.com. This site also gives resources on walking events in your area, a training log and a calorie calculator by distance.

Here are a few upcoming walking / running events this month in the Baton Rouge and New Orleans Areas:

[Step Out Walk to Fight Diabetes](#) – Saturday, October 17th at LA Capital Park in Downtown Baton Rouge

[Walk for Huntington's Disease](#) – Sunday, October 25th in Downtown Baton Rouge.

[Email](#) or call (225) 756-1785.

[Susan G. Komen Race for the Cure](#) – Saturday, October 25th in City Park in New Orleans.

Quote of the Month:

“Above all, do not lose your desire to walk. Every day I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it.”

-Soren Kierkegaard



Breast Cancer Awareness Month©

October is National Breast Cancer Awareness Month©. It is a good time to update yourself on the latest research, recommendations and screenings involving breast cancer. It is also a the perfect time to assess your lifestyle habits that may be putting you at greater risk. Some of the main lifestyle habits that can increase your chances of Breast Cancer



are:

- Maintaining a healthy weight
- Exercising regularly
- Eating a healthy diet, especially one rich in fruits and vegetables
- Managing stress and getting sufficient sleep.
- Avoiding tobacco use and avoiding or limiting alcohol.

For more information on Breast Cancer Awareness go to: www.nbcam.org

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Words of Wisdom & Wellness From a Two-Time Cancer Survivor



These are great words of encouragement and an inspiring survival story about our friend and colleague, Bunny Jumonville. Bunny served for many years with the American Cancer Society in different capacities, including Board of Directors State Crusade Chair and National Spokesperson. She served on the Woman's Advisory Board for Woman's Hospital, the Advisory Board for Stanley S. Scott Cancer Center in New Orleans, and was a nominee for the prestigious "\$100,000 Avon Award" for outstanding volunteer service to cancer survivors and patients.

"Life circumstances sometimes change the course of life and in turn will lead you in a completely different direction in business and life." says Bunny, whose background was always entrepreneurial (she co-owned a clothing store and wrote the award winning cookbook, Louisiana Crawfish Cookbook). "Now the position I have as a wellness activist is to educate and get wellness into communities to help people become better stewards of their own health and to help their families live a healthier life." Bunny is currently a National Marketing Director for NSA, a company that manufactures whole food in gel caps, a

product she credits for a big part of her quality of life. Bunny lost her mother and her mother's only sister to breast cancer in their early 40's. "My personal experience as a survivor led me to the responsibility in my corporate capacity. Today I help form neighborhood alliances that bring wellness awareness into homes, neighborhoods and communities all across America and 20 foreign countries! I believe that the key factor in the healthcare problem today is an individual's personal responsibility toward their own healthcare".

That is how Bunny now lives her life, passionately sharing the message of prevention and helping others take responsibility for their health. Her message is a strong encouragement to women and men everywhere that first we must do what we can to prevent cancer and second we must not let it stop us from our dreams and true purpose in life!

For more information on Bunny and how she survived breast cancer, email us at info@sbwellness.com.

Healthy Halloween



Enjoy Halloween and Fall Parties this year without letting the sugar take over your health!

Halloween candy is already lining the aisles at the grocery store. It won't be long before the kids come home with plastic pumpkins or Halloween bags full of sugary treats. It is certainly a hard time for parents and kids alike to avoid temptation. Even the bite size portions start to add up and affect your health. Not only can the sugar add to the calories and affect your weight, but it can lower your immune response. Research shows that the immune system is suppressed for several hours after ingesting large amounts of sugar. Couple all the extra Halloween candy with the fast-approaching cold and flu season and you have a recipe for disaster. Try some of these Wellness Tips to ensure you and your family have a happy and healthy Halloween:

Don't buy too early and don't buy too much.

If you have to buy Halloween candy to hand out or bring to Fall parties, wait until right before the event. If you buy early and keep it in the house the kids are more likely to talk you into opening it and digging in early. Also, only buy what you need to give out so you are not left with extra. Stick to a 'no opening until Halloween night' rule, if you do buy early!

Try not to buy you or your family's favorite

treats. It is tempting to pick our own favorite candy bar to hand out Halloween night, but go for one of your least favorites and you will be less likely to do the "one for you, one for me" method.

Put the candy away after Halloween night.

Have certain rules in place as to how much or what time kids can have candy. (e.g., 2-3 pieces after a healthy snack or dinner.)

Put an exercise rule in place. Make it a rule that every time you or the kids want to dip into the candy, you must first do 5 minutes of activity like jogging in place, jumping jacks or a short walk around the neighborhood.

Simply get rid of the junk! Between school parties, church events, and trick-or-treating kids can stock up on an obnoxious amount of junk. Let them enjoy it for awhile in moderation, then after a few weeks toss what's left. By that time, they have probably gone through their favorites and will just be eating it because it's there!

