An Ounce of Wellness

"Getting to the top does not mean you have to step on everyone else.” –Anonymous.

Anywhere Fitness
Exercises of the Month
Medicine Ball Sit-Ups

The Breast Cancer Quiz

Approximately 1 in 8 women will get breast cancer sometime in their lives. The good news is that if it is caught in its early stages many women can, and do, survive. October is Breast Cancer Awareness month, a time to celebrate survivors, remember those we lost, support those in the midst of this battle, and to increase awareness to help prevent the prevalence of this cancer. If we understand it better, we are more like to beat it. Take the quiz below to test your breast cancer IQ. Some answers you may know, some may surprise you.

Finding a lump in your breast means you have cancer.
False: Only a small percentage of lumps discovered in the breast tissue result in a breast cancer diagnosis. However, you should always consult with your physician if you find a lump.

Breast cancer runs in my family so I am more likely to get it.
False: Believe it or not less than 10% of women diagnosed with breast cancer have a family history. Meaning more than 90% of women who are diagnosed with breast cancer do not have a family history of it.

Men do not get breast cancer?
False: About 2,000 men are diagnosed with breast cancer each year and about 20% of those men die from it.

Wearing an underwire bra will increase your chances of getting breast cancer.
False: This has been a myth for some years that simply is not true. Research has shown that neither the tightness of the bra or the size contribute to your risk of breast cancer.

Brain Teaser by Rinkworks
A certain five letter word becomes shorter when you add two letters to it. What is the word?

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**Fit Facts**

**Nutrition**
Our bodies run on carbohydrates. So be careful of high protein, low carb diets. Talk to your registered dietician.

**Fitness**
Don't exclude squats from your routine. This exercise burns a lot of calories.

**Health**
Rest sometimes is the best medicine.

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**Bullying . . . . @ Work**

When we think of bullying most of us associate it with kids and school. But you may be surprised to know that it can happen anywhere, even at work. According to a survey conducted by Workplace Bullying Institute (WBI) about 37% of employees reported bullying at work. WBI defines workplace bullying as “repeated, health harming, abusive conduct committed by bosses and co-workers. Repeated mistreatment: sabotage that prevented work from getting done, verbal abuse, threatening conduct, intimidation, & humiliation”. Examples may include; someone at work spreading malicious gossip and rumors that are not true, yelling or using profanity, and excessive criticism. If you believe you are experiencing workplace bullying, WBI offers some solutions. Visit [http://www.workplacebullying.org](http://www.workplacebullying.org).

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**Fall into Fitness**

**Workout with the Leaves**

The fall is such a beautiful time of the year. It is full of opportunity to increase your physical activity and fitness. Instead of grabbing the blower or calling the landscaping company, try picking up the rake to get a fall workout. Raking leaves is a great workout. It incorporates the upper and lower back muscles, shoulders, core, and arms. Make a leaf pile for the kids!

Don Baxter, B.S, is the founder and president of Fit Essentials, Inc. Fit Essentials provides a free online weight loss & fitness competitions app, seminars and demonstrations, and onsite fitness center management. He can be reached at dbaxter@fitessentialskspa.com or (888) 406-0388.

Answer to Brain Teaser- short

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**Preventing Teeth Discoloration**

You have a glass of wine after a long day. You drink tea instead of water because you believe it’s healthier. You have not seen the dietitian, so you still down a soda or two every day. Coffee gets you going in the morning. You drink Gatorade for the long workouts. Blackberries, strawberries, pomegranates, cherries, and cranberries are your healthier alternatives to candy. What the heck; candy, gum, and all the sweet treats in the Halloween bag. Did you know that all these foods cause some staining/dyscoloration on the outside of your teeth? What a bummer. Eat healthy and this is what you get! Many foods contain dyes and acids that affect your tooth enamel. Dentists recommend that you brush your teeth after every meal. Rinse your mouth with water after drinking wine, coffee, tea or soda. In addition, have your teeth cleaned regularly by a dental hygienist. Oh, and by the way, still eat healthy!

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**Question of the Month?**

How did you handle bullying when you were a child?

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**Spicy Turkey and Green Bean Stir Fry**

**By Food Network**

**Ingredients**

<table>
<thead>
<tr>
<th>1 1/2 cups basmati rice</th>
<th>1 1/2 pounds green beans, trimmed</th>
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<tr>
<td>3 tablespoons vegetable oil</td>
<td>1/2 teaspoon sugar</td>
</tr>
<tr>
<td>3/4 pound 99 percent lean ground turkey</td>
<td>1 clove garlic, minced</td>
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<tr>
<td>1 small half-sour pickle, finely chopped</td>
<td>2 teaspoons Asian chile paste, such as sambal oelek</td>
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<tr>
<td>1 cup fat-free low-sodium chicken broth</td>
<td>2 tablespoons low-sodium soy</td>
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**Directions**

Bring a large pot of water to a boil. Stir in the rice, cover and boil until tender, about 18 minutes; drain well and keep warm. Meanwhile, preheat the broiler. Toss the green beans, 1 1/2 tablespoons vegetable oil and the sugar on a rimmed baking sheet. Broil, stirring once, until the beans are tender and charred, about 8 minutes. Heat the remaining 1 1/2 tablespoons vegetable oil in a large skillet over high heat. Add the turkey and cook, breaking it up with a wooden spoon, until browned, 3 minutes. Add the garlic, pickle and chile paste and cook until the garlic is slightly golden, about 3 minutes. Whisk the chicken broth, soy sauce, sherry and cornstarch in a bowl. Add the green beans to the skillet with the turkey mixture and cook, stirring, 1 minute. Add the soy sauce mixture and cook, stirring occasionally, until the sauce thickens slightly, about 3 minutes. Serve with the rice.