

# LIVE WELL



# WORK WELL

May 2015

Presented by Holmes Murphy & Associates

## May is Skin Cancer Detection and Prevention Month

**D**id you know that it only takes 15 minutes for the sun to damage your skin but 12 hours for that damage to become visible? Many individuals suffer from hours of skin damage before even realizing that their skin is in danger.

Since skin cancer is the most commonly diagnosed cancer in the United States, you should keep these prevention tips in mind:

- Try to stay out of the sun between 10 a.m. and 4 p.m.
- Wear clothes with tightly woven fabric and a hat that shades your face, neck and ears.
- Wear sunscreen every day that has a sun protection factor (SPF) of at least 15.
- Routinely inspect your skin, and, if you suspect that a spot on your skin is new or has changed color or appearance, contact a dermatologist.

## The Importance of Resistance Training

Many Americans are aware that about two hours and 30 minutes of exercise each week is necessary to stay healthy, and many of those individuals choose an aerobic activity, such as running or biking. However, recent research has shown that splitting your two hours and 30 minutes of exercise between varied activities—**aerobic and** muscle-strengthening—improves health the most.

According to the American College of Sports Medicine, adults should aim to do muscle-strengthening activities, such as weightlifting, at least two times a week. Right now, only about 1 out of every 3 adults meets this goal.

A common misconception that many people have is that muscle-strengthening activities are more suited for men, which may stem from the misguided belief that women will “bulk up” too much from that type of exercise. However, women generally do not have the same level of anabolic hormones, which is what causes men to build larger muscles more easily.

In fact, muscle-strengthening activities are extremely important for women to engage in because they are more likely to develop problems with their bones and joints as they age. Increasing muscle strength—through weightlifting or other resistance training—can help prevent those problems.

Resistance training can also help with the following:

- Increasing flexibility and balance, which decreases the number and severity of falls a person may experience as he or she ages
- Maintaining proper weight, as people who have more muscle mass have a higher metabolism—sometimes up to 15 percent higher

Before beginning a new exercise routine or changing up an old one, speak to a medical professional to ensure you are healthy enough. And remember that commitment to a regular physical activity program is more important than the intensity of your workouts, so be sure to choose muscle-strengthening exercises you enjoy.

# Save Money by Shopping for In-season Produce

Groceries can be expensive, and tips for saving money are often time-consuming, such as cutting coupons and making multiple trips to the store each week to avoid waste. One easy way to save on your grocery bill, while also eating healthy food, is to shop for fruits and veggies that are in-season. Another added benefit? In-season produce tastes better.

In-season fruits and vegetables are easy on your wallet because when there is an abundance of these crops, it brings the overall price down. Also, when the produce is local, it costs less to package and deliver it to the store. It's even good for the environment to shop in-season produce, since less gas is used to transport the local, in-season produce.

To find out what vegetables and fruits are in season in your area, visit [www.sustainabletable.org/seasonalguide/seasonalfoodguide.php](http://www.sustainabletable.org/seasonalguide/seasonalfoodguide.php).

## What Veggies and Fruits Are in Season Right Now?

### Pacific Northwest:



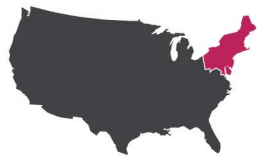
green onions, collard greens, arugula and broccoli

### Upper Midwest:



spinach, asparagus, carrots, parsnips, mint, rhubarb and radishes

### Northeast:



arugula, asparagus, chard and fiddleheads

### Southwest:



apricots, blackberries, nectarines, peaches, arugula, avocados, carrots, cilantro and chard

### South:



blueberries, oranges, plums, asparagus, beets, broccoli and cauliflower

## Sauteed Spring Vegetables

Substitute any out-of-season vegetables in this recipe with ones that are in-season to save a few extra bucks and to amp up the fresh taste.

- ½ cup sweet onion
- 1 garlic clove, minced
- 1 tsp. extra virgin olive oil
- 3 potatoes, cubed
- ¾ cup carrot, sliced
- ¾ cup asparagus, chopped
- ¾ cup sugar snap peas (or green beans)
- ½ cup radishes, quartered
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. dried dill

Heat the oil in a medium-sized skillet. Add the onion and garlic, and cook for two to three minutes.

Add potatoes and carrots to the skillet and cover. Turn the heat to low and cook for four minutes, or until the vegetables are tender. Then, add the asparagus, peas, radishes, salt, pepper and dill. Cook for four more minutes, stirring often. Serve hot.

Yield: 4 servings. Each serving provides 70 calories, 1.5 g of fat, 2 g of protein, 13 g carbs, and 170 mg of sodium.

Source: USDA





# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Holmes Murphy & Associates

**Skin cancer attacks more than one million Americans every year, and exposure to the sun causes over 90 percent of skin cancers in the United States.**

## SKIN CANCER: ARE YOU SAFE IN THE SUN?

Many people describe sun-tanned skin as a “healthy glow,” but it’s not exactly the truth. There is no such thing as a safe, healthy tan.

### Sun Damage

Any type of suntan is the result of sun damage caused by exposure to ultraviolet (UV) radiation from the sun. Other types of sun damage include wrinkles, age spots, freckles, tough or leathery skin, dilated blood vessels, sunburn and skin cancer.

The sun emits two types of UV radiation: UVA (which causes aging) and UVB (which causes burning). Both UVA and UVB rays are undetectable to a person sitting in the sun—you cannot feel them on your skin—and are damaging on cool, cloudy days as well as sunny days. In addition, both types of radiation cause skin cancer.

### Skin Cancer

People are most susceptible to skin cancer when they are exposed to sudden, short bursts of sunlight while in places where the sun is very strong, such as locations near the equator or at very high altitudes.

The following characteristics place people at an even higher risk of developing skin cancer:

- Having a large number of moles on the skin
- Being a redhead or blonde, and/or having blue eyes, fair skin and freckles
- Difficulty tanning and skin that is easily burned
- A family history of skin cancer
- Taking medication that increases sun sensitivity

### Preventing Sun Damage

The easiest way to prevent skin damage and lessen your chances of getting skin cancer is to avoid getting sunburn. Here are a few tips to help keep you safe in the sun:

- Stay out of the sun between 10 a.m. and 4 p.m. when it is strongest.
- Wear clothes with tightly woven fabric and a hat that shades your face, neck and ears.
- Wear sunglasses whenever you are outside to avoid developing cataracts and damaging your retinas.
- Use sunscreen that has at least 15 SPF every day, especially on your lips and the tips of your ears and nose.
- Avoid using tanning beds—they are just as damaging as the sun.
- Protect children from sun damage. Most sun exposure occurs before age 18.

Avoiding excessive sun exposure and sunburn is the best way to protect yourself from sun damage and skin cancer. Routinely inspect your skin for any changes, and if you suspect that a spot on your skin is new, or has changed color or appearance, consult a dermatologist.