

on the menu

Keen on Beans

Beans are an amazing superfood: They are packed with nutrients and fiber and are very low-fat. Including beans in your diet is easy with a little know-how ...

How to pick 'em

Over time, dried beans can toughen and lose their flavor. Look for clean whole beans with a slight sheen, a bright color and a minimum of cracks.

Beans come in a variety of colors and flavors. Red beans hold their shape well and are good for bean salads; garbanzos have a sweet, nutty taste and can be mashed into a dense, creamy consistency; and adzukis have a slightly meaty flavor, are easy to digest and do not



On the Web

For a printable cooking guide and recipes, go to www.cag.uconn.edu/nutsci/nutsci and search for "bean magic."

require soaking.

How to soak 'em

Discard discolored or shriveled beans along with any foreign matter, then rinse. **Most varieties**

need presoaking — try one of these methods:

➔ **Quick and easy:** Bring 10 cups of water to a boil. Add one pound of beans and return to a boil for 2

to 3 minutes, then cover and set aside for 1 hour at room temperature. To diminish the gas-producing properties of beans, cook as above, set aside overnight and drain before cooking.

➔ **Overnight method:** In a pot, cover one pound of beans with 10 cups of cold water, cover and refrigerate for 8 hours.

How to cook 'em

Cover soaked beans with three times their volume of water. Bring to a boil, reduce heat and simmer uncovered until tender.

➔ **For maximum tenderness:** Avoid adding acidic ingredients and salt until beans are cooked.

"Those who think they have no time for bodily exercise will sooner or later have to find time for illness."

~ Edward Stanley



How often should you weigh yourself?

This and more best bites are inside. ➔

top fitness

THE DAILY STRETCH

Being flexible gives you the freedom to do the things you need and want to do. Daily stretching improves flexibility, increases circulation and relieves stress.

Start with these stretching essentials:

Warm up first. Gently stretch after 10 minutes of a low-intensity exercise such as walking.

Target major muscle groups and focus on any areas of chronic tightness.

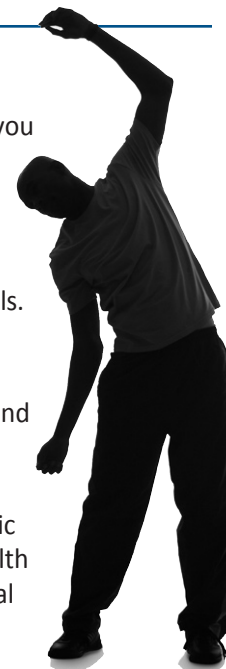
Keep it pain-free. You should feel tension but not discomfort.

Don't bounce or jerk your muscles. This can tear

them and lead to scar tissue as the muscle heals.

Inhale and exhale through the stretches to make them deeper and more effective.

Be smart. If you have an injury or chronic condition, ask your health care provider or physical therapist how to stretch safely.



in and out: june

Explore a nearby national park

Park settings can have a powerful effect as a form of a health intervention. The National Park Service has a history of preserving special places that inspire and enrich the lives of people — a welcome reminder as life and work keep us indoors more often than ever. If you have a national park near your home or you are planning a vacation near one, see what it has to offer. National parks are a best choice for helping you reach your personal best. Looking for stuff to do this summer and year-round? Explore a wide range of parks and recreation options at www.americantrails.org/resources/statetrails.



Energy Drinks : Not for Kids

A recent article in the journal Pediatrics suggests that energy drinks can be dangerous for children and teens. Some of these products have four to five times more caffeine than soda, as well as other ingredients that can intensify caffeine's effects. Potential dangers include heart palpitations, seizures, strokes and even death. Encourage your kids to use natural pick-me-ups such as increased sleep, exercise and safe drinks such as water, seltzers or 100 percent fruit juices.

Strokes Strike Younger Americans

Stroke rates may be declining for elders, but they have shown a surprising jump for younger Americans, soaring almost 53 percent in males ages 15-34. While the causes are unknown, likely suspects include poor diet, sedentary lifestyle and possibly illegal drug abuse. Routine checkups and good health habits are important for stroke prevention — at any age.

