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BecauseWeCare

Healthy Ideas For A Healthy Workplace



Food Network's Alton Brown Finds Success Close to Home

Mix gastronomy with a pinch of alchemy and serve it with a pun, and you have the basic recipe for Alton Brown's Food Network phenomenon, *Good Eats*. The show, emphasizing the science of cooking, not only teaches viewers how to cook, but also explains how the recipes work from a chemical standpoint. But Brown's quirky, hyper-rational approach to food preparation is not the only thing that sets this celebrity chef apart. Brown brings his own brand of style to the kitchen with his signature Hawaiian shirts and funky glasses, but it is his wife and business partner, DeAnna, whom he credits with translating his style into magic.

"My wife likes to say that I'm the brains and she's the reins," says Brown. "I dream up a lot of strange and crazy stuff, and she moderates the whole process and makes it happen."

Brown admits "it isn't always breezy" having his personal and professional life so closely intertwined, but says there's still no one he'd rather work with than DeAnna. "I can't think of anyone else I would want to do business with," says Brown. "I know my wife's got my back and I have hers. That's just the way we live."

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Since the beginning, the two have defined their relationship and careers by teamwork. It was DeAnna who encouraged Alton, a former cameraman and TV director, to quit his job to pursue his culinary interests. The two left their careers in Atlanta, sold their house, and moved to Vermont where Alton attended the New England Culinary Institute. DeAnna got a job in the school's PR and marketing department to help with expenses. The couple returned to Georgia in 1997, with ideas for two pilots of *Good Eats*. The first episode aired in July 1999, shortly before the couple's daughter, Zoey, was born. Deanna served as the show's producer; Alton as the writer, director, and star.

Five seasons and 130 shows later, *Good Eats* continues to educate and entertain an ever-growing loyal audience. The show, produced by the couple's production company, Be Square Productions, has grown to become one of Food Network's highest-rated and most recognized shows. And Alton has also enjoyed great success as an author. The award-winning writer just released his third book *I'm Just Here for More Food*. -Allison Davis

Family Time is Healthy Time

Thursday evening – anywhere, USA. Mom fights traffic. Dad pays bills. Cindy plays soccer. Bobby does homework. Not much togetherness tonight.

A foundation of strong families is regular time spent together, so many families are scheduling one night a week for family time – and keeping it sacred.

- **Make meal time together time.**

Take it a step further and make each family member responsible for one part of the meal.

- **Get physical.**

Improve general health and family unity with exercise. Physical activity increases self-esteem and helps relieve stress.

- **Explore your community.**

Take a trip to the zoo or art museum. Discover public parks. Take a walking tour of the nearest city.

- **Teach volunteerism.**

Children learn about volunteering by doing it. Choose activities you can do as a family to help others.



CLICK HERE for healthy, family-friendly recipes from *Celebrate! Healthy Entertaining for Any Occasion*.

When Your Parents Need Parenting

They supported you and took care of you for so much of your life. Now that your parents are older and need your help, you want to do the same for them. But how to help your aging parents maintain a good quality of life in the face of illness, disability, and decline without sacrificing your own health and finances is often the bigger question.

Here are some issues you should consider before making important and challenging decisions about moving your parents in with you.

Expense. Will you have to cut back or give up employment to provide care?

Accessibility. Does your home require modifications such as wheelchair-accessible entryways?

Space. Is there enough room to ensure privacy for all family members?

Relationships. Does your spouse or partner get along with your parent?

Children. Will your children feel distressed by the potential loss of personal attention?

Lifestyle. Are your lifestyles and values compatible?

Respite. Can you rely on family or community resources to give you a break from caregiving?

Family dynamics. Is there a history of conflict or disagreement that may flare up once everyone is living together?

Expectations. Do you expect your parents to help with household chores, finances, and/or child care? Find out first if he or she is willing or able to do so.

Medical condition. Do you know what amount of caregiving will be needed now and in the future? Are you willing and able to provide it?

When Bedtime Becomes a Nightmare

Having trouble sleeping or staying asleep? According to the American Insomnia Association, more than a third of adults experience occasional insomnia, and more than one in 10 are affected by chronic insomnia. Symptoms include:

- Difficulty falling asleep
- Waking up frequently during the night and having a hard time falling back asleep

- Waking up too early in the morning
- Not feeling refreshed after sleep

Three simple lifestyle changes can help prevent insomnia:

- **Exercise** regularly before dinner.
- **Avoid** caffeine and nicotine.
- **Practice** stress reduction techniques such as yoga, meditation, deep

relaxation, or whatever technique works best for you.

