

# October 2021

## 10/11/2021 Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. In 2018, breast cancer had the highest number of new cancer cases in the US. Like many chronic illnesses, there are a great number of risk factors to consider for breast cancer. Some of these factors are predetermined and you can't change them such as age and family history.

However, there are several things you can do to control your risk.

1) Get screened! It's always good to talk with a health care provider about your specific situation but the general recommendation is for women ages 50-74 get a mammogram every two years.

2) Like with virtually every other disease/health condition; nutrition and physical activity can help a lot! Stay active as much as possible and keep an eye on your weight.

3) Use alcohol in moderation, if at all

4) Breastfeed your children, if possible.

Taking charge of your health now can lead to a healthier tomorrow. Start by getting screened in honor of National Breast Cancer Awareness Month. For more information, visit <https://www.cdc.gov/cancer/breast/> or [panola.agrilife.org](http://panola.agrilife.org).

## 10/20/21 4 Tips to avoid an Afternoon Crash

Do you ever hit that mid-afternoon drag and find it hard to keep your eyes open, let alone smile?! You're not alone! Many of us experience this but the good news is you can do a few things to help avoid this crash.

- 1) Focus on steady energy throughout the day
  - A dip in blood sugar can make you feel lethargic. Try keeping your sugar up by eating smaller meals and more frequent snacks every 3-4 hours.
- 2) Build your meals with the "Big 3"- carbs, protein, fat.
  - Another possible cause of crashing can be an imbalance of these macronutrients. Balance these three nutrients to keep your blood sugar steady.
- 3) Make half your grains whole
  - Whole grains are better than refined grains because they include the WHOLE GRAIN! A wheat kernel's bran and endosperm contain important nutrients like fiber and b vitamins which break down slowly, keeping your blood sugar more stable rather than big spurts of sugar all at once
- 4) Health is more than what we eat- try including some of these practices to make you feel better!
  - Prioritize sleep

- Get moving
- Manage Stress
- Get outside
- Stay hydrated

If you'd like to learn more about keeping your energy up and feeling great, visit [foodinsight.org](https://foodinsight.org) or [panola.agrilife.org](https://panola.agrilife.org)

<https://foodinsight.org/4-tips-to-avoid-an-afternoon-crash/>

## **10/25/2021 Resistance Training**

We talk a lot about physical activity, but what about strength training? This is another key part of any successful fitness routine.

Key benefits of resistance training include strength and endurance (obviously) plus tissue growth, glucose regulation, growth hormones and more. It can help you manage numerous health conditions such as arthritis, depression, diabetes, osteoporosis and many more.

So, how often should you do it and how do you get started?

Experts recommend doing strength training 2-3 times a week with at least one day between sets to let your muscles recover. Start with inexpensive dumbbells, ankle weights, resistance bands or even just your body weight.

You can do traditional pushups, lunges and crunches but if you're looking for a better way to mix it up- try some fitness apps! Just do a simple internet search of fitness apps or strength training apps and you'll get dozens of hits. Some apps are free and some aren't- just choose what works for you.

I hope that helped inspire you to do more with your physical activity routine. If you'd like to learn more visit [acsm.org](https://acsm.org) or [panola.agrilife.org](https://panola.agrilife.org)

<https://www.acsm.org/read-research/newsroom/news-releases/news-detail/2019/08/01/new!-resistance-training-for-health-infographic>