

## CAC MISSION STATEMENT

*To provide a wholesome and energetic family atmosphere that is service driven in an environment where everyone is comfortable making fitness a part of their lifestyle.*

### ♥ Heart Healthy Recipe Corner ♥

#### **Marinated Barbequed Vegetables**

These tasty vegetables can be cooked on skewers or thrown straight on the barbecue. Serve them hot or at room temperature. As cold leftovers, they're great with crusty bread.

Prep Time: approx. 20 Minutes

Cook Time: approx. 5 Minutes

Ready in: approx. 1 Hour 25 Minutes

Makes 5 servings

- |   |                                      |
|---|--------------------------------------|
| 1 small eggplant, cut into 3/4 inch thick slices        | 1/4 cup olive oil                    |
| 2 small red bell peppers, seeded & cut into wide strips | 1/4 cup lemon juice                  |
| 3 zucchinis, sliced                                     | 1/4 cup coarsely chopped fresh basil |
| 6 fresh mushrooms, stems removed                        | 2 cloves garlic, peeled & minced     |

#### **Directions**

- 1** Place eggplant, red bell peppers, zucchinis and fresh mushrooms in a medium bowl.
- 2** In a medium bowl, whisk together olive oil, lemon juice, basil and garlic. Pour the mixture over the vegetables, cover and marinate in the refrigerator at least 1 hour.
- 3** Preheat an outdoor grill for high heat.
- 4** Place vegetables directly on the grill or on skewers.

Cook on the prepared grill 2 to 3 minutes per side, brushing frequently with the marinade, or to desired doneness.

### Quick Fact

Spinning is a completely non-impact form of exercise! An average 40-minute spinning workout will burn about 500 calories.



## Exercise May Cut Risk of Colon Cancer's Return

May 17, 2005 (Orlando, Fla.) -- For the second time in as many days, new research suggests that lifestyle changes can fend off new tumors in people who survive cancer the first time around.

In the latest study, people treated for colon cancer were about half as likely to die or have their tumors return if they participated in regular, moderate-intensity physical activity as those who rarely exercised.

Yesterday, other researchers reported that post-menopausal breast cancer survivors who cut down on fats in their diet also cut the chance their cancer would come back.

"Finally, we have a hint that lifestyle changes can make a difference for people with cancer," says Douglas W. Blayney, MD, medical director of the University of Michigan Comprehensive Cancer Center in Ann Arbor.

After completing treatment, "almost every cancer patient asks if there is something they can do to prevent a recurrence," says Blayney, who was not involved with either study, "But up to now, we've had no evidence that diet or exercise help."

The study was presented at the annual meeting of the American Society of Clinical Oncology. The study included 832 people who were still alive one year after undergoing surgery followed by chemotherapy to treat colon cancer.

"Right after you have chemo and part of your colon taken out, physical activity is a little hard, so we looked at them a year later, when they're presumably more stable," says researcher Jeffrey A. Meyerhardt, MD, MPH, of the Dana-Farber Cancer Institute in Boston.

After nearly two years, those who exercised the equivalent of "moderate-paced" walking an hour a day, six days a week were 49% less likely to have a recurrence or die, compared with those who rarely exercised, he says. A moderate pace is about 2-3 miles an hour, Meyerhardt tells WebMD.

Other types of physical activity count, too. "The same levels of health benefit can be attained by jogging three times a week or playing tennis three or four times a week, for example," he says.

## What's Happenin' at CAC

### *Senior Day Success!*

CAC's Senior Day was a huge success! Vendors, Dance Classes and a Health Fair are just a few of the things that our Seniors enjoyed.



### *Body Blast classes begin!*

Starting May 4<sup>th</sup> - come to the gym and see what the buzz is about. Classes will be held Mondays at 9am, Wednesdays at 5:30pm, and Thursdays at 9:30am and 5:30pm.

### *Tennis comes to CAC!*

Welcome to our new Director of Tennis, Mr. Ray McGarity! Ray brings 25 years of experience in teaching tennis to juniors and adults in the Memphis area. He is a retired teacher and coach from Memphis City Schools. Drop by the courts and say hello or take home one of the brochures located on the West Wall near the entrance.

### *CAC on the Internet!*

Point your mouse at your web browser and visit [www.cordovaathleticclub.com](http://www.cordovaathleticclub.com) to see our brand new website. It's a work in progress, so check back for updates.

## **Can Kids With Asthma Play Sports?**

You probably know that asthma can cause breathing problems. So can kids with asthma play sports? You bet they can! Being active and playing sports is an especially good idea if you have asthma. Why? Because it can help your lungs get stronger, so they work better.

