

maintaining a healthy
body weight

what's on in health

February

February 4th

World Cancer Day

Cancer Council
Western Australia

ph: 13 11 20

www.cancerwa.asn.au

March

March 21st

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World Cancer Day - healthy body weight the key to reducing cancer risk

Cancer is a leading cause of death around the world. The World Health Organisation (WHO) estimates that 84 million people will die of cancer between 2005 and 2015 without intervention.



Each year on World Cancer Day, the 4th of February, WHO joins with the sponsoring International Union Against Cancer (IUAC) to promote ways to ease the global burden of cancer.

This World Cancer Day the Cancer Council of WA aims to raise awareness of the link between being overweight and cancer, setting the people of Western Australia on the right path to reducing their own risk.

The fact that obesity is directly related to health issues is not a new discovery. Excess body fat is known to cause cancer, diabetes, heart disease, high blood pressure and stroke. However a recent report issued by the American Institute for Cancer Research, has shown there is now concrete statistical evidence between cancer and being overweight. The study proves that annually, over 100,000 cases of cancer are caused by obesity.

Whilst there is no concrete science determining the reason why cancer risks are increased by obesity, researchers believe the answer could be excess estrogen that is released in cases of overweight patients with cancers such as estrogen-receptor positive breast cancer. Studies have also show increased levels of oxidative cell growth as seen in many cancers, are also linked to an increase in body fat.

With the prevalence of obesity rising dramatically among adults and children around the world, people must learn to try to balance the calories taken in with those

expended during the day. It is estimated that 30 to 40 per cent of cancer could be prevented by appropriate food and nutrition, regular physical activity, and avoiding obesity.

"The key message here is that, after quitting smoking, the next best thing you can do to reduce your risk of cancer is to maintain a health body weight and be physically active," Mr Pratt said from Cancer Council WA.

exercise myths busted

Myth: *you will burn more fat if you exercise longer at a lower intensity.*

Fact: The most important focus in exercise and fat weight control is how many calories are burned during the activity. The faster you walk, step or run, for example, the more calories you use per minute. However, high-intensity exercise is difficult to sustain if you are just beginning or returning to exercise, so you may not exercise very long at this level. It is safer, and more practical, to start out at a lower intensity and work your way up gradually.

Myth: *if you're not going to work out hard and often, exercise is a waste of time.*

Fact: This kind of thinking keeps a lot of people from maintaining or even starting an exercise program. Research continues to show that any exercise is better than none. For example, regular walking or gardening for as little as an hour a week has been shown to reduce the risk of heart disease.

Myth: *if you want to lose weight, stay away from strength training because you will bulk up.*

Fact: Cardiovascular exercise and strength training are both valuable for maintaining a healthy weight. Strength training helps maintain muscle mass, decrease body fat percentage and increase metabolism.

practical tips to making healthier food choices

Making healthier food choices doesn't mean you have to change all the foods you eat. Try the following practical tips when choosing your food:

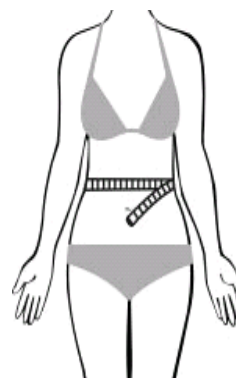
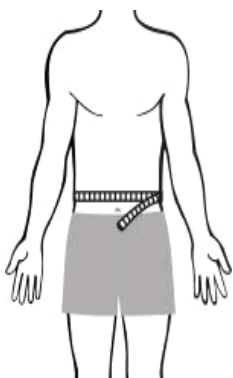
- Write a shopping list before you reach the shops and try to stick to it
- Keep your cupboards and fridge stocked with healthy ingredients so that you always have them on hand to cook a meal
- Choose lean meats
- Switch from full-fat to reduced-fat dairy products
- Re-think the soft drink, water or reduced-fat milks are healthier drink options
- Check the nutrition information panel on packages foods to compare foods to help make a healthier choice

do I have a healthy body weight?

Waist circumference is a great way to measure the levels of fat stored around the abdomen (belly), and can indicate if you are overweight or obese. Fat around the abdomen is also a risk factor for many chronic diseases, including some cancers, type 2 diabetes and cardiovascular (heart) disease.

Use a measuring tape to measure your waist circumference. Measure the narrowest point between the bottom rib and the top of the hip (roughly in line with your belly button). Remember to breathe normally as you do so. Ensure that the tape is firm but not too tight or too loose.

A healthy waist circumference is less than 80 cm for women and less than 94 cm for men. You may be at a higher risk of developing cancer if your waist circumference is above the healthy range.



Men	Women
Ideal - less than 94cm	Ideal - less than 80cm
Increased risk - 94 – 102 cm	Increased risk - 80 – 88 cm
Substantially increased risk - greater than 102cm	Substantially increased risk - greater than 88cm

Source: World Health Organisation, 2000

garlic and lemon chicken cutlets

The simple flavours of lemon and garlic bring out the best in this dish. Make double or triple the amount if you're having guests.



Ingredients

- 1 tbs plain white flour
- 4 medium Skinless chicken thigh fillet, (230g each), fat removed
- 1 tsp olive oil
- 8 cloves garlic
- 2 medium lemons
- 1/2 whole chicken stock cube, to make 1/2 cup stock

Instructions

Preheat the oven to 220°C. Place the flour in a shallow bowl. Lightly coat the chicken with flour. Heat the oil in a non-stick frying pan over medium heat. Add the fillets and cook for 3 minutes on each side or until golden. Transfer to a large ovenproof dish.

Arrange garlic cloves around chicken. Cut 1 lemon into wedges and arrange around chicken. Juice remaining lemon and combine with chicken stock. Pour over chicken. Sprinkle with sea salt flakes and freshly ground black pepper. Arrange sprigs of fresh oregano around chicken.

Cover dish tightly with foil and bake for 45 minutes. Remove foil and return to the oven for 15 minutes. Serve with green salad or roast vegetables.

Source: www.weightwatchers.com.au