



April 2009

American Central Transport

LIVE WELL, WORK WELL



Curb Cancer

Did you know that April is Cancer Control Month? Furthermore, were you aware that you can eat specific foods to significantly reduce your risk of cancer? It's true! Try incorporating the following into your diet:

- Dark, leafy green vegetables such as **romaine lettuce and chicory** contain carotenoids, a form of antioxidant that removes cancer-causing agents from the body. They also are rich in folate, which reduce the risk of lung and breast cancer.
- **Grapes** contain resveratrol, thought to stop cell damage before it starts.
- Decaffeinated **green tea** contains flavonoids that slow or prevent the development of colon, liver, breast and prostate cancer cells.
- **Soy** contains isoflavones that protect against bladder, cervix, stomach and lung cancer. Try soybeans as a healthy and filling snack.
- **Whole grains** contain fiber, antioxidants and phytoestrogen compounds. Making whole grains part of your everyday diet can reduce the risk of every kind of cancer. Look at the ingredients in the bread and cereal you buy, and try to choose those that list whole grains as one of the first ingredients. ■

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Respect Your Mother!

Mother Earth, that is! Earth Day is April 22. But you don't need a complete overhaul to your lifestyle in order to make a difference. There are several minor things you can do in order to help conserve the Earth's resources:

On the job:

- Turn off the lights when you leave a room at the end of the day. Even better, install sensors that can detect when someone enters a room and turn off lights automatically when there is no activity for a specified period of time.
- Shut off faucets tightly; report any leakage to your supervisor or building maintenance immediately.
- Only print out e-mails when necessary. Whenever possible, use the back side of pages when printing.
- Turn off the actual power strip instead of simply the piece of equipment itself.
- Do you work in an office that has televisions in the reception area? Assign the person who stays latest to turn them off at the end of the day. If



you are a 24-hour business, consider shutting off several monitors during non-peak business hours.

- Bring your lunch to work in a reusable lunch bag. Not only is it Earth-friendly, it's healthier too!

At home:

- Use Energy Star[®]-rated light bulbs and appliances. These are proven to use significantly less energy than those not branded.
- Purchase nontoxic cleaning products and biodegradable soaps.
- Pay bills online rather than through the mail. You will be more likely to get your bill in on time, and save the cost of a stamp as well!
- Utilize a "green" dry cleaner, who only uses natural products.
- Make sure to find out from your city council how to dispose of old batteries and CFL light bulbs properly; most communities recycle these and do not allow them to be thrown in the trash. ■

Springtime = Gardening Time

Itching to get out in your yard and get that garden ready? Or, just getting acquainted with landscaping? Either way, make sure you have all the supplies you need so you can get to work right away this spring!

- Shovel, Hoe, Rake, and Trowel (a tiny version of a spade) – You will need every single one of these to till the soil and dig holes.
- Watering Can – While you may have a hose nearby, oftentimes a watering can is best for getting at those small potted plants and hard-to-reach areas of the yard.
- Fertilizer – Never underestimate the need for a good fertilizer, which can make both your lawn and plants thrive throughout summer and fall.
- Clippers/Pruning Shears – You will likely need these to take care of overgrown brush or weeds.



- Topsoil/Planting Soil – These are needed at the start of every planting season to ensure healthy growth.
- Hand Weeder – Having the similar appearance to a screwdriver, this inexpensive tool is invaluable for getting out all those tough-to-reach weeds.



Give LTC Some TLC

It's not pleasant to think about, but chances are, you or someone you love may require long-term care (LTC). It may be wise to consider a Long-Term Care insurance policy. According to a recent study by Georgetown University, the cost of LTC will triple by the year 2050. Some tips on LTC insurance:

- The number one most important factor when considering LTC insurance: Make sure you can afford the premiums!
- While LTC coverage may seem expensive, put it into perspective: The average cost of a private room in a nursing home is \$77,380 *per year*.
- Consider a policy with no premiums; instead, choose to pay in full upon retirement. It may be a huge chunk to pay at that point, but you will not have to worry about making a monthly payment thereafter.
- Keep in mind, there is a chance you may need LTC at a younger age due to an unforeseen illness; the Kaiser Family Foundation reports that of the 10 million Americans who needed LTC in 2007, 42 percent were *under* the age of 65.

Green Machine Smoothie

Change the title to “Green Monster” Smoothie, and it's likely your kids will go wild for this nutritious and energizing drink!

1 cup of fresh spinach leaves

½ cup frozen pineapple

1 small banana

1 6-oz. container of yogurt (try to find Greek yogurt, which has twice the protein and fewer carbs than regular yogurt)

3-5 ice cubes

Lemonade or orange juice (use sugar-free or diet lemonade if possible)

Blend together and serve – and that's it! Perfect for before or after a workout.

Recipe courtesy Chris Freytag; www.chrisfreytag.com