Some athletes with asthma have done more than develop stronger lungs. They've played professional football and basketball, and they've even won medals at the Olympic Games! Some sports are less likely to bother a person's asthma. Swimming and downhill skiing are less likely to trigger flare-ups, and so are sports like baseball, football, and gymnastics.

In some sports, you need to keep going for a long time. These activities may be harder for people with asthma. They include cycling, long-distance running, soccer, basketball, cross-country skiing, and ice hockey. But that doesn't mean kids can't play these sports if they really like them. In fact, many athletes with asthma have found that with the right training and medicine, they can do any sport they choose.

But before playing sports, it's important that your child's asthma is under control. That means they aren't having lots of symptoms or flare-ups. To make this happen, it's very important that they take all asthma medicine just like their doctor prescribes, even when they are feeling fine.



Their doctor will also tell you some other things they can do to avoid flare-ups. This may mean skipping outdoor workouts when there is lots of pollen in the air, wearing a scarf or ski mask when playing outside during the winter, or making sure they always have time for a careful warm up and cool down.

Make sure their coach and teammates know about your asthma. That way, they will understand if they need to stop working out because of breathing trouble. It's also helpful if the coach knows which steps to take if you have a flare-up. Have them listen to their body and follow the instructions the doctor gave for handling breathing problems. And if they keep their asthma in good control, they'll be in the game and not on the sidelines!

### Quick Fact



Swimming is one of the few ways of getting exercise that improves your all-round fitness because it can boost strength, stamina & suppleness all at the same time.

## The truth about prescription drugs and advertising

Every day seems to bring news of another new drug, plus TV and magazine ads filled with blue skies, sunny days and happy people. But you may not be so happy when you realize how expensive those drugs are – and what they’re costing you and everyone in your health plan.

According to a report by the National Center for Health Statistics, drug companies spend about \$2.7 billion a year on ads that help sell certain brands to consumers. These costs are built into the price of the drugs – and passed along to you and your health plan whenever you buy them.

Most health insurance policies will provide you with a preferred drug list that will show you cost-effective options. It should include generic drugs and many popular brand-name drugs. That’s why choosing drugs from your preferred drug list may help save you money on drug costs and co-pays.

Working with your doctor and pharmacist, you can use this to help make smart choices about the drugs you take and the amount you pay. Be a smart consumer. Pay for the medicine, not the TV ad.



### Quick Tip

BlueCross BlueShield of Tennessee has their Preferred Drug List online.

Visit [www.bcbst.com/pharmacy/list2005/PDLWeb2005.pdf](http://www.bcbst.com/pharmacy/list2005/PDLWeb2005.pdf)



## What diet plans cost

It’s no secret that Americans are fat and getting fatter by the burger. Dieters are increasingly turning to formula and/or packaged diet plans to help avoid food temptations.

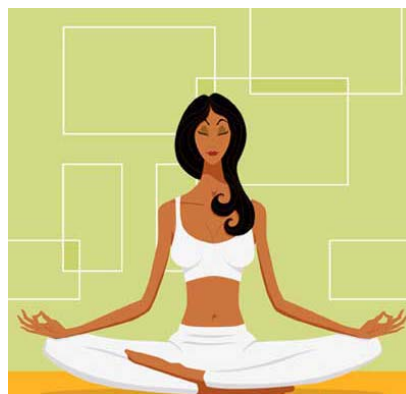
According to Forbes magazine, these diet plans vary greatly in cost. Here’s their ranking (in NYC prices):

Diet	Weekly menu cost
Jenny Craig	\$137.65
NutriSystem	113.52
Atkins Diet	100.52
Weight Watchers	96.64
Zone Diet	92.84
Ornish Diet	78.74
South Beach Diet	77.73
Slim-Fast	69.62

## Muscle loss, weight gain

Muscle mass typically declines with age. It declines faster without adequate exercise. Changes in hormone levels after menopause may also accelerate this decline. The rate at which you burn calories (metabolism) may also slow after menopause, putting you at risk of weight gain.

You’ll probably need to eat less – perhaps as much as 200 to 400 fewer calories a day – just to maintain your current weight. Regular exercise that trains your muscles – such as resistance training with an elastic band or weightlifting – has a number of benefits. It can help you maintain your strength and balance, increase your bone strength and improve your metabolism, since muscle burns three times as many calories as fat.



## Maintaining a healthy lifestyle during Menopause

The foundation of any plan to reduce the effects of menopause-related problems is a healthy lifestyle. This includes:

- Not smoking
- Maintaining a healthy weight
- Eating a nutritious diet that’s low in saturated fat and cholesterol, high in fiber, fresh fruits and vegetables
- Strengthening and regular aerobic exercise including weight-bearing activities such as walking or jogging
- Limiting alcohol consumption