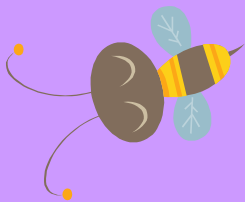


# Bee Healthy Bee Well



## Encouraging a *Live Life Fit* attitude !!!



### Exercise

U don't have time not 2!



Let's  
Get  
'Bee'sy



### *It's Your Time!!*

*National Women's Health Week  
May 9-15, 2010*

With the theme "**It's Your Time**", the nationwide initiative encourages women to take simple steps for a longer, healthier, and happier life. Important steps include:

- Getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week,
- Eating a nutritious diet,
- Visiting a health care professional to receive regular checkups and preventive screenings,
- Avoiding risky behaviors, such as smoking and not wearing a seatbelt,
- Paying attention to mental health, including getting enough sleep and managing stress,

*For more information visit:*

<http://www.womenshealth.gov/whw/>

"...And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it." I Cor. 10:13b

It's May. It's time to:

**Bee Healthy! Bee Well!**

### Top 10 Reasons to Get Physical



- 1. Keep excess pounds at bay.** Combined with a healthy diet, aerobic exercise helps you lose weight — and keep it off.
- 2. Increase your stamina.** Aerobic exercise may make you tired in the short term. But over the long term, you'll enjoy increased stamina and reduced fatigue.
- 3. Ward off viral illnesses.** Aerobic exercise activates your immune system. This leaves you less susceptible to minor viral illnesses, such as colds and flu.
- 4. Reduce health risks.** Aerobic exercise reduces the risk of many conditions, including obesity, heart disease, high blood pressure, type 2 diabetes, stroke and certain types of cancer. Weight-bearing aerobic exercises, such as walking, reduce the risk of osteoporosis.
- 5. Manage chronic conditions.** Aerobic exercise helps lower high blood pressure and control blood sugar. If you've had a heart attack, aerobic exercise helps prevent subsequent attacks.
- 6. Strengthen your heart.** A stronger heart doesn't need to beat as fast. A stronger heart also pumps blood more efficiently, which improves blood flow to all parts of your body.
- 7. Keep your arteries clear.** Aerobic exercise boosts your high-density lipoprotein (HDL), or "good," cholesterol and lowers your low-density lipoprotein (LDL), or "bad," cholesterol. The potential result? Less buildup of plaques in your arteries.
- 8. Boost your mood.** Aerobic exercise can ease the gloominess of depression, reduce the tension associated with anxiety and promote relaxation.
- 9. Stay active and independent as you get older.** Aerobic exercise keeps your muscles strong, which can help you maintain mobility as you get older. Aerobic exercise also keeps your mind sharp. At least 30 minutes of aerobic exercise three days a week seems to reduce cognitive decline in older adults.
- 10. Live longer.** People who participate in regular aerobic exercise appear to live longer than those who don't exercise regularly.

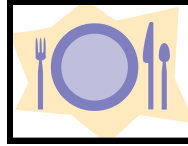
[www.mayoclinic.com/health/aerobic-exercise/](http://www.mayoclinic.com/health/aerobic-exercise/)



# Encouraging a *Live Life Fit* attitude !!!



## Eating Healthy 101



### *Why do I need to be concerned about heart healthy eating?*

What you eat affects your risk for having heart disease and poor blood circulation, which can lead to a heart attack or stroke. Heart disease is the number 1 killer and stroke is the number 3 killer of American women and men.

In the main type of heart disease, a fatty substance called plaque builds up in the arteries that bring oxygen-rich blood to the heart. Over time, this buildup causes the arteries to narrow and harden. When this happens, the heart does not get all the blood it needs to work properly. The result can be chest pain or a heart attack.

Most cases of stroke occur when a blood vessel bringing blood to the brain becomes blocked. The underlying condition for this type of blockage is having fatty deposits lining the vessel walls.

<http://www.womenshealth.gov/faq/heart-healthy-eating.cfm>

### The Woman Challenge

*8 Weeks for Better Health-May 9-July 3, 2010*

- 1. Register online, its quick and easy**  
(<http://www.womenshealth.gov/woman/register/>)
- 2. Take the Woman Challenge pledge**  
(<http://www.womenshealth.gov/woman/sign-in.cfm>)
- 3. Set a goal**  
(<http://www.womenshealth.gov/woman/help/#goals>)
- 4. Enter your activities**  
(<http://www.womenshealth.gov/woman/help/#addActivity>)
- 5. View your progress**  
(<http://www.womenshealth.gov/woman/help/#progress>)
- 6. Earn awards**  
(<http://www.womenshealth.gov/woman/help/#awards>)

### Book It! Book It! Book It !! Book It!



- ⇒ Eat This and Live  
by Don Colbert, MD
- ⇒ Small Changes, Big Results  
by Ellie Krieger, MS. RD.



Stress is a normal psychological and physical reaction to the demands of life. Your brain comes hard-wired with an alarm system for your protection. When your brain

perceives a threat, your body releases a burst of hormones to fuel your fight-or-flight response. When the threat is gone, your body returns to normal. Unfortunately, the nonstop stress of modern life means that your alarm system rarely shuts off. That's why stress management is so important. Stress management gives you the tools to reset your alarm system. Without stress management, your body is always on red alert. **Over time, that level of stress leads to serious health problems.** Don't wait until then to combat stress. Start learning stress management techniques now such as:

**Physical Exercise** which helps you manage emotional stress and tension.

**Yoga** which is an ancient Indian form of exercise based upon the premise that the body and breathing are connected with the mind.

[www.mayoclinic.com](http://www.mayoclinic.com)

*Disclaimer: As much as I enjoy looking up medical information on the Internet and sharing it with whomever will listen ,I know that doesn't make me **Helena B. Rogers, MD.** The **Bee Healthy Bee Well** newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this newsletter. I come to simply share information because we all know that knowledge is power!*