

TIPS TO GEAR UP FOR WINTER!

Avoiding the Cold and Flu through Hand Washing



Experts increasingly believe hand washing to be the most important element of germ control and disease prevention. Cold and flu viruses are more likely to permeate the immune system when the weather turns bitter. Besides getting an annual flu shot, there are precautions that everyone can take to avoid catching a virus and/or spreading one to others. Hand washing, experts increasingly believe, is a valuable tool at anyone's fingertips.

Preventing Wintertime Falls

Winter is right around the corner which leads to wet and slippery conditions. A common problem among the elderly is broken hips. To help prevent wintertime falls seniors should wear shoes with non-skid soles, stay only on sidewalks or areas that have been cleared of snow and ice, use handrails when available and avoid getting out after dark or in hazardous weather conditions. Be safe by taking precautions!

FEATURED EXERCISE: CHAIR SIT-UPS

Begin by sitting in the chair. Lean slightly forward and stand up from the chair. Try not to favor one side or use your hands to help you. This will help to strengthen your lower body (legs and hips) and will also help to strengthen your core (abs).

NUTRITION TIP

Adding more tomatoes to your diet: makes a big difference in your health!



Fresh, canned, tomato sauce, ketchup, and tomato juice too! All have benefits to them, the main one being that they contain lycopene - an antioxidant that helps in the fight against cancerous cell formation and other kinds of health complications and diseases. Eating seven or more servings of tomatoes per week cuts the risk of cardiovascular disease by 30 percent, according to a recent study of more than 35,000 women conducted at Boston's Brigham and Women's Hospital. This result could be from the lycopene, or also the tomato's high levels of vitamin C, potassium, and fiber.

A Harvard study found that men who ate tomatoes - especially tomato sauce and tomato paste - lowered their risk of prostate cancer by 24-36 percent. Studies also suggest that eating tomatoes may reduce your risk of osteoporosis and asthma, and may improve circulation and reduce inflammation.

So pick up some fresh tomatoes from the farmers market, get some stewed tomatoes to make chili, or add a little more ketchup to your meal. No matter what, it's bound to help!

Food Cures: Breakthrough nutritional prescriptions for everything from colds to cancer - Reader's Digest

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