

Healthy Panther Living



It's about
KIDS
 Cabot Public Schools

Staff Co-ed Bowling Championship Is Almost Here!

The bowling tournament will be held at the All-Fam Bowling Center (Bill Foster Memorial Highway). Teams will compete on January 24th or January 31st.

The competition will begin promptly at 5:30 p.m. Participants should arrive by 5 p.m. to check out shoes and bowling balls.

Teams will be assigned lane numbers. If a team has more than one lane, the team captain will determine who will bowl on the assigned lanes.

Because of the electronic scoring system, bowlers will not be allowed to switch lanes once the first game has begun.

Team captains will be responsible for recording the scores for each player. All three games must be recorded.

All-Fam Bowling Center has graciously provided district employees a discounted rate. A snack bar will be available to purchase food and drinks and your patronage is appreciated.

		January 24th		
		Eastside		
		Central		
		Magness Creek		
		Mountain Springs		
		Northside		
		Stagecoach		
		Southside		
		Ward Central		
		January 31st		
		CAO		
		Custodial Dept.		
		CHS		
		JHN		
		JHS		
		MSN		
		Special Programs/MSS		
		Technology Dept.		
		Westside		
		Start Time		
		5:30 pm		
		Location		
		All-Fam Bowling Center		
		Bill Foster Highway		

Upcoming Events:

- Zumba Classes
Cardio-Sculpting Classes
Every Tue/Thurs
- January 24 & 31
Co-ed Bowling Nights
- January 26
District Health Wellness
Committee Meeting

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FREE Fitness Classes for Staff

Zumba at 4:30 & 5:30

Cardio Sculpt at 5:30 pm

Middle School North Gym

Sign-up e-mail:
kelly.spencer@cps.k12.ar.us

Heart Healthy Tips To Prevent the Number 1 Killer in America

Eat more plants and fish-Healthy food choices help to prevent many illnesses and diseases including the number one killer in America, heart disease. Antioxidants, such as colorful foods including blueberries, tomatoes, and spinach are heart healthy. Antioxidants decrease the risk of heart disease because they have an anti-inflammatory effect on the blood vessels. Antioxidants also help remove plaque from arteries, thus improving blood flow and oxygen delivery to the body. Fruits and vegetables such as oranges, bananas, and mushrooms are high in potassium, which helps regulate blood pressure. Eating 5 to 9 servings of fruit and vegetables a day is recommended for heart health. Marisa Moore, R.D., spokesperson for the American Dietetic Association, recommends 3 different vegetables and 2 different fruits each day.

Not only do fruits and vegetables benefit heart health, but research also indicates benefits from making other heart healthy choices. Omega-3 fatty acids help to reduce the risk of heart disease by decreasing triglycerides and lowering blood pressure. It is recommended to include fatty fish like salmon, sardines, or rainbow trout in the diet. Adding a 4-ounce serving of fish, twice a week is a good way to add omega-3 fatty acids to a diet.

Reduce fat-Saturated fats found in butter, meat, and whole dairy products increase the risk of heart disease. Dr. Neica Goldberg, M.D., director of Women's Heart Center at New York University's Langone Medical Center, recommends that only 7 percent of daily calories should come from saturated fats.

Trans fats should also be elimi-

nated from the diet. These fats are the most dangerous fats as they raise LDL (bad cholesterol) levels and decrease HDL (good cholesterol) levels. It is recommended that only 1 percent of the daily diet should include trans fats (margarine, oils, fried foods, pastries).

Know your risk- Adults should always be aware of their risks of heart disease. The top indicators are family history, blood pressure measurements, and cholesterol levels.

Family history is a strong indicator of risk for heart disease. You are at a 17 percent greater risk if you have a female relative who was afflicted with heart disease under the age of 65 or a male relative who had heart disease under the age of 50. If your mother had heart disease, your risk increases to 43 percent. If both parents had heart disease, your risk increases to 82 percent.

It is important to visit a doctor regularly to check blood pressure and cholesterol levels. Both conditions are known as silent killers because there are very few warning signs of high levels. Blood pressure should be less than 120/80.

