



**CLICK** on this symbol throughout this e-newsletter for links to interactive simple solutions.



# HealthyLiving

## Give Dad the Gift of Health This Father's Day

Father's Day is about honoring our fathers, but buying the right gift is often a challenge. This year, instead of giving Dad something traditional like a tie, consider giving him a gift that can help him stick with – or start – healthy habits. After all, the gift of healthier living is one that the whole family can enjoy.

Here are just a few ideas you might want to consider:

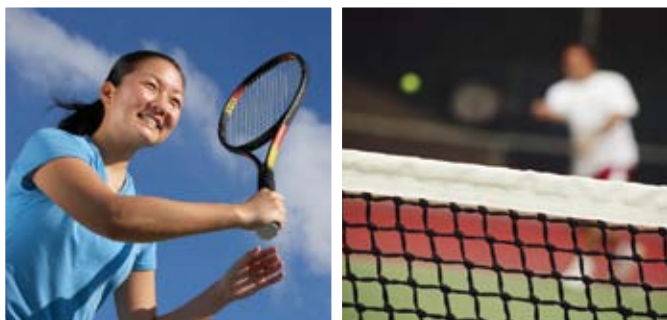
- Get Dad some new **grilling tools**. Plan a special barbecue where he can use his new equipment to make some delicious and healthy grilled veggies and fruits.
- A nice **massage** is a great gift idea for busy dads. Massages can help reduce stress and relax tense muscles.
- Prepare a **gift basket** with nuts, fruits, and whole-wheat crackers so Dad can have something healthy to snack on at work.
- For active dads, a **heart rate monitor** can help him make the most of his workout. If he doesn't work out, this might just be the gift to inspire him to get started (with his doctor's OK, of course).
- Create an **exercise basket** that has a T-shirt, towel, water bottle, and some healthy high-fiber protein bars or other snacks for afterward.
- Is Dad a reader? Try a **magazine subscription** to a men's health magazine.
- Motivate Dad to get moving or kick up his current routine with a **few sessions at the gym** with a personal trainer.
- If Dad's been inactive for a while, help him ease into exercise with a **pedometer** – an inexpensive device that records the number of steps taken on any given trek.
- For technology lovers, try a **smart phone app**. There are now apps to help track exercise or healthy eating, help someone quit smoking, or remember to take medicines on time.

And finally, to truly make it a healthy Father's Day, ask Dad to give himself a gift by committing to schedule a doctor's visit that includes screening for all age-appropriate health issues.



**CLICK HERE** for a checklist of cancer screenings for men.

## Tennis, Anyone?



Once the sport of England's upper crust, tennis now is a game just about anyone can play and a great way to get exercise on a pretty summer day (with the proper sun protection, of course).

Chasing balls up and down the court works your heart, lungs, and legs, while swinging for the ball strengthens your arms and helps improve your hand-eye coordination. Your social life will benefit too – after all, you have to play with a partner.

Courts are a fixture in many local parks, schools, and residential subdivisions, and leagues abound. There are even special programs for people with developmental or physical disabilities, including those in wheelchairs.

Ready to get started? Check with your local recreation center about facilities and classes, or use the locator tools at [usta.com](http://usta.com), the Web site of the United States Tennis Association, to find courts, partners, and more in your area.



**CLICK HERE** to see how many calories a game of tennis – or another favorite activity – can burn.

## Inspire a Young Chef

Want your kids to eat more than just chicken fingers or burgers? Get them into the kitchen! Letting your kids help with the cooking is a great way to introduce them to new ingredients and get them excited to try different dishes.

Give very young kids simple tasks like dropping fruit chunks into the blender to make a smoothie or sprinkling the cheese and veggies on a homemade pizza before it goes into the oven. Or let them pick the leaves off a bunch of cilantro before you chop it up to use in guacamole.

Older kids will enjoy measuring out ingredients, rolling their own meatballs, or cracking eggs into a bowl for an omelet or scramble. Let tweens or teens choose a recipe from one of your cookbooks and take the lead in preparing it.

Of course, safety comes first, so make sure your children have a sturdy surface to work

on, and supervise them closely if they're working with sharp tools or near hot surfaces.

If your youngster shows a real interest in cooking, consider getting him or her some kitchen equipment all her own, like a set of colorful measuring cups and spoons, or a kid-sized spatula or apron. Cooking classes are another option for budding chefs. An Internet search can help you find companies in your area that specialize in cooking classes for kids, or check with your local grocery store chain or YMCA.



## Understanding the Body Mass Index (BMI)

The body mass index (BMI) is a number based on your weight and height that can help you figure out if you are at a healthy weight for your height. In general, the higher the number, the more body fat a person has. BMI is often used to determine if your weight might be putting you at risk for health problems such as heart disease, diabetes, and cancer.

BMI is used to broadly define different weight groups in adults 20 years old or older. The same groups apply to both men and women.

- Underweight: BMI is less than 18.5.
- Normal weight: BMI is 18.5 to 24.9.
- Overweight: BMI is 25 to 29.9.
- Obese: BMI is 30 or more.

For most people, the BMI gives a good estimate of total body fat, but it doesn't work well for everybody. For example, bodybuilders or other muscular people may have a high BMI because of their muscle mass, even though they're not necessarily overweight. The BMI can also underestimate body fat in people who have lost muscle mass, such as some older people.

