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American Central Transport

Tan at Your Own Risk!

As summer comes to an end and a chill tinges the air, you might be tempted to head to the tanning salon. It's much safer than the sun anyway, right? WRONG! The World Health Organization's International Agency for Research on Cancer recently found that the ultraviolet light in tanning beds *is just as carcinogenic* as cigarettes, asbestos, radium and arsenic! The committee also reported that the risk of skin cancer goes up 75 percent when one uses a tanning bed before age 30. This includes both UVA and UVB radiation (some tanning salons claim that UVA is less dangerous).

Melanoma cases have also risen dramatically in recent years. Regular users of tanning beds are eight times more likely to get skin cancer than those who do not.

The American Cancer Society strongly recommends using bronzing creams or spray tans instead of soaking up the artificial light of a tanning bed. Your health could depend on it!



Yoga has just as many health benefits as high-impact exercise.

LIVE WELL, WORK WELL

Yearn to Learn Yoga!

Did you know September is National Yoga Month? Have you thought about trying yoga lately? It's a fun alternative to high-impact exercise and offers just as many health benefits, such as:

- Decreased stress
- Improved hand-eye coordination
- Enhanced concentration
- Pain management
- Better sleep
- Improved flexibility
- Lower blood pressure
- Strengthened bones and joints
- Weight loss

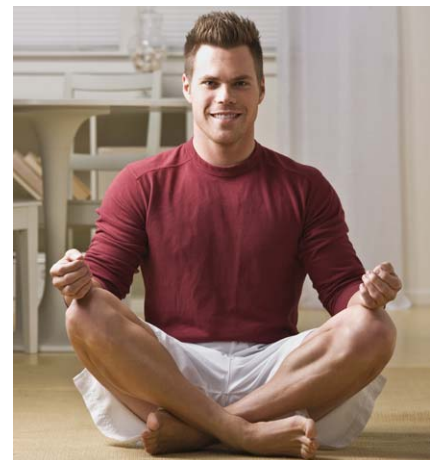
Yoga encompasses the tools needed to realign and rebalance your body on a regular basis. When your body is finely tuned, your chances for injuries and illnesses decrease. The practice of yoga involves performing a variety of poses, called *asanas*, along with breathing exercises or meditation to cleanse and

detoxify your body. These combined actions increase blood circulation. Regular practice of the stretches, twists, bends and inversions – the basic movements of yoga poses – also restore strength and stamina to the body.

Out of shape or new to yoga? Don't let that stop you! Many of the poses involved in yoga can be altered slightly for beginners. Start out slowly and you will likely be surprised at how far you can come in just a few weeks.

If you are trying to lose weight, incorporate yoga with aerobic exercise and weight training. Along with a diet filled with whole grains, protein, fruits and vegetables, you should be able to see (and feel) the difference in about a month.

Yoga can be practiced by anyone, at any fitness level, at any age, pretty much anywhere! For more information, including how to get a week of free yoga, visit www.yogamonth.org.



Are You a Fashion Offender?

You may want to take a careful look at yourself before you leave for work.

According to an online survey of over 7,000 people on Monster.com, visible undergarments and tank tops are the worst items to wear in the workplace when the weather is warm. In another poll by CareerBuilder.com, over 1,100 employers agreed that employees who dress more professionally tend to be promoted more often.

CareerBuilder.com also reported that over 33 percent of employers have sent their workers home because of inappropriate clothing such as flip-flops, mini-skirts and jeans.

Confused about what is deemed acceptable? For casual workplaces, stick with casual button-down shirts, khaki pants, knitted shirts made out of

breathable fabrics, and/or long skirts. If you are not sure about a certain item, err on the side of caution and choose something else.

No matter what the temperature is outside, dress appropriately for the work environment. You can put on that tank top and shorts the minute you get home!



FLEXIBILITY



HYGIENE



STRENGTH



MENTAL
HEALTH



GOOD
DIET

Ginger Binge

Suffering from achy joints or cracking knees? Try adding some ginger to your diet! Eastern medicine has used ginger for its anti-inflammatory properties for thousands of years. Not only that, ginger has long been known to help ease an upset stomach.

How can you incorporate ginger into your diet? Besides the recipe to the right, try the following:

- Bypass the typical colas and soft drinks and buy some ginger ale.
- Add 3-4 slices of ginger to boiling water to make ginger tea. This is also a great remedy for motion sickness.
- Grate ginger and sprinkle over potatoes before baking in the oven.
- Add ginger juice and some mint leaves to lemonade for a new twist on an old favorite.
- Combine ginger juice and lemon juice for a delicious salad dressing.



To add some ginger to your diet, serve this yummy entrée in a whole wheat bun, whole grain bread or pita bread pocket!

Ginger Chicken Salad

3 ¼ cups chicken breast, cooked, cubed and skinless

¼ cup celery, chopped

1 Tbsp. lemon juice

1 Tbsp. grated ginger

½ tsp. onion powder

Pinch of salt

3 Tbsp. low-fat mayonnaise

Combine all ingredients except for chicken and mix well. Then add chicken and stir. That's it! Makes 5 servings at a serving size of ¾ cup. *Calories: 176; Total Fat: 6 g; Saturated Fat: 2 g; Sodium: 179 mg; Protein: 27 g*