Cholesterol levels are broken down into 4 sets of numbers: LDL, HDL, triglycerides, and over-all cholesterol. An overall cholesterol of 200 mg/dL or less is considered "optimal." A reading of 200-239 mg/dL is considered "borderline high," and over 240 is considered "high." A person with an overall cholesterol reading of 240 is at a 200 percent greater risk of having a coronary event than someone who has healthy cholesterol levels.

High-density lipoproteins, also known as good cholesterol, act like waste removal carriers. They move the cholesterol from your blood and arterial walls to your liver for removal from your body. About 1/3 to 1/4 of blood cholesterol is carried by HDL. For this reason, obviously, higher HDL cholesterol levels are desirable. HDL levels should be higher than 40 mg/dL for men and 50 mg/dL for women.

Low-density lipoproteins, also known as bad cholesterol, keep blood cholesterol circulating in your bloodstream, leaving plaque on artery walls along the way. As this process develops over time, there is an increase in atherosclerosis risk. Obviously, lower LDL cholesterol levels are desirable. LDL cholesterol should be less than 100 mg/dL. "Borderline high" is considered between 130 and 159 mg/dL. Above 160 mg/dL is considered "high."

High blood triglycerides typically indicate lower HDL cholesterol, higher risk of heart attack and stroke. Additionally, underlying diseases or genetic disorders such as diabetes, high blood pressure, smoking, obesity and insulin resistance generally keep company to high triglycerides levels. A triglyceride level of less than 150 mg/dL is "optimal," 150-199 mg/dL is "borderline high," and above 200 mg/dL is considered "high."

Knowing your risks and numbers will help to be proactive about your health. You cannot control your family history; however, diet and exercise can greatly improve these numbers. There are also various drug therapy and behavioral changes that can reduce the risk associated with family history.

Be physically active-Exercise can increase HDL levels (good chole-

sterol), and decrease LDL levels (bad cholesterol). Research indicates the more you exercise, the more cholesterol levels will improve. Walking for 30 minutes a day helps to strengthen the heart.

Stop smoking- Smokers are 2 to 4 times more likely to develop coronary heart disease. Smoking causes the blood vessels to constrict, which raises blood pressure, and thickens the blood. This combination increases the risk for blood clots which lead to heart attacks.

Sources:

*Women's Health Magazine
(December, 2011)
www.cholesterollevels.org*

Centers for Disease Control

Adults with Heart Disease Risk Factors:

Inactivity	39.5%
Obesity	33.9%
High BP	30.5%
Smokers	20.8%
High Cholesterol	15.6%
Diabetes	10.1%

Heart disease accounted for 27% of deaths in America last year and is the # 1 cause of death ...

AND IT IS PREVENTABLE!

State Quitline Offers Free Nicotine-Replacement Therapy to Help Arkansans Keep New Year's Resolutions

Every year, countless Arkansans make New Year's resolutions to become tobacco-free. Thanks to the Arkansas Tobacco Quitline, tobacco users throughout the state have access to free medication and cessation counseling to help them keep their 2012 resolutions to quit. Stamp Out Smoking encourages tobacco users to reach the Quitline by calling 1-800-QUIT-NOW or 1-800-784-8669 this new year.

According to the Campaign for Tobacco-free Kids, each year in Arkansas 4,900 adults die from their own smoking, and there are currently 64,000 kids under age 18 alive in Arkansas who will ultimately die prematurely from a smoking-related cause. Smoking also puts users at risk for health problems including cancer, cardiovascular disease and adverse reproductive effects. According to the Centers for Disease Control and Prevention (CDC), quitting smoking will positively affect a tobacco user's health for years to come. The risk of coronary heart disease is cut by half only one year after quitting. In as little as five years, the risk of stroke is reduced to that of a person who never smoked, and lung cancer risks drop by up to half after 10 years of being tobacco-free. It is never too late to stop smoking and begin living a healthier life.

In a press release provided by the Arkansas Department of Health, Tobacco Prevention and Cessation Program office, "We recognize that quitting tobacco isn't easy, and that's why we're glad we can provide services like the Quitline to help. We hope Arkansas tobacco users will take advantage of their New Year's resolutions to make a fresh start and work toward a tobacco-free life with the support of the Quitline."

