

Lifestyle Quiz Answers:

1. b) False. Research shows jogging, as a preventative measure for good knee joint health, adds enough weight-bearing pressure (since the knees are weight-bearing joints and they appropriately even the pressure load during exercise) that is needed to keep joints healthy—and this is not limited to “hard” pavement or “soft” grass. Also, jogging doesn’t increase your chances of acquiring knee osteoarthritis. It may even prevent it! When looking at knee joint health, it is important to note that every extra pound carried adds another four times more stress on knee joints. Thus, being overweight is more hazardous to your knees than jogging is. Try jogging indoors or outdoors—it can be an excellent addition to your wellness regime!

2. d) All of the above. For some of us, summer is the time to head outdoors and enjoy fun activities such as golfing, camping, swimming or just relaxing with friends. The sun is at its strongest at this time of year, meaning that skin protection is essential for a healthy outdoor lifestyle. We encourage people to enjoy outdoor sports and recreation as there are many health benefits; however, that time spent outside can increase the risk of sunburn and skin cancer.

The best way to protect yourself and others is to wear a wide-brimmed hat and light, loose fitting clothing that covers your arms and legs. Remember to generously apply a broad spectrum sunscreen with an SPF of 30 or higher, 20 minutes before going outside and take sunscreen breaks every two hours to reapply. Lastly, try to avoid lengthy sun exposure at peak times between 11 a.m. and 4 p.m. by seeking shade when possible.

Correction with our sincerest apologies!

In our last issue (Spring 2010) the answer to Lifestyle Quiz question #2, “spending time in artificial tanning beds is a safe way to meet your daily vitamin D requirements”, should have read FALSE, rather than TRUE. Artificial tanning is often promoted as a way to obtain adequate amounts of vitamin D. However, researchers have found that the risk of certain types of skin cancers is increased by 75% when tanning beds are used before 30 years of age. In addition to increasing skin cancer risk, exposure to ultraviolet rays from artificial tanning can suppress the immune system, as well as cause premature aging, cataracts and eye damage. The majority of the population can safely obtain adequate levels of vitamin D throughout the year through dietary supplements and a healthy diet, which avoids all health risks associated with artificial tanning.



Exercise of the season: Hiking

Now that the winter snow has melted, it is the perfect time to investigate the outdoor physical activity opportunities Alberta has to offer! The Rocky Mountains, for instance, are one of the province’s most famous landscape features and make an excellent playground for hiking and exploring.

Hiking can be as leisurely or challenging as you would like, depending on your trail choice. Trails in Alberta can vary from a flat prairie walk to a steep mountain climb. When hiking, it is very important to be prepared. Always check the weather and trail reports, layer clothes, wear supportive shoes or boots, and bring food and water with you. If you are hiking alone, be sure to inform someone of where you are going and what time you expect to be back.

Hiking can help you build lower body strength and reap cardiovascular benefits. The steeper the trail, the more intense a workout it will be. For example, a 150 pound person can expect to burn approximately 410 calories in one hour of hiking. This number is just an estimate, and the actual number of calories burned will depend on many factors such as your age, the amount of muscle you have, and if you are male or female. We also continue to burn extra calories after exercise (especially if that exercise is done at a high intensity), but not enough to justify eating extra calories as a reward after physical activity!

For more information, visit:

Alberta Hiking Association, www.abhiking.ca
 Canada Trails, www.canadatrails.ca/hiking/hike_ab.html

Dear BENEFIT Study participants,

Hello and a warm welcome to summer! We are happy to announce that BENEFIT Study’s first registrants have reached 24 months of involvement this August. Time flies! We congratulate our early registrants for their efforts and we appreciate your support and commitment thus far. Our later registrants have exhibited tremendous success as well, and we are confident that this will continue for them upon reaching 24 months in the study.

The summer weather gives us more opportunities to be active outdoors. Please exercise as much as you can, and take advantage of the greater availability of fresh vegetables and fruits as part of your daily diet. Physical activity and proper nutrition will go a long way in helping you achieve your wellness goals; these healthy behaviours can also help reduce your risk of developing some cancers, cardiovascular disease and diabetes. Enjoy your summer and we will see you again in the Fall 2010 newsletter!

