



July and August's Healthy Living Tips from Medical Health & Fitness

Submitted by Eric Durak, Wellness @ Home Workshops

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Medical Health and Fitness integrates healthcare and wellness through education, research, and products. From CEU programs include Cancer Wellness, Wellness @ Home, Exercise Medicine and the NEW Breast Cancer C.A.R.E. and Working Well courses. Their products and services are designed for health professionals and customers who would like to increase their knowledge of health promotion, and use products that will improve overall health.

Below are July and August 2011 Healthy Living Tips from Medical Health & Fitness:

CPR

Are you CPR certified? If not, contact your local American Heart Association to find out about a CPR certification course in your area. You may save the life of a family member, friend or neighbor!

Food Safety

When purchasing perishable foods, be aware of dates. Do not purchase products after the 'sell by' date. For optimal quality, use foods before the 'best if used by' date, and be sure to distinguish between the 'pack date' (when the food was manufactured or packaged) and the 'use by' date.

White Vs. Dark Meat

Did you know that 3 1/2 ounces of skinless roasted dark meat poultry has twice as much fat as 3 1/2 ounces of skinless white meat poultry? Dark meat also has about 15% more calories and double the saturated fat!

Removing poultry skin is a good start, but opt for white meat over dark meat to further improve nutritional value.

Travel Foods

Trying to stay healthy while traveling? The following tips may help; most major airlines offer a low fat or vegetarian alternative to in-flight meals. Plan ahead by requesting the special meal with your reservation. Pack healthy snacks in your carry-on. Opt for foods, which do not require refrigeration, such as dry cereal, dried fruit, juice boxes (look for 100% fruit juice), wheat crackers, pretzels, or mini bagels. Lastly, bring water or other non-caffeinated beverages to prevent dehydration.

Aging

According to the Alliance for Aging Research, 61% of Americans say they want to live to be 100 or older. Unfortunately, there is no panacea for anti-aging. The best advice: avoid overexposure to the sun, exercise regularly, eat a healthful diet, improve your flexibility, avoid smoking and limit or eliminate alcohol.

Post-it!

Need to remind yourself to make healthy choices? Use post-its! Leave yourself little reminders in your car, on the fridge, in your day planner, even in your desk drawer. Send yourself positives messages such as: drink water, stretch, add a veggie to lunch or dinner, take a walk, etc. You can be your own personal wellness coach!

Ripe Fruit

Did you ever wonder how to tell if a cantaloupe or honeydew is ripe? Check the stem area. The stem area of a ripe melon should give slightly to gentle pressure.

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About the author

Eric Durak is the President of Medical Health and Fitness in Santa Barbara, CA. He is the director of the Wellness @ Home program for home care professionals, and has worked his entire career in clinical exercise and The Cancer Wellness Company. Eric has produced award winning programs for wellness and fitness in diabetes, cancer, bariatrics, arthritis, and renal disease. He may be reached at 805-451-1745. Visit the their websites: www.MedHealthFit.com www.MyWellnessAtHome.com

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