



# BMC HEALTH LETTER

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## October Fitness Challenge

Most American employees have an average total of 21 out of 24 hours of sedentary activity. Thirteen are from sitting and eight from sleeping. Our bodies were created to move and function best when we get 150 minutes/week of exercise; equivalent to 30min of moderate intensive activity 5 days a week. When our hearts beat faster, oxygen rich blood rushes through arteries delivering oxygen and nutrients throughout the body. The frictional force of the rushing blood stimulates cells along the blood vessels to release nitric oxide. Nitric oxide then causes the vessels to dilate, reducing blood pressure, releasing growth factor that aids repair to damaged blood vessels, and assuring vessels stay slippery and smooth avoiding a buildup of sugar and fat along the vessel walls. Join October's fitness challenge and get 30 minutes, 5x/week of physical activity to get your heart pumping!

Did you know? Your body continues to burn extra calories for as long as 3 days after a workout?

## Breast Cancer Month

October is breast cancer awareness month. Find additional handouts outside the BMC radiology department.

Facts about breast cancer:

1. The most common cancer in the U. S.
2. The second most common cause of cancer deaths in the U.S.
3. If detected in the earliest stages survival rates can be as high as 95%
4. Men and women get breast cancer

How to be proactive

1. Stay physically active
2. Limit alcohol
3. Eat a variety of vegetables, fruits, seeds, and berries
4. Limit processed and red meats
5. Eat whole grains
6. Know your family health history
7. Starting at age 40, get annual mammograms

## Pumpkin Season

Not only is pumpkin a decorative staple of the season, it also is part of a balanced, nutritious, diet! Pumpkin is a low calorie, high fiber vegetable that's full of potassium, vitamin A, iron and antioxidants. Most grocery stores sell 100% canned pumpkin puree for only 62 cents a serving or \$2.18/can, find it in the baking aisle. It can seem intimidating to start adding pumpkin to your diet, so try some of these ideas that use canned pumpkin puree.

1. Add pumpkin to your favorite smoothies
2. Mix it into yogurt, add cinnamon and top with granola
3. Add a generous spoonful to your oatmeal with pumpkin pie spice
4. Sneak it into tomato based sauces/soups like tomato sauce with pasta or chili
5. In baking, substitute oil or butter for pumpkin in a 1-to-1 ratio
6. Make pumpkin waffles or pancakes
7. Substitute some cheese for pumpkin in homemade mac-n-cheese
8. Embrace pumpkin as a healthy side dish, you just might love it!