Sincerely,

Dr. Fredrick Ashbury,
Principal Investigator



Success Story *Tracey*, Lethbridge*



Eating healthier does not mean extra work or missing out on full and enjoyable meals! I have lost 25 lb by using one of my new favourite strategies that doesn’t deprive me of what my husband eats.

For instance, I would make myself a large salad for dinner, dice up one portion of the protein I prepared for my husband (chicken breasts, pork loin, shrimp or fish) and top it on my salad. While he would add a starch, a veggie and dessert for dinner, I would have a side dish of the starch along with my serving of veggies. This full dinner takes me just as long to eat as my husband’s meal takes, and I don’t feel deprived. If he has pasta another night, I would make him a large portion of pasta and a small side salad; my meal would be a large salad and a side portion of pasta.

I never feel like I am missing out on anything and I don’t have to prepare twice as many meals. I also use these principles when eating out or at other people’s homes, and never once have I felt like I was on a diet.

* Special thanks to Tracey who responded to our “Call for Submissions” in May 2010. She is the recipient of a thank you package including a Chapters gift card, healthy recipe cards and a pedometer.

BENEFIT News

In our Fall 2009 BENEFIT Newsletter, we provided some results from the initial participant survey. We are happy to report that tremendous behavioural changes have occurred, even after 3 short months of participation in a weight management program:

- 11% (compared to 26% in the initial survey) ate at a restaurant more than 2 times a week.
- 2% (11% in the initial survey) ate fast food more than 3 times per week.
- 15% (27% in the initial survey) believed that good nutrition is not important when eating fast food.

- 10% (7% in the initial survey) of participants undertook 10 minutes vigorous activity 5 days or more per week.
- 88 minutes (77 in the initial survey) is the average time spent engaged in vigorous activity per week.

By 6 months of participation: The average participant weight was 83.8 kg (184.4 lb); compared to average weight at 3 months of participation, this was an amazing average weight loss of 4.9 kg (10.8 lb)! This average weight loss reflects the safe weight loss guidelines of 0.5–1.0 kg (1.1–2.2 lb) lost per week.

"B" Smart with Your Food*

Thiamin (B1), riboflavin (B2), niacin (B3), folate, B6 and B12 are some of the important B-vitamins that work to make red blood cells, keep your nervous system healthy and even help your body use energy from food. You can get all of your B-vitamins by eating a variety of foods as recommended in *Eating Well with Canada's Food Guide*.

B Vitamin	Function	Food Sources
Thiamin (B1)	Helps with energy production in your body.	Whole grains, enriched grains, liver, pork, dried beans, nuts and seeds
Riboflavin (B2)	Helps with energy production in your body. Helps your body use other B vitamins.	Whole grains, enriched grains, soybeans, meat, poultry, liver, eggs, mushrooms, milk, cheese, yogurt
Niacin (B3)	Helps your body use protein, fat and carbohydrate to make energy. Helps enzymes work properly in your body.	Whole grains, enriched grains, peanut butter, meat, fish, poultry, mushrooms
Folate	Helps to make and maintain DNA and cells. Helps to make red blood cells and prevent anemia. Getting enough folic acid lowers the risk of having a baby with birth defects like spina bifida. Tip: If you are of childbearing age, eat foods rich in folate and take a daily multivitamin that has 0.4 mg of folic acid.	Bread, enriched pasta, wheat germ, liver, dried beans, soybeans, chickpeas, lentils, sunflower seeds, flaxseeds, asparagus, beets, broccoli, brussels sprouts, corn, green peas, romaine lettuce, cooked spinach, oranges, orange juice
Vitamin B6	Helps your body make and use the stored energy in your muscles and liver.	Instant oatmeal, 100% bran, meat, fish, poultry, liver, soybeans, chickpeas, lentils, pistachio, nuts, sunflower seeds, potatoes, bananas
Vitamin B12	Works with folate to make DNA. Helps to make healthy blood cells. Keeps nerves working properly. Tip: Strict vegetarians or vegans who do not eat fortified foods and adults over the age of 50 may need a vitamin B12 supplement.	Meat, fish, poultry, liver, eggs, fortified soy products, milk, cheese, yogurt, fortified soy or rice beverages