LONGEVITY CORNER Sleep and Your Looks

Sleeping Beauty. Research from Sweden shows that when you're sleep-deprived, it shows. Photos were taken of 23 study subjects, half of them after 8 hours of sleep and the other half after being kept awake for 31 hours. Untrained observers found the sleep-deprived group less healthy and attractive-looking.

Want to look good? Keep fit but also get 7 to 9 hours of shut-eye.



— Zorba Paster, MD

When Your Head Hurts

Headaches are the most common source of pain for children and adults alike. Fortunately, much can be done to prevent and manage them.

Which type of headache do you have?

Tension headaches cause a constant ache or pressure on both sides or back of the head or neck. In contrast, migraines involve an intense, even debilitating throbbing, sometimes accompanied by nausea, vomiting or sensitivity to light (usually, but not always on one side of the head). Headaches can also be a combination of the two.

Track your symptoms to identify your triggers for headaches.

A printable log is available at www.achenet.org/tools/diaries/index.asp.

Common Culprits

Stress Relax with deep breathing, meditation or progressive muscle relaxation. If you have chronic anxiety or depression, consult a psychotherapist.

Lack of sleep, exercise or meals

Develop a regular sleep and exercise schedule and get at least 7 to 9 hours of sleep. Keep nutritious foods handy.

Food and caffeine Cheese, red wine and products containing nitrites or nitrates can be problematic for some. Excess caffeine or caffeine withdrawal can trigger headaches.

Other factors Poor workstation ergonomics, warm weather, dehydration, perfume or other fragrance in the air, or smoke can also trigger a headache.

Symptoms you shouldn't ignore If your pain is accompanied by a stiff neck, fever, confusion, loss of consciousness or pain in the eye area, or the headache is sudden, severe, persistent or worsening, call your doctor or health care provider.

Q HOW OFTEN SHOULD YOU WEIGH YOURSELF?

A

EXPERT OPINIONS vary on how often to weigh. Water weight ups and downs can cause some confusion. Still, some may consider daily weigh-ins a good way to stay focused on your target weight. **Best advice:** Aiming for a slow, steady weight loss — no more than 1 or 2 pounds a week — is a healthy approach to weight loss. The turtle beats the hare in the slimming race.

[gain control of weight loss with a food diary]



health in action

Men tend to delay checking in with their important health measures. June marks Men's Health Week and Father's Day. For you, it might be a good time for a health tune-up.

Call your health care provider and **see if it's a good time for a checkup.** Checkups, which can include important health screenings, are nothing to be afraid of. They're a good time to ask about unusual symptoms or other concerns.

Know **how many calories you should take in** each day. It depends on several factors, including your physical activity level.

Tap into smart meals. More fish ... less saturated fat ... fruits or vegetables featured at every meal ... food label comparisons for calories, fat, sugar and sodium.

Blow off steam the healthy way — a workout, hobby or disconnecting from electronic devices. Relax and wind down.

Learn your risk factors for heart disease, prostate and other cancers, and depression — conditions that commonly ail men.

Have fun and rest well when physical activity is a way of life for life. You need 7 to 9 hours of sleep daily to rest and recharge. You're more likely to get it when you move more.

Fill up on fiber by eating bran cereal or oatmeal for breakfast, whole-grain bread in your sandwich at lunch, and brown rice or beans with dinner.

Shield your skin from the sun's harmful rays. Use sunscreen regularly throughout the year.

Finally, **mind your safety concerns** at work and at home.



changing needs

The Vitamin D-bate

The Institute of Medicine (IOM) recently announced its recommendation for a new daily intake of 600 IU of vitamin D through age 70 (800 IU after that), also noting that it is safe to take up to 4,000 IU a day.

While those who live in sunny climates or who eat plenty of vitamin D-fortified foods may not require a supplement, those who have darker skin, are elderly or who live in northern latitudes are at higher risk for deficiency — and possibly osteoporosis (the thinning of bones).