The Quitline services are absolutely free, confidential, and easy to access, and offer a combination of motivational counseling with a trained Quit Coach and free medications while supplies last. Callers receive five one-on-one phone sessions with a QuitCoach® tailored to the individual's specific needs and unlimited access to Web Coach™, an interactive, online community that offers tools to quit, social support and more information about quitting. The service can be accessed seven days, 24 hours a day and is available in English, Spanish and additional languages as needed. Tobacco users receive free customized assistance to fit their needs and can select their own quit date. A recent evaluation of the Quitline shows that 33 percent of callers that used counseling and medication were tobacco-free after seven months.



Ten Cancer Symptoms Women Should Not Ignore



When most people think of cancer, gynecological cancers are not the first types of diseases that come to mind. According to the MD Anderson Cancer Center, even young, healthy women should be thinking about the warning signs for gynecological cancers.

Every year, over 800,000 US women are diagnosed with gynecological cancers. The most common are endometrial (uterine), ovarian, and cervical cancer. Most of these cases occur after menopause; however, women who have not begun menopause can be stricken by these types of cancers.

Sometimes cancer signs are vague, and as a result, it is important to become educated about the symptoms of gynecological cancers. The following is a list of 10 gynecological cancer symptoms that all women should be on the lookout for:

Abnormal vaginal bleeding— If a person is post-menopausal and any bleeding or spotting occurs, they should see a doctor.

If a person has not gone through menopause, bleeding between periods or heavy bleeding is a warning sign.

Unexplained weight loss— If a person suddenly loses more than 10 pounds without dieting, call a doctor. If a person is overweight or obese, losing weight through exercise can help reduce cancer risks.

Vaginal discharge with colored blood— bloody, dark, or smelly discharge is typically a sign of infection; however in rare cases, it can be a sign of cervical or endometrial cancer.

Constant fatigue— If fatigue is interfering with work or recreational activities, see your doctor.

Swollen leg— A sign of cervical cancer is one leg appears swollen. Typically, a swollen leg is not cancer unless it is accompanied with pain or discharge.

Loss of appetite or feeling full all the time— appetite changes can be a sign of cervical cancer. **Pain in the pelvis or abdominal area**— Constant pressure can be a symptom of endometrial cancer. Gas, bloating, cramps, or indigestion can signal ovarian cancer.

Bloated belly— Many people are bloated while on their menstrual cycle, but if there is bloating for more than 2 weeks or after the period ends, this could be a sign of ovarian cancer.

Constant need to urinate— If there is a constant pressure on the bladder this could be a sign of cancer.

Persistent indigestion or nausea— If a person feels queasy more often than usual, it should be checked out.

Having more than one symptom does not mean a person has cancer; however, if a symptom lasts longer than two weeks, it should be checked out.

MD Anderson Cancer Center

What You Should Know About the Pill and Cancer

Many women are confused as to if the birth control pill will put them at an increased risk for cancer or if it protects them from the dreaded disease.

Researchers indicate that most oral contraceptives contain the hormones estrogen and progesterone. Taking the "pill" changes those levels which can trigger some cancers yet prevent other types.

The Pros— Taking the pill may decrease the risk of getting ovar-

ian an endometrial cancer. The longer a person takes the pill, the more benefits. According to the National Cancer Institute, taking the pill for over 5 years cuts the ovarian cancer risk in half. This protection can last over 25 years after stopping the pill. Studies also indicate the pill may protect against ovarian cancer.

The Cons— If a person is on the pill for several years, there is a slightly elevated risk for breast

and cervical cancer. This risk is temporary and ends after 5 years of being off the pill. "If you're in your teens, 20s, 30s, or early 40s, your cancer risk is low," says Dr. Helen Rhodes, MD.

If there is a family history of breast cancer, not to worry, research does not indicate an increased risk of breast cancer.

The Bigger Picture— There are more cases of cervical cancer caused by the sexually transmitted

HPV than by taking the pill. Aging, being overweight, family history, and sexual history put people at a higher risk for gynecological cancer than the pill.

