



WREEL READERS

WOMEN READING TO ENHANCE AND ENRICH LIVES

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You Can Work Exercise into a Busy Life

If you are like many people, you know you should exercise more, but have trouble finding the time and energy for a full workout. The good news is that even a small increase in physical activity can benefit your health.



In addition, you do not have to belong to an expensive gym—or buy a lot of fancy equipment and flashy clothes—to exercise more. Try to find ways to add just a little bit of physical activity throughout your daily routine. Take the stairs rather than the elevator, go for a walk on your lunch break, park a little farther away from the grocery store and think about doing short errands on a bicycle.

African American women have particular reason to be concerned about getting more activity that is physical: according to the Surgeon General, the percentage of the population reporting no leisure-time physical activity is higher among women than men, and higher among African Americans than whites. African Americans are often at greater risk for heart disease, hypertension, diabetes, and obesity—conditions for which exercise can help reduce the risk.

Of course, it is easier said than done. We know you are busy, and it can be hard to get motivated. However, you may be surprised how many opportunities to exercise you can find in your daily life: for example, washing and waxing your car, dancing, pushing a stroller, or jumping rope. If you have not been exercising, start slowly by just stretching or walking for a short time for the first couple of days. Each woman has the power within her to get off the couch or to get up from her desk to take a 10-minute walk.

Try to get a friend or family member to be physically active with you. Exercise may seem easier and be more fun when you have company! If you are concerned about a safe, comfortable place to walk, many shopping malls open their doors before stores are open, and encourage walkers. Some even have walking clubs for support and encouragement.

Why is it important to get more exercise? According to the President's Council on Physical Fitness and Sports, we have known for decades that physical activity prevents heart disease, which is the leading cause of death in the United States. More recently, research has shown that, on average, physically active people outlive inactive people. Regular physical activity helps older adults stay independent longer, and improves quality of life for people of all ages.

Whether your goal is to control your weight or just to feel healthier, becoming physically active is a step in the right direction. Take advantage of the health benefits that regular exercise can offer to lead you on the path to a healthier lifestyle.

Tips for physical activity:

- Borrow an exercise video from the library
- Take the stairs instead of the elevator
- Plant and care for a vegetable or flower garden
- Join a dance class
- Plant and care for a vegetable or flower garden
- Exercise to an all-day exercise channel



Alcohol, Health and You

Source: *Pick Your Path to Health*

Whether you call it booze, brews, juice, or sauce, its real name is alcohol. In addition, whether you are drinking a 12-ounce beer, a 1.5-ounce shot of liquor, or a 5-ounce glass of wine, you are getting the same effect. Your body reacts when you drink alcohol and when you drink too much your body suffers.



According to the *Women of Color Health Data Book*, published by the National Institutes of Health, African American females are generally less likely than white females to report consuming alcohol. Similarly, female African American teenagers are less likely to be current users of alcohol than their white peers are. Still, alcohol is a problem in the African American community, and some recent surveys find that alcohol use is on the rise in this population.

The risks

So, what are risks associated with drinking alcohol?

- Short-term effects of alcohol use may include distorted vision, hearing, and coordination; altered perceptions and emotions; impaired judgment; and hangovers.
- Long-term effects of heavy alcohol use may include sexual impotence, cirrhosis of the liver, inflammation of the pancreas, stroke, cancer, and damage to the brain and heart.
- Alcohol abuse can cause psychological problems and may raise the risk for violence and suicide.
- Alcohol and driving is a deadly combination. According to the National Highway Traffic Safety Administration, 38 percent of all traffic crashes in 1999 were alcohol-related.
- Women who drink during pregnancy put their babies at risk for various birth defects, including fetal alcohol syndrome.
- Alcohol interacts negatively with hundreds of medications. Always check with your doctor or
- Pharmacist before drinking any alcohol if you are taking over-the-counter or prescription medications

Do you have an alcohol problem?

Drinking in moderation is defined as no more than one drink per day for women or two drinks per day for men. Drinking in greater quantities, however, can bring about significant physical, mental, social, financial, and familial problems. So how do you know if you have a problem?



Take this short quiz:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you will not?
- Do you ever forget what you did while you were drinking?
- Do you get headaches or have a hangover after you have been drinking?

If you answered "yes" to any of these questions, you may have a drinking problem. You should begin to cut back on your drinking, or eliminating alcohol from your diet. If you're not able to do this on your own, you should get help.

Where do I go for help?

The good news is that help is available and help is effective. If you think you have a problem with alcohol and want to get help, look in your local Yellow Pages under "Alcoholism" or contact: Alcoholics Anonymous World Services (212) 870-3400 or National Council on Alcoholism and Drug Dependence (800) NCA-CALL or The National Black Alcoholism and Addictions Council <http://www.nbacinc.org/>

Who should not drink at all?

