

October 2016

# The Stall Street Journal

## National Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

### How can National Breast Cancer Awareness Month make a difference?

We can use this opportunity to spread the word about steps women can take to detect breast cancer early.

Here are just a few ideas:

- Ask doctors and nurses to speak to women about the importance of getting screened for breast cancer.
- Encourage women ages 40 to 49 to talk with their doctors about when to start getting mammograms.
- Organize an event to talk with women ages 50 to 74 in your community about getting mammograms every 2 years.

For more information, please visit <http://www.cdc.gov/cancer/breast/>



## Stay Fit This Fall

Adults need at least two and half hours of moderate-intensity aerobic exercise a week, and muscle-strengthening workouts on two or more days a week. So why not work some fall activities into your workouts.

- Joining a fall sports league will help you burn calories, improve your fitness level, spark new friendships, and help you to see and feel the benefits of an active lifestyle.
- Raking and bagging leaves can burn 200 to 300 calories an hour.
- Work a bike ride into your fall fitness plan.
- Hiking outdoors is not only a fun activity, but it also does a body good.

Source: everydayhealth.com



## Get Your Apples Fast!

Due to the drought-like conditions, the orchards that offer apple picking for people could face a shorter picking season.

Owner Nina Sullivan says, "People don't want a great big apple," And medium size apples keep longer and taste better." The flipside, she said, is that the apples fall from the trees quicker, creating a shorter picking season.

People prefer to pick from the trees, not the ground, so depending on if the dry spell lasts, that could affect how long the picking season will go on for.



Source: suncommunitynews.com

## A fresh look at tailgating

The tailgating season has begun. Besides rooting for your favorite team, tailgating usually means over-consuming food and caloric beverages. This can work against your best intentions of achieving and maintaining a healthy weight and lifestyle. Here are some tips:

- Cut down on calories and on food waste, consider using small plates and serving smaller portions
- Salads can be fruit, vegetable, or grain based. Fruit salads can help replace less-healthy desserts.
- Beverages can add a lot of calories and added sugar. Serve a variety of lower calorie, non-alcoholic beverages, like unsweetened ice tea, flavored waters, or seltzer with sides of lemon/lime wedges.

Source: fosters.com

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