

Wellness Center Hours:
Monday-Friday 7 a.m.-9 p.m.

July 2009

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 7 a.m.-9 p.m. Sports Acceleration	2	3  Happy 4th of July! Wellness Center closes at 5 p.m.	4  4th of July! Wellness Center closed
5 —Exercise —Healthy Habit —Water My goal this week is _____	6 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	7 Youth Wellness Outdoors 3:30 p.m.	8 7 a.m.-9 p.m. Sports Acceleration	9 Youth Wellness Outdoors 3:30 p.m.	10 7 a.m.-9 p.m. Sports Acceleration	11
12 —Exercise —Healthy Habit —Water My goal this week is _____	13 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	14 Youth Wellness Outdoors 3:30 p.m.	15 7 a.m.-9 p.m. Sports Acceleration	16 Youth Wellness Outdoors 3:30 p.m.	17 7 a.m.-9 p.m. Sports Acceleration	18
19 —Exercise —Healthy Habit —Water My goal this week is _____	20 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	21 Youth Wellness Outdoors 3:30 p.m.	22 7 a.m.-9 p.m. Sports Acceleration	23 Youth Wellness Outdoors 3:30 p.m.	24 7 a.m.-9 p.m. Sports Acceleration	25
26 —Exercise —Healthy Habit —Water My goal this week is _____	27 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	28 Youth Wellness Outdoors 3:30 p.m.	29 7 a.m.-9 p.m. Sports Acceleration	30 Youth Wellness Outdoors 3:30 p.m.	31 7 a.m.-9 p.m. Sports Acceleration	

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Does grilling cause cancer?

By Kathy Brandt, LRD

There's no evidence that grilling causes cancer. But cooking meat at the high temperatures you use to grill—as well as broil and fry—creates heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), compounds linked with some cancers.

Animal and laboratory studies suggest that HCAs may damage DNA and spur the development of tumors in cells of the colon, breast, prostate and lymph system. At temperatures of 350°F and hotter, amino acids and creatine (a natural compound that helps supply energy to muscles and nerves) react to form HCAs. PAHs form when fat drips onto hot coals, creating smoke that settles on food; these compounds have been associated with increased risk of breast cancer.

But "within the big picture of cancer prevention, there are much greater risks than grilling," says Colleen Doyle, M.S., R.D., director of Nutrition and Physical Activity for the American Cancer Society. For example, "if you're 30 pounds overweight, that puts you at much greater risk for developing a number of cancers [than does eating grilled meats]."

When you do grill, there are several things you can do to reduce HCAs and PAHs.

-Grill fish. "Beef, pork and poultry tend to form more HCAs than seafood because of their higher amino acid content and longer grilling times," says Doyle.

-Prefer meat or poultry? Trim fat to reduce drips.

-Flavor meats with marinades and rubs. Research in the Journal of Agriculture and Food Chemistry showed that marinating red meat in beer or wine for two hours significantly reduced HCAs. Scientists believe the antioxidants in these marinades block HCAs from forming. Similarly, a Kansas State University study found that rubbing rosemary, an herb known for its high level of antioxidants, onto meats before grilling cut HCA levels by up to 100 percent. Herbs including basil, mint, sage and oregano may have similar effects.

-Pair grilled meats with vegetables, particularly cruciferous ones. In one study, men who ate about 2½ cups of Brussels sprouts every day for three weeks reduced their DNA damage significantly. Cruciferous vegetables, such as broccoli and cabbage, contain sulforaphane, a compound that may help the body clear DNA-damaging compounds more quickly.

BOTTOM LINE: Keep your grill. While some studies suggest that grilling produces compounds linked with cancer, the risks associated with eating grilled meats are relatively small when you look at the big picture.

From *EatingWell*, May/June 2009

You spent *how much* on those shoes?

By John Brandt, Director PT

Greetings! I hope you are all having a wonderful summer.

Last month I talked about the benefits of running for exercise. This month I am going to talk to you about footwear specifically, running shoes. I used to always think that the more expensive the shoe the better, but according to research from the British Institute of Sports Medicine that may not be the case.

The study looked at running shoes ranging in price from \$60 to well over \$150. It found that cheap and moderately priced running shoes are just as good, if not better, in terms of cushioning impact and overall comfort, than the most expensive brands. Different models performed differently for different areas of the foot. But overall, there were no major differences among the shoes, irrespective of brand or price.



So when it comes to running on the pavement or on the treadmill, your shoes don't have to break the bank. If you have questions regarding exercise or footwear, please call us at 701-776-5261 Ext. 2209.

Have a fun and fit summer!

5 fun calorie-burning activities for summer

By Tammy McClintock, CFT

Summer season is here, and the pressure to go sleeveless is rising faster than record high temperatures. Take it outdoors for some fun and free summer activities that will have you burning calories just in time for warm weather. Here are five workout ideas to do on your own or with the entire family.

1. Go Off-Road

A great way to burn some calories and reduce stress is to hike. The right pair of shoes is critical. For trail walking, specially designed trail-walking shoes or even running shoes may suffice. Today's hiking boots come in lightweight varieties and keep your feet dry. The right fit is key to avoid blisters or chafing. Bring along some water and a snack for shorter hikes. Drink at least 4 ounces of water every 20 minutes. Insect repellent and sunscreen are also essential. Finally, pace yourself to enjoy nature. Build endurance and strength gradually before tackling some hills or a more challenging terrain.

2. Ride Your Bicycle

There is no better way to explore your neighborhood, city, backcountry roads or local trails than from the vantage point of a bicycle. And that is just one side effect. Bicycling is a great cardiovascular workout and will strengthen legs, glutes and core.

3. Jog Around the Block

The beauty about jogging or running is that you can do it any time, anywhere. Keep your running shoes in your duffel bag, at work, in your suitcase or near the door, and you're always ready to explore the great outdoors. Even short bouts of jogging or running benefit your heart health, clear your head and calm your senses. For those running in unfamiliar places, running up staircases, around tall buildings or a stadium still makes for a great workout. To prevent running injuries, start out gradually, and invest in a good pair of running shoes.

4. Get Wet

Swimming laps offers a great full-body workout. But even splashing around in the pool can be a great workout for young and old alike.

The buoyancy of water reduces the "weight" of a person by about 90 percent, which means less stress on joints, bones and muscles. Many people enjoy working out against the resistance of water while benefiting from its cooling effect on the body.

Source: *Ace Fitness*

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