



Walk This Way

Over the years, doctors, insurance companies, and public-health officials have banded together to make their message loud and clear: Walk- it's good for you.

Advantages to walking:

- It lowers the rate of weight gain
- It staves off dips in energy
- It lifts your spirits
- It strengthens memory
- It protects you from heart disease
- It may decrease your risk of some cancers

Do's – go outdoors. Grass, sand, dirt and roads are never completely level, so they work out muscles more effectively than a treadmill does. Get creative indoors. Walking downhill is essential for building strength in the quadriceps and shins.

Don'ts – Carry weights – they can be harmful to do heavy and create injury to your shoulders.



The Right Way to Walk

Your spine should be straight, with ears over shoulders, shoulders over hips and hips over knees. Your arms should be bent at 90 degrees and swing back and forth from the shoulders. Your legs will naturally move in sync, so the faster you swing, the faster you'll walk.

Your feet should land heel first with each step. You should then roll through the foot and push off with your toes.

Aim for 10,000 steps each day to get fit. Track your distance; it is much better than counting the minutes.

An easy rule of thumb to remember: Walk as much as you can whenever you can." We know it has health benefits, so why not just do it?"

Resource: Walk this way, Written By Courtney Rubin

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Emotional Support

Here are some helpful hints for managing the emotional challenges of coping with an illness;

Develop good communication with your health care team.

Being able to talk easily and comfortably can go a long way in helping you feel more in control. Remember that you, too, are a key member of this team. Taking an active role in your medical care gives you access to information and helps you feel more involved.

Stay in touch with the people who comfort you. Family and friends are important members of your care team. They want to be involved and help, so let them. The practical help they provide on low-energy days, and the comfort they bring you with their love and concern, can be considered a form of "treatment". Sometimes it's hard to ask for or accept help. Visits, phone calls, letters and emails are all good ways to keep in touch and get support from those who care about you.

Acknowledge your emotions. A chronic illness might make it necessary for you to adjust the plans you had for yourself, and this can affect you emotionally. Connect with others going through what you are going through. Support groups and/or counseling can help you with your emotions. There are also support groups for your caregivers.

Invest in your own resilience. Resilience is the ability to manage whatever might come your way. Having a good support system is part of being resilient, but so is being good to yourself. Try to do small things to take care of yourself every day. Read a good book, buy yourself a small gift, watch a funny movie or listen to your favorite music.

Draw strength from your spiritual side or life philosophy. Strength comes from many different sources. One place people often turn to when coping with illness is spirituality, which can refer to one's religious beliefs, faith and/or life philosophy. Explore prayer, meditation and read life-affirming texts.

Upcoming Events

Survivorship Program...Road to Wellness

When: Thursday, September 11th

Time: 4-6pm

Where: Unity Medical Pavilion – Boardroom

Topic: Healthier Eating

Open to Lafayette Cancer Care patients, family and their caregivers.

Please RSVP by calling 446-5050.

Light the Night

When: Thursday, September 18th

Time: 7pm

Where: Riehle Plaza

The Leukemia & Lymphoma Society's Light The Night Walk funds treatments that are saving the lives of patients today. LLS is making cures happen by providing patient support services, advocacy for lifesaving treatments and the most promising cancer research anywhere. And it's all happening now. Not someday, today.

Carry the Torch

When: Sunday, September 28th

Time: 3pm

Where: Riehle Plaza

Walk to help raise money for the Community Cancer Network.

Ultimate Pink Party

When: Thursday, October 23rd

Time: 5pm

Where: Purdue Memorial Union - ballrooms

It's ladies night! Fundraiser for YWCA's Women's Cancer Program.



Lafayette Cancer Care
T-Shirts on Sale NOW,

\$7 Each

Check out our
videos on



www.youtube.com/UnityHC

Recipes

Banana Bran Muffins

- 1 cup all-purpose flour
- 1 cup wheat bran
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1 cup mashed banana
- 1/4 cup canola oil
- 1/2 cup light brown sugar
- 1 large egg
- 1/2 cup chopped walnuts, optional



Preheat the oven to 375 degrees. In a bowl, mix together the flour, wheat bran, baking soda and cinnamon; set aside. In a mixing bowl, beat together banana and oil. Add the brown sugar and egg mixing well. Add the dry ingredients, stirring just until blended. Stir in walnuts. Spoon into paper lined muffin tins. Bake 15 minutes.

Makes 12 muffins.

Calories 147; Protein 3g; Carbohydrate 25g; Fat 5g

Cheese Quesadillas

- 2 (8-inch) Flour Tortillas
- 1/2 cup shredded reduced-fat Cheddar or Monterey Jack cheese
- Taco Sauce

In a pan coated with nonstick cooking spray, on a low heat, place one flour tortilla. Sprinkle with the cheese and top with other flour tortilla. Cook about 1 to 1 1/2 minutes on each side turning with a spatula. Coat the pan again with nonstick cooking spray before turning over. Make sure the cheese is melted and the tortillas are light brown. Cut into wedges and serve with taco sauce.

Calories 80; Protein 4g; Carbohydrate 9g; Fat 3g



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Treating one patient and one family at a time.