Featured Recipe

Barbeque Chicken Salad with Grilled Apples

(Modified from Kraft Canada, www.kraftcanada.com; Makes 4 servings)

- 4 small boneless skinless chicken breasts (1 lb/500 g)
- 2 medium Granny Smith apples, quartered
- 1 small red onion, quartered
- 2 tbsp low-calorie Italian salad dressing
- 1/4 cup barbeque sauce
- 6 cups torn mixed salad greens
- 2 tbsp fat-free ranch dressing

Directions:

1. PREHEAT barbecue to medium-high heat. Brush chicken, apples and onions with Italian dressing.
2. GRILL chicken, apples and onions 10 minutes or until chicken is cooked through (170°F), turning occasionally and brushing chicken with the barbeque sauce for the last few minutes of the grilling time.
3. SLICE chicken. Arrange over greens along with the apples and onions. Drizzle with ranch dressing.

Nutrients per serving (1 patty):* 221 calories, 3 g fat, 30 g protein, 19 g carbohydrates, 11 g sugar, 3 g fibre, 404 mg sodium

* This nutrition information provides approximate values only and is based on data from *Dietitians of Canada – Recipe Analyzer*, www.dietitians.ca

Weight Loss Crisis: Which exercise is best?



Remember, the times above are suggestions—feel free to use what works for you. As you progress, change your ratio between low and high intensity. For example, try increasing the length of time of the high intensity activity, decreasing the length of time of your low activity, or increasing the number of repetitions. Challenge yourself, but remember to stay within your fitness level!

Why do interval training (IT)?

Incorporating higher bursts of activity in IT allows you to burn the same amount of fat or more, and in less time compared to exercising at a slower, steady pace. In fact, even after you have finished working out, your body will continue to burn energy (that is, calories/fat) at a higher rate because of something called Excess Post-exercise Oxygen Consumption (EPOC). As your body works to return to its usual resting state, it takes in additional oxygen to help settle your body. To do this, your body requires fuel obtained from burning more body fat. Some studies show that this EPOC can last up to 38 hours after you have finished working out. IT can help you save time, keep fit and add some variety to your workouts.

Interval Training

Interval training (IT) is a great way to burn as many, and often more, calories in a shorter amount of time compared to regular cardio exercise. IT helps you increase both your anaerobic and aerobic capacity. Your anaerobic system is used for shorter, more powerful bursts of physical activity while your aerobic system is used for higher endurance activities like jogging long distances.

How does interval training (IT) work?

Essentially, IT is a combination of lower intensity activity with added bursts of shorter, higher intensity activity. Remember that intensity is relative to the person performing the activity, so choose activities within your fitness level that you are comfortable with. Some examples of low and high intensity activities for three different people of varying fitness levels are:

- Person 1 Low intensity exercise: walking
Higher intensity exercise: brisk walking
- Person 2 Low intensity exercise: brisk walking
Higher intensity exercise: jogging
- Person 3 Low intensity exercise: slower bicycling
Higher intensity exercise: faster bicycling

A typical IT session could include:

5-10 minutes: Warm up (you may choose to perform your low intensity exercise)

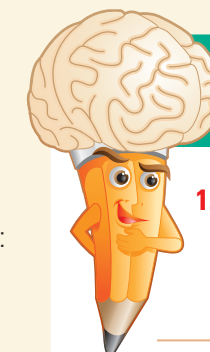
3 minutes: Low intensity exercise (e.g., brisk walking)

1 minute: Higher intensity exercise (e.g., jogging)

Repeat this low-high intensity combination three times.

5-10 minutes: Cool down with your low intensity exercise and finish with slow walking.

Lifestyle Quiz



1. Jogging on pavement is harder on my knees than jogging on grass.
a) True; b) False
2. What is the best way to safely protect yourself and others from the harmful effects of the sun when outside this season?
a) Wear a hat; b) Seek shade; c) Wear sunscreen; d) All of the above

Turn to the last page for Lifestyle Quiz Answers.

Want to contribute?

We welcome your contributions, ranging from recipes and success stories to your favourite activities. E-mail 'contribution' to ACB.BENE.FIT@albertahealthservices.ca.

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