Scientists continue to debate whether we need even higher doses of vitamin D. The IOM's recommendation targets optimal bone health. Other researchers claim higher doses can help prevent heart disease, diabetes, cancer, hypertension and other conditions, while the IOM focused on a few studies suggesting excessive vitamin D intake may be harmful.

Hard D-cision? Supplements of 600-1,000 IU are probably fine if you think you're not getting enough. Always check with your doctor or health care provider before taking any supplements.

best bites

PRODUCE PICK OF THE MONTH

Melons



Cantaloupe, honeydew, watermelon — these delicacies are a good source of vitamin C, are relatively low in calories (about 30 calories per half cup) and make a great addition to smoothies. For optimum ripeness, pick melons that have a fruity fragrance and no cracks or bruises. For a new experience, try a less common variety, such as Crenshaw or Sharlyn.

For safety's sake: Before slicing into a melon, wash the outside to rinse off any potentially harmful bacteria.

Make your best choice: A hearty salad! Start with dark leafy greens and other veggies ... add fiber-rich beans and more colorful vegetables ... top it with chunks of melon, a small amount of nuts and a light dressing.

Stay in Touch

CROWN


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Fruit Kabobs

3 tbsp honey
 2 tbsp fresh lime juice
 1/8 tsp cinnamon
 Pinch of red pepper flakes
 (optional)

- 1] Combine first 4 ingredients in large bowl.
- 2] Add fruit, gently fold together and coat with syrup mixture.
- 3] Thread 4 (8-inch) skewers with fruit chunks, reserving remaining syrup.

EASY | RECIPE

from Personal Best®

12 medium-size firm strawberries
 12 bite-size chunks fresh
 pineapple (about 1½ cups)
 12 bite-size chunks cantaloupe
 (about 1½ cups)

- 4] Coat grill rack with nonstick cooking spray. Place kabobs on medium-hot grill and cook about 3 minutes on each side.
- 5] Remove from grill, drizzle with remaining syrup and serve warm.

MAKES 8 CUPS/4 SKEWERS or 4 (2-cup) SERVINGS. Per serving:

119 calories | 1g protein | trace fat | 0mg cholesterol
 29g carbs | 25.5g sugar | 2.2g fiber | 11mg sodium

last bites

Make Wellness a Family Affair!

Wellness in action knows no age limits. Plus, making lifestyle changes is easier when you have the support of others. Get everyone on board.

Choose gifts that encourage fitness — resistance bands, roller skates, badminton racquets.

Invite the whole family to join in with yard work and housecleaning.

Seek local opportunities for family fun and physical activity — hiking trails, playgrounds, pools.

Limit screen time to a 2 hours a day. Simple steps such as putting away



keyboards and game controllers can keep kids off electronics, with less hassle.

Post the food pyramid or other helpful resources as a reminder to eat well and move more.

Make water the drink of choice, and have it readily available.

Engage kids in grocery shopping, menu planning and cooking. They're more enthusiastic when they're actively involved.

Office Comfort Quick Check

When you work at a computer, your body pays the price for a poor workstation setup. However, you don't need a consultant to help you achieve an ergonomically friendly area. These are changes you can make yourself.

YOUR CHAIR Adjust your chair's height so your feet rest flat on the floor. Your lower back needs support. **Smart move:** Place a small cushion such as a rolled up towel or pillow behind the small of your back.

KEYBOARD AND MOUSE Position your keyboard and mouse so that your elbows are at your sides and your wrists are in a straight, natural position. **Tip for typers:** A light typing touch prevents extra wear and tear on your wrists and hands.

YOUR MONITOR Position your monitor in front of you, so you don't have to turn your head or crane your neck to look at it. Be sure it's no more than an arm's length away and the top of the screen is at eye level.

SOME EXTRAS: Keep your monitor screen clean ... use a footrest if your feet don't reach the floor ... avoid awkward positions and overreaching by keeping desk accessories close.