Alcohol affects everyone differently, and for some people, the best choice is to avoid alcohol altogether. People who should not drink at all include:

- Children or adolescents—the legal drinking age are 21
- Individuals who cannot restrict drinking to a moderate level
- Those who are recovering alcoholics or problem drinkers should definitely avoid any amount of alcohol
- Women who are pregnant or planning to become pregnant; drinking during pregnancy can put your baby at risk for serious birth defects.
- Designated drivers; Drinking and driving are the cause of thousands of deaths each year. It is never safe to drink and drive

If you fall into any of the descriptions above, stay away from alcohol. Having "just one drink" could have disastrous consequences.

Alcoholism is a serious problem that affects millions of American families. If you or someone you love has a problem, get help now. With effective treatment, you will find yourself on the path to better health.

Liquor-free Drinks

Source: *The Ultimate Liquor-free Drink Guide*

Cosmopolitan (Cosmo) (Serves 1)

For an added touch of sweetness and a professional look, moisten the rim of a glass with lime juice, and then dip in granulated sugar.

- 3 Tbsp. (1 ½ oz.) nonalcoholic Triple Sec or orange flavored syrup
- 3 Tbsp (1 ½ oz.) cranberry juice
- 1 Tbsp (1/2 oz.) fresh lime juice
- Lime slice for garnish

Shake all ingredients except garnish with ice; strain into a martini glass. Garnish with lime slice.

Fuzzless Navel (Serves 1)

The nonalcoholic version of the Fuzzy Navel, which uses peach Schnapps

- ¾ cup (6 oz.) fresh orange juice
- 1/3 cup (scant 3 oz.) peach nectar
- Orange slice for garnish

Combine orange juice and peach nectar in a tall glass stir. Add ice cubes; garnish with orange slice.

Mimosa (Serves 1)

This brunch favorite is refreshing and light

- ½ cup (4 oz.) chilled fresh orange juice
- ½ cup (4 oz.)
- ½ orange slice for garnish

Pour orange juice into a champagne flute. Slowly add sparkling wine; stir gently, Garnish with orange slice.

Mockquila Sunrise (Serves 1)

A version of the famous Tequila Sunrise. Because grenadine is heavier than the other ingredients in this drink, it sinks to the bottom, creating a red "sunrise" effect that contrast dramatically with the golden orange juice.

- ¾ cup (6 oz.) fresh orange juice
- 1 to 2 Tbsp. (1/2 to 1 oz.) grenadine
- Orange slice for garnish



Place 3 to 4 ice cubes in a tall glass; pour in orange juice to within 1 ½ inches of glass rim. Add grenadine, letting it settle to the bottom of the glass (do not stir). Garnish with orange slice.

Roy Rogers (Serves 1)

- ¼ cup (2 oz.) fresh orange juice
- 1 Tbsp. (1/2 oz.) grenadine
- ¾ cup (6 oz.) chilled ginger ale
- Maraschino cherry for garnish

Pour orange juice and grenadine into a tall, ice-filled glass. Top with ginger ale, stirring gently; garnish with cherry.

BACK TO SCHOOL TIPS

MAKING THE FIRST DAY EASIER

- Remind your child that he or she is not the only student who is a bit uneasy about the first day of school. Teachers know that students are anxious and will make an extra effort to make sure everyone feels as comfortable as possible.
- Point out the positive aspects of starting school: It will be fun. He or She will see old friends and meet new ones. Refresh her memory about previous years, when she may have returned home after the first day with high spirits because she had a good time.
- Find another child in the neighborhood with whom your youngster can walk to school or ride with on the bus.
- If you feel it is appropriate, drive your child (or walk with him or her) to school and pick him or her up on the first day.

BACKPACK SAFETY

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the student's body weight.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.
- Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow.

TRAVELING TO AND FROM SCHOOL

School Bus

- If your child's school bus has lap/shoulder seat belts, make sure your child uses one at all times when in the bus. If your child's school bus does not have lap/shoulder belts, encourage the school to buy or lease buses with lap/shoulder belts.
- Wait for the bus to stop before approaching it from the curb.
- Do not move around on the bus.
- Check to see that no other traffic is coming before crossing.
- Make sure to always remain in clear view of the bus driver.

Walking to School

- Make sure your child's walk to a school is a safe route with well-trained adult crossing guards at every intersection.
- Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether your child is ready to walk to school without adult supervision.
- Bright colored clothing will make your child more visible to drivers.

EATING DURING THE SCHOOL DAY

- Most schools regularly send schedules of cafeteria menus home. With this advance information, you can plan to pack lunch on the days when the main course is one your child prefers not to eat.
- Try to get your child's school to stock healthy choices such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice in the vending machines.
- Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda; a day increases a child's risk of obesity by 60%. Restrict your child's soft drink consumption.