For most adults, the BMI is a good way to get an idea of healthy weight ranges. But it is not always the final word in deciding if a person is at a healthy weight. Your doctor might use other factors such as skinfold thickness (a measure of body fat), waist size, evaluations of diet and family health problems, and other tests to find out if a your weight might pose a health risk.



**CLICK HERE** to use our BMI calculator. Talk to your doctor about what your results may mean for you.

## Be Sun-smart This Summer

Spending time outdoors is part of a healthy, active life. But whether you enjoy tennis, hiking, or gardening, take some precautions when you're out in the sun.

Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Much of this exposure comes from the sun, but some may come from manmade sources, such as tanning beds.

The good news is that there is a lot you can do to protect yourself.

**Seek shade.** Limit your direct exposure to the sun, especially between the hours of 10 a.m. and 4 p.m., when UV rays are strongest.

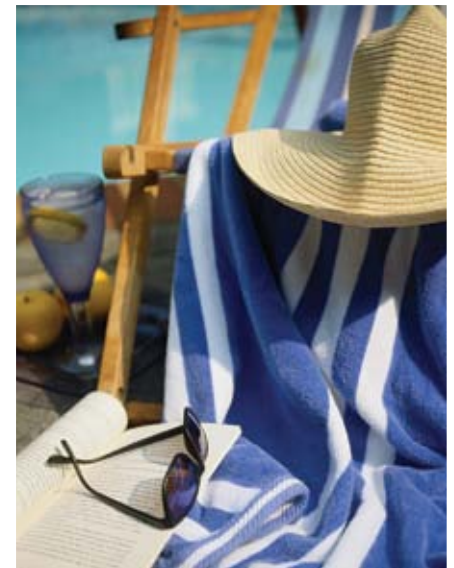
**Cover up.** When you are out in the sun, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99% of UV light.

**Slather on sunscreen.** Experts recommend products with an SPF of at least 15. Reapply every 2 hours, or more often if you're swimming or sweating.

If you notice any new spots on your skin, or changes to spots, show them to your doctor.



[CLICK HERE](#) for more sun safety tips.



## Make Exercise a Family Affair

Getting today's high-tech, computer-savvy kids to exercise isn't always easy. But with childhood obesity tripling in the past 30 years, it's important that kids get up and get moving. The best advice to help kids and families exercise is to **make it fun!** Think of what your family likes to do together, and make up your own exercise routine. Here are just a few ideas for keeping your kids moving:

- **Fun with pedometers.** Pedometers are an easy way to keep your child moving throughout the day. Get one for everyone in the family, and have a friendly competition to see who can log the most steps each day.
- **Go to the park.** Spend an afternoon at the park or playground. Bring along a soccer ball or football so that you and your children can play together. Race to the slide or see who can get the farthest on the monkey bars.
- **Dance, dance, dance.** Turn on your favorite song and make up a dance routine. Each family member can make up their own dance moves and other family members can judge each other on talent and difficulty.
- **Rake the leaves.** Gardening can be hard work! Jump in a pile of leaves or have your children help plant flowers. Exercise won't feel like a chore if you're having fun getting messy.



## Skillet Tilapia with Sautéed Spinach

### Tilapia

Generally found front and center in your grocer's seafood case, tilapia is a popular choice for the dinner table. Its mild flavor lets it pair well with sauces, while its slightly flaky texture means it stands up well to baking or pan frying. This quick-cooking dish uses a delicious blend of Asian condiments to add zing.

- 1 *tablespoon reduced-sodium soy sauce*
- 2 *teaspoons fresh ginger, finely chopped*
- 2 *teaspoons rice vinegar*
- 1 *garlic clove, minced*
- 1 *teaspoon Asian sesame oil*
- 1 *pound tilapia or other thin white fish fillets*
- 2 *teaspoons canola oil*
- 1 *(9- or 10-ounce) bag baby spinach*
- 1 *tablespoon water*



In a bowl, combine soy sauce, ginger, rice vinegar, and sesame oil. Lightly brush fish with some of the mixture.

In a large skillet, preferably nonstick, over medium-high heat, add canola oil. Add the fish and cook for 2 to 4 minutes per side, or until cooked through. Remove fish and keep warm.

Add spinach, the remaining soy mixture, and water to skillet and sauté until spinach is bright green and wilted. Push spinach to the side and return fish to skillet. Cover and cook for 30 seconds to 1 minute.

Serve fish topped with spinach.

From: *The American Cancer Society Great American Eat-Right Cookbook.*



[CLICK HERE](#) to order this and other great American Cancer Society books.

**In the Next Issue:** • Beat the Heat with Water Sports • Could It Be Skin Cancer? • Understanding Food Labels

Articles contributed by:  
Eleni Berger and Lesley Wood.

To sign up for this e-newsletter, please [CLICK HERE](#). To learn more about American Cancer Society programs, services, and upcoming events, please call 1-800-227-2345 or visit [cancer.org](http://cancer.org).



[CLICK HERE](#) to donate to the American Cancer Society.

All content for *HealthyLiving* is provided by the American Cancer Society.