Exercise Trend of the Month: Sports Training

Whether you want to lose those last few pesky pounds, overcome a plateau, or just want something different, incorporating some sports training into your workouts may be the right thing for you. Performing sports drills as part of your workout will give your body a challenge and possibly the new boost you are looking for. You should always check with your doctor before starting a new workout program and remember to



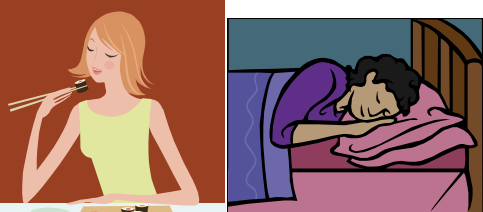
work at your level. Sports-specific moves like short sprints or shuttle runs, plyometrics like box jumps

or hurdle jumps, simulated basketball throws with a medicine ball, and cone drills can all be fun and challenging.

Have a kid in sports right now? Get outside and have them show you some of the practice and conditioning skills they do and make it a family workout!

Contact us at info@sbwellness.com for more information on Sports-Specific Training.

Wellness Tip of the Month



Want Better Sleep?

Try eating your dinner a little earlier. Eating too late can disrupt your sleep. Try to eat dinner no later than 7:00 pm. This will free up the liver so the body can better go through its daily detox while you sleep.

Also, try eating dinner as well as your other meals at the same time each day. This will not only improve your sleep, but also increase your energy during the day.

Achieve better life balance and improve your health by getting your body on a better schedule.

Tailgating Time



Football season is in full force and with it usually comes a lot of extra calories. Between tailgating party foods, concession stand foods and alcohol, it can be hard not to pack on a few extra pounds during all the fun and excitement. Try to balance it out with these healthy football season tips:

Learn to say “no” more often. At tailgating and sports events, there is usually a spread of indulgent foods. Be a picky eater and have a small portion of only the foods you really desire.

Work in more activity. Having a BBQ at the house for the game? Set up a volleyball net or get your own game of flag football going before kickoff. This will help balance out those extra calories.

Slow down. Game days are often long with lots of alcohol and junk foods involved. Try to go slow on the drinking and eating, and take longer breaks in between drinks with only water.



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Recipe of the Month



Baked Apples

Ingredients

- 2 apples, cored
- 4 teaspoons dried fruit, chopped, such as cranberries, raisins or dates
- 4 teaspoons toasted nuts, chopped, such as pecans, walnuts or almonds
- 1 teaspoon honey
- Pinch of cinnamon
- 1/2 cup apple cider
- 1/4 cup plain yogurt

Preparation

Preheat oven to 350°F.

Combine fruit, nuts, honey and cinnamon; spoon into the apples. Place the apples in a small baking dish and pour apple cider around them. Cover with foil. Bake until tender, about 45 minutes. Serve topped with yogurt.

Nutrition

Per serving: 165 calories; 4 g fat (2 g mono); 35 g carbohydrates; 1 g protein; 4 g fiber; 2 mg sodium; 215 mg potassium.

Flu Prevention



Flu season is fast approaching and with the scare of the newer H1N1 flu virus, preventing the spread of the flu should be of top priority to all.

Besides getting a flu shot there are some important steps you and your loved ones should take to both minimize your exposure to the flu virus and to strengthen your immune system in order to fight it off.

Lower your chances of getting the flu with these disease-fighting tips:

1. Exercise regularly. Regular exercise strengthens the immune system. There have been numerous studies that show moderate, regular physical activity reduces the incidents of common colds and upper respiratory infections. Exercise can also decrease length of sick days and lessen symptoms when you do get sick.

2. Avoid sugar. Sugar can impair your immune function, making you more susceptible to the flu. Larger amounts of sugar can suppress the immune system for up to 5 hours.

3. Get enough sleep. Get at least 8 hours of sleep every night. Even if you don't feel tired, insufficient rest will leave the body fatigued and it simply won't be able to fight off the flu virus (or any other infection) very well.

4. Get outside and get fresh air. Heaters dry out the sinuses and mucus membranes making your risk of catching a cold or the flu higher.

5. Get adequate water. Keeping your mucous membranes well-hydrated will help them fight off viruses.

6. Reduce stress. High levels of stress lower immune function. Studies show that prolonged stress is at least partially responsible for 90% of all illness and disease. Practice stress-reducing techniques daily.



6. Wash your hands often and keep them off your face. Wash with soap and water and be sure to wash hands thoroughly. Try keeping hand sanitizer at your desk or in your bag. Also, keep your hands away from your face as the flu virus enters your body through your eyes, nose and mouth.

7. Bulk up on immune-boosting foods. A healthy balanced diet is one of the best ways to avoid catching the flu. Also eating certain immune boosting foods like fresh fruits and vegetables, garlic, green tea, cayenne pepper, fish rich in omega-3 fatty acids, beans and whole grain brown rice, can help prevent you from getting the flu.

8. Avoid alcohol and tobacco, including second-hand smoke. Both can increase your chances of getting the flu.