Jet lag, shift work, and predictable stress temporarily disrupt sleep and may be treated with medications. More serious sleep disorders – such as sleep apnea – may require immediate treatment. Put your mind at rest about your insomnia – talk to your doctor.

Couple-up for Exercise Fun

Exercising with a partner, whether it's your significant other or a coworker, can help you stick to a workout routine and even motivate you to do an extra rep or run an extra mile. Here are some simple exercises designed for two you can add to your regular workout:

Simple Throw and Catch (works the chest, triceps, and shoulders): Stand facing your partner, three to five feet away, with your legs shoulder-width apart and your feet parallel or staggered one in front of the other. When your partner throws the medicine ball to you, catch the ball in front of your body. Bring the ball



into your chest. Then throw the ball back to your partner, extending the arms fully upon release.

Medicine Ball Twist (works the arms, shoulders, and torso): Stand back-to-back with your partner a few feet apart. Hand the medicine ball off to your partner. Turn and extend in the opposite direction to receive the ball, twisting your torso. Once you get the ball, pass it on to your partner. Make sure to work both sides equally by switching directions.

Couples Squats (works the entire lower body): Stand facing each other about three feet apart with your arms stretched in front and interlocked with your partner's arms. Your feet should be shoulder-width apart. Your back should be flat and your stomach tight. Squat down while holding on to your partner until you and your partner are at a 90-degree angle. Then come up slowly, exhaling, with your back straight and stomach tight. Squeeze your buttocks as you near the top and thrust your hips forward. Continue doing this until either one of you can't do it anymore.

Everyday Choices for a Healthier Life™



The American Cancer Society, the American Diabetes Association, and the American Heart Association have launched a joint campaign to encourage people to make everyday choices for a healthier life.

Everyday Choice #4: SEE YOUR DOCTOR

Unfortunately, many people see their doctors only when they're sick. Seeing your doctor for regular check-ups is one of the keys to living a healthy life.

Take this list of questions to your next doctor's appointment:

1. At my age, what screening tests should I have?
2. I've got a family history of (cancer/diabetes/heart attack/stroke). Is there a different schedule of screening tests I should follow?
3. With my family history, do I need to be more concerned about my diet? My weight? My physical activity level?
4. Am I at a healthy weight? What should I do to lose weight?
5. How much physical activity should I get? How can I get started?
6. What's the best way for me to stop smoking?



CLICK HERE for more information about how you can make everyday choices for a healthier life.



CLICK HERE for more great exercises you can do on your own or with a friend.

OLD-SCHOOL MUFFINS

Alton Brown's delicious old-school muffins hit the spot on chilly winter mornings. For a healthier version, opt to add nuts and berries instead of chocolate chips. And – as with all sweet indulgences – be sure to enjoy them in moderation.

Dry Goods:

2 1/4 cup all-purpose flour
2 tsp. baking powder
1 tsp. baking soda
1 pinch of salt

Wet Works:

1/2 cup sugar (considered a “wet” ingredient since it dissolves so quickly)
1/2 cup vegetable oil
1 large egg
1 large egg yolk
1 cup plain yogurt

Extras:

Bits and pieces of nuts, berries, chocolate chips, or any combination thereof, but no more than 1 cup of chocolate chips

Directions:

Place oven rack on second tier from the top and pre-heat to 375°F. Prepare muffin tin with Baker's Joy (cooking spray with flour) and set aside.

Measure all ingredients.

Pulse all dry ingredients in the food processor for five seconds.

If adding fresh fruit, berries should be tossed with flour mixture before batter is built to keep them from sinking to the bottom of the muffin.

Dried fruit should be soaked in a hot, flavorful liquid for 30 minutes before going into the mix.

Whisk all liquid ingredients including oil and egg.

Add wet ingredients to dry ingredients and mix just until the batter comes together. Don't mix until smooth.

Using a disher, drop batter into prepared tin. Cups should be full.

Bake 18-20 minutes or until the muffin interiors hit 210°F or a toothpick inserted in the bottom of the muffin comes out clean.

Remove from the oven and immediately turn muffins on their sides so that steam can escape from the pan. If you skip this step, muffin bottoms will be mushy.

Serve immediately or store in an air-tight container for up to one week.

Yields: 12 muffins

Excerpted from *I'm Just Here for More Food* by Alton Brown



In The Next Issue

- Sustainable Cuisine
- Gold Medal Gardening
- Stretching 101

Articles contributed by Allison Davis, Kristen Grant, Virginia Ng, Kara Moore, Nicole Alexander

All content for BecauseWeCare is provided by the American Cancer Society.

Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance existing employee health and wellness services.

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