Things to Consider— Talk with the doctor. There are factors to consider. The pill may put some women at an increased risk for blood clots, heart disease, and stroke.

MD Anderson Cancer Center

Selecting a Gym Membership that Best Fits YOUR Needs

LOCATION-is the location convenient to work/home

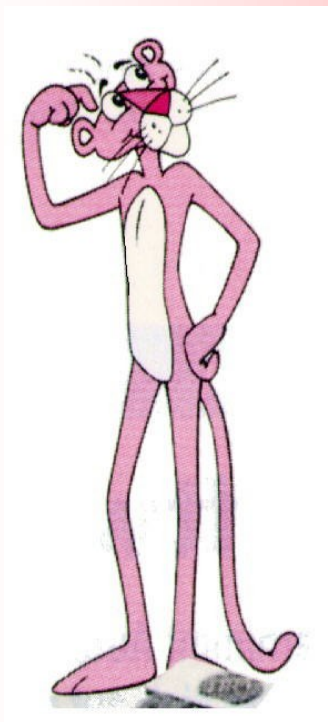
TRY-try before you commit

FEES-check to see if there are fees other than your monthly/yearly payment

CONTRACT-do you have to sign a yearly contract or can you pay monthly

CHILD CARE-is child care available and do you have to pay

ENVIRONMENT-visit during the times you would work out and see if the existing clients are conducive to a comfortable workout environment



Discounted Rates For Cabot School District Employees (Re-print)

In December, a group of employees attended the “Its About Fitness” professional development opportunity. Staff members toured three local facilities to learn about fitness programs and services that are offered in the local community. The following list is a comparison of what each facility offers and the rate that is for Cabot School District employees. Each facility has different strengths depending upon your fitness needs and wants. This list is not intended to favor any facility. Hopefully you will find a facility and rate that best fits your individual needs. *At the request of several employees, this is a re-print from the December issue of Healthy Panther Living.*

**Cabot Parks and Recreation
Veteran’s Park Community
Center**

Facility

- 25 yard pool & therapy pool
- Indoor walking track
- Cardio equipment
- Basketball courts
- Meeting & banquet facilities

Programs

- Adult & child fitness classes
- Water aerobics
- Arthritis classes
- Swim lessons

Rates for District Employees

Single Adult
\$ 15/mo. or \$180/yr.

Married Couple
\$16.88/mo. or \$202.50/yr.

Family
\$ 22.50/mo. or \$270/yr.

Single Senior
\$ 9.38/mo. or \$112.50/yr.

Director: Larry Tarrant
www.cabotparks.net
(501) 605-1506

**Prevail Fitness
205 North 10th St.**

Facility

- Open 24-hours
- 30+ Cardio machines
- Free motion circuit equip
- Spacious free weight area
- Free staffed child care
- On-site message services
- On-site tanning

Programs

- Certified personal trainers
- Fitness assessments
- +25 Aerobic classes ea. wk
- Zumba, spin, kickbox, splat, body sculpt, biggest loser camp and more!

Rates for District Employees

Single \$ 21.65/mo. auto draft
Add family \$10/mo. (\$21.65 tan)
No Enrollment Fee
Free Tanning with Single memb.
\$259.80 pd in full for year
August Club Enhancement Fee
\$ 21.65
Owners: John & Andrea Sayers
(501) 843-4500

**Xertion Fitness
2251 Bill Foster Mem Hwy**

Facility

- Open 24-hours
- Large spacious cardio machine area with tread-mills and elliptical trainers
- Each cardio machine has an individual television
- Free weights
- Weight machines

Rates for District Employees

Single \$29.95/mo or \$365/yr
Plus \$ 25 Enrollment Fee
\$15 Key Activation Fee
\$ 35 Annual Equip. Fee (Aug)

To Add Spouse \$ 8/mo
Plus \$ 25 Enrollment Fee
\$15 Key Activation Fee

To Add Children—No monthly fee
Enrollment Fee of \$ 45
\$ 15 Key Activation Fee

All Fees Above Do Not Include Sales Tax

Owner: Sam Collins
(501) 605-1744