

October 2010

Breast Cancer

Awareness Month

UNIVERSITY OF MANITOBA

BISON

Recreation Services



How can exercise help?



Research shows that regular physical activity can help protect against certain types of cancer such as colorectal, breast and uterine cancer. Being active also keeps your heart healthy, makes your bones and muscles stronger and helps you feel better about yourself.

Physical activity is also one of the best ways to achieve and maintain a healthy weight. People who are overweight are at greater risk for cancer of the breast, esophagus, gallbladder, kidney, liver, pancreas and the uterus.

Research is showing that a Body Mass Index (BMI) greater than 25 is connected to a higher risk of breast cancer. Not only that, but overweight, sedentary individuals have a much greater risk of recurring cancer than those who reduce their BMI and maintain an active lifestyle.

For improved health, the Canadian physical activity guides recommend:

60 min of light activity every day or 30-60 min of moderate activity 4x/wk or 20-30 min of vigorous activity 4x/wk. The activity doesn't have to be all at once, 10 min bouts of exercise can add up throughout the day.

Examples of activities:

Light activity	Walking, playing with children, gardening, yoga, Tai Chi, Pilates
Moderate activity	Aqua fit, brisk walking or hiking, snowshoeing, urban poling, cycling, dancing, ice skating
Vigorous activity	Cross-country skiing, group fitness class, jogging, racquet sports



Make the decision to start now. Making healthy changes does not mean you have to start running marathons. Small changes to your activity levels can have a large health impact. Emphasize variety and fun! Find activities that you enjoy doing to add physical activity into your day—at work, school, home or play. Many doctors now encourage people with cancer to be as active as possible during treatment and recovery. Being active may reduce stress and improve your mood, boost your energy, stimulate your appetite, reduce side effects like nausea, fatigue and constipation, help you sleep, and help you regain your strength. You must check with your doctor before starting any exercise program even if you exercised regularly before being diagnosed. After your doctor has given the okay, you should seek advice from a certified professional who can help you develop a program that is safe, effective and fun for you!



Fall seems to be that time of year when there are tons of sugary goodies and desserts floating around home or the office from Thanksgiving and Halloween.

We can treat ourselves every now and again, within moderation of course, but how about getting a little creative with your Halloween snacks? Here are some interesting ideas we've found at www.ittybittybistro.com:



Vegetable skeleton. Nothin' to it, but it makes a great party platter.



Pumpkin : Make a cheese ball recipe and then add carrot strips for the orange color, celery for the top, and red pepper for the eyes, nose, and mouth.



Scary teeth:
-Apples and pears cut in quarters and with a wedge cut out of center of quarter. Almond slivers for the teeth



Brain:
Watermelon peeled and carved



Witch:
-Pear for head & nose
-Carrot strips for hair
-Choc. Chips for eyes
-Red pepper for mouth
-Raisin for mole
-Choc. Cookie is hat brim
-Ice Cream cone for tip of hat



Fingers:
-White cheese cut and carved
-Green peppers
-Cream cheese (to make the nails stick)



Fruit pumpkins:
-Carve out an orange
-fill with fruit

Encouraging physical activity with your kids

Amid the hubbub and excitement of trick-or-treating on Halloween night, your kids could be getting a whole lot of physical activity... and enjoying it! Ditch the car this year and walk with your kids from house to house. Why not get a cheap pedometer for each of your kids and see how many steps they take during the evening? It might be a creative way to start a healthy competition: who can take the most steps in a day? You never know—this Halloween could be the start of a passion for physical activity in your kids.

What's going on in October:

- Breast awareness month
- New Rowing and Cardio Interval classes (check out the Grotto schedule for times and details).
- U of M is closed on October 11th
- Don't miss the Halloween Howl Dodge ball Tournament Oct 30th