



Breast Cancer
AWARENESS MONTH



THURSDAY, OCTOBER 9

Doctors Hospital

**Breast Cancer Doctors Hospital Lecture,
Dr. Theodore Turnquest**

Note: Free blood pressure, glucose and cholesterol tests between 5-6p.m

Doctors Hospital

New Providence

6:00PM

SATURDAY, OCTOBER 10, 17 & 24

BahamaHealth's

Freeport 30-Day Challenge Fun Walk

Beginning at the Regent Centre

Freeport, Grand Bahama

6:00AM

MONDAY, OCTOBER 12th

Discovery Day (Public Holiday)

SATURDAY & SUNDAY, OCTOBER 17-18

International Cultural Festival

Botanical Gardens

New Providence

10:00AM - 5:30PM

SATURDAY, OCTOBER 31st

BahamaHealth's

Freeport 30-Day Challenge

Fun Walk & Health Fair

Beginning at the Regent Centre

Freeport, Grand Bahama

6:00AM

**DAVID KIRCH'S
ANYTIME, ANYWHERE WORKOUT**

By Theresa DiMass (www.weightwatchers.com)

Stuck At The Office

Looming deadline? Boss breathing down your neck? These simple exercises can be done desk-side. Now that's what we call excellent time-management!

Forward Bend (Good Mornings)

Says Kirsch, "One of the toughest things about being stuck at the office is not moving. I find that getting out of my chair and away from my desk, even if it's for a few minutes, really helps me get reenergized and refocused." We agree.

Do It Now: (15 repetitions)

- Start with your hands behind your head, feet shoulder-width apart.
- Inhale as you bend down at the waist and exhale as you lift back to starting position. Keep a flat back and tight abs. The key is to work your abs and core.

Bench Dip

This upper-body exercise will work even if you have a small office or sit in a cubicle. The only thing you need is your desk.

Do It Now: (15 repetitions)

- Stand, hands behind your back, and place them on the edge of your desk. Bend down as if you are about to sit. Only the heels of your feet touch the floor. Shoulders are back and core is tight. Put your brain in your triceps.
- Inhale and bend your elbows as you lower your butt to the floor then extend your arms as you press it back up. Exhale as you come up.

Jogging in Place

If you have a treadmill at work, lucky you. But if you don't Kirsch recommends Jogging in Place to get your heart going and your brain refocused. In addition, it works your core, abs, glutes, and hamstrings. Don't forget to remove your high heels!

Do It Now: (30-60 seconds)

- Stand with your feet shoulder-width apart. For beginners, start easy—bend your left knee and lift toward your chest. Lower and repeat with right leg. Alternate legs as if you are marching. Keep your core tight.
- Alternate movement with kicking your heels up toward your butt. Focus on the glutes and hamstrings. Go back to marching in place.
- As you feel more comfortable pick up the pace until you are jogging in place.

While Traveling for Business

Multiple time zones, dinner meetings and eating on the run are par for the course when you're on the road. Sure, you can visit the hotel gym, but on days where you need to get a quick mini-workout in, check our three moves you can do from the comfort of your own hotel room.

Plank

Kirsch travels a lot for business so he designed these three exercises with the busy traveler in mind. "One of the worst things about traveling for work is hotel beds. They are not as comfortable as your home bed. Planks are the perfect exercise to strengthen your back and core and to reconnect your body."

Do It Now: (10-60 seconds)

- Place palms on the floor, shoulder-width apart. Core and abs are tight. Make sure your chest is right over your hands. Hold the position for 10 seconds. Work yourself up to 30 seconds, then 1 minute.
- Make sure you are not dropping your hips. You don't want to stress your lower back. If you are feeling it in your shoulders you are not in line with your hands.

Pillow Handoff

You can borrow a stability ball from your hotel gym in place of a pillow. This exercise targets your core and abs.

Do It Now: (10-15 repetitions)

- Start by lying on your back, arms over your head, holding a pillow.
- Lift your arms and shoulders as if you are doing a crunch. Exhale as you come up. At the same time lift your legs to meet your arms. Hand the pillow off to your legs. Lower your arms and then your legs to the floor.
- Lift up your arms and shoulders at the same time as your legs and hand off the pillow from your legs to your hands. Continue handing off the pillow from hands to legs and legs to hands.

Squat

This exercise targets several large muscle groups for a total body workout.

Do It Now: (10 repetitions)

- Stand with your feet shoulder-width apart, arms on your hips. Focus your body weight and energy into your heels.
- Bend your knees and squat down as if you are about to sit. Extend your legs and lift back up to your starting position.



**FOOD OF THE MONTH
BEETS**

To the uninitiated, beets can seem rather intimidating, with a rugged, dull exterior. But the rough peel hides a colorful, nutritious, and tasty gem – when cooked, beets' texture changes from crunchy to soft, and the sweet taste is a pleasant bonus!

Nutrition Tidbits for Beets

One cup of boiled sliced beets contains:

75 Calories, 0.3g Fat, 16.9g Carbs, 2.9g Protein, 3.4g Fiber, Medium (56-69) Glycemic Index (GI)

By Sofia Layarda, MPH, RD, www.healthcastle.com

Beets are packed full of various nutrients, such as folate (which is important in prevention of neural tube defects in the growing fetus), manganese, and potassium. And their deep purple hue is due to a powerful set of pigments called betacyanins, which appear to be powerful cancer fighters. Some studies show beets to be helpful in reducing inflammation and protecting against heart disease

Ways to include more Beets in your diet:

- If you use a juicer, include beets as one of the ingredients in your homemade juice drink
- Puree roasted beets and add them to muffins or loaves
- Add them raw or cooked to salads
- Add grated raw beets to soups (the most popular type of beet soup is borscht)