



# HealthyLife<sup>®</sup> Letter

Promoting Health. Enhancing Life. Reducing Costs.

February 2011



## MOTHER NATURE'S TANNING SECRET

Mother Nature offers her own way give your skin a darker glow. Eat carrots ... and other fruits and vegetables high in beta carotene (such as sweet potatoes with skin, spinach, kale, and squash). Research reported by Dole has shown that a high intake of carotenoid-rich foods produces a condition called xanthoderma. Although that may not sound particularly attractive, a new study suggests that such produce-triggered skin coloration is actually perceived as youthful and healthy. You'll also boost bone health and vision.

## If you have a cold, should you exercise?

Yes and no. Moderate exercise (30 minutes a day, on most, if not all, days of the week) actually lowers your risk for respiratory infections, said David C. Nieman from the American College of Sports Medicine. But prolonged, intense exercise, on the other hand, can weaken your immune system and allow viruses to gain a foothold and spread. If you're already sick with a respiratory infection (common cold or flu), approach exercise cautiously during your illness. To help you decide whether to hit the gym or stay in bed, Dr. Nieman says this:

**DO** exercise moderately if your cold symptoms are confined to your head. If you're dealing with a runny nose or sore throat, moderate exercise is okay. Intense exercise can be continued a few days after symptoms go away (in cases of the common cold).

**DON'T** sweat out your illness. Exercise during an illness does NOT help cure it.

**DO** stay in bed if your illness has spread beyond your head. Respiratory infections, fever, swollen glands, and extreme aches and pains all indicate that you should rest up, not work out.

**DON'T** jump back in too soon. If you're recovering from a more serious bout of cold or flu, gradually ease back into exercise after at least 2 weeks of rest.

"In general, if your symptoms are from the neck up, go ahead and take a walk," said Dr. Nieman. "But if you have a fever or general aches and pains, rest up and let your body get over the illness."



# TREATING STABLE CORONARY HEART DISEASE

Two medicines have been shown to help prevent problems. This audio program features current news and information from the U.S. Agency for Healthcare Research and Quality (AHRQ).



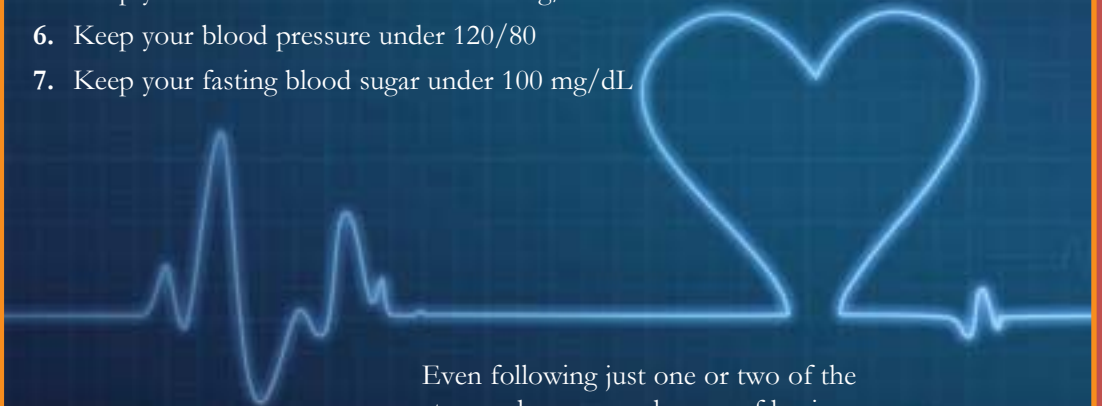
## DOGGY DRIVERS

You see it all the time. Drivers with poodles, Yorkies, and mutts sitting on their laps, as if the dogs were really driving the car. If your airbag deploys in an accident, guess who gets crushed? Bye bye poochie. AAA recommends you put Fido in a doggy seatbelt—never on your lap.

## 7 steps to heart health

You qualify as someone with ideal heart health, says the American Heart Association, if you have not been diagnosed with cardiovascular disease **and**

1. Have never smoked—or quit more than a year ago
2. Maintain a healthy body weight (a body mass index under 25)
3. Spend at least 150 minutes a week doing moderate physical activity or 75 minutes a week doing vigorous activity
4. Eat a healthy diet
5. Keep your total cholesterol under 200 mg/dL
6. Keep your blood pressure under 120/80
7. Keep your fasting blood sugar under 100 mg/dL



Even following just one or two of the steps reduces your chances of having heart disease. And the extra bonus in this approach is that it fights other diseases such as diabetes, osteoporosis, and some types of cancer, says the Harvard Heart Letter.

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