

## Meet Wendy Story



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Wendy Story, a long-time employee of Magna Composites Lenoir, was going to skip her yearly physical, because like most of us, she dislikes going to the doctor. In order to keep her insurance rates down, she reluctantly scheduled her appointment. “I have to admit I was a little aggravated at first, because I really didn’t want to go.”



According to the American Cancer Society, breast cancer is the most common cancer among American women, except for skin cancers. About 1 in 8 (12%) women in the US will develop invasive breast cancer during their lifetime. It’s the second leading cause of cancer death in women, exceeded only by lung cancer.



The risk of developing breast cancer increases as you get older, but forty-two year-old Wendy, whose family has no history with the disease, was shocked to learn of her diagnosis. “My husband was with me every step of the way... to lean on, cry on, and to pray for me.”

Women with cancer in one breast have a 3 to 4 fold increased risk of developing a new cancer in the other breast so Wendy bravely opted for a bilateral mastectomy, knowing she never wanted to experience the ordeal again. “When I went for my follow-up appointment at my oncologist, she asked if I was happy with my decision, and I said yes.” Wendy was then informed that cancer was found in the tissue of the second breast. Had she not opted for a bilateral procedure, she would have faced a second surgery.

Wendy gives God all the glory for her recovery and credits her family and friends for giving her strength

and sending prayers. “Everyday, multiple people would tell me that they were praying for me and I could feel it!” she says. “I have worked with the same people for a long time and they are just like my family, some of us grew up together, we have worked together since we were 18 years old. I cannot explain how blessed I feel to be a part of this group of people.”

**“My husband was with me every step of the way... to lean on, cry on, and to pray for me.”**

“Sometimes I don’t feel like this has happened to me. It is like I am living someone else’s life.” Her unwavering faith got her through the scariest of moments, her favorite psalm always in her thoughts, “What time I am afraid, I will trust in thee.”  
~ *Psalms 56:3*

Breast cancer deaths have been on the decline since 1989 thanks to earlier detection through screening, increased awareness and improved treatment. The risk can be reduced by staying at a healthy weight, being physically active, limiting alcohol intake, and regular screening can often find breast cancer early, when treatments are more likely to be successful.

“Wendy encourages other employees to have their annual wellness exam,” Teresa Henderson, Human Resources Manager of Magna Composites Lenoir, says. “She has a very positive attitude.”

Wendy adds, “I look at my life and how good I have it compared to other people in this world and I say I have nothing to complain about. I have been blessed!”

#### Wendy Story

## TRIM THE FAT THIS HOLIDAY SEASON



The holidays are a time for festivities, family gatherings and lots of food. It can be difficult for anyone to avoid the temptation of a beloved family recipe or the many seasonal treats that are offered our way. The good news is there are ways to survive the holiday season without packing on the pounds.

- 1 Go easy when adding nuts, cheese, cream sauces, gravy, butter, and whipped cream.
- 2 Use smaller plates when available.
- 3 Eat a healthy snack before going to a party to ease your hunger. Try a protein shake or a healthy salad.
- 4 Chew gum while cooking or when trying to avoid the buffet. Brushing your teeth can also help reduce cravings.
- 5 Cut your alcohol calories in half by alternating water between alcoholic beverages. Try mineral water with lemon or lime.
- 6 Watch your portion sizes – take only small “tastes” of high calorie dishes.
- 7 Don’t feel pressured to clear your plate. If you are full, stop eating.
- 8 Exercise regularly – aim for a 30 minutes of exercise every day.

# 101 ANTIOXIDANTS

## WHAT ARE ANTIOXIDANTS?

Antioxidants are substances found in healthy foods that act in the body to protect cells from damage. Cell damage happens naturally as we age. It also happens when we are exposed to things like pollutants or cigarette smoke. Cell damage can lead to illnesses such as heart disease and cancer.

### An antioxidant can be:

- A vitamin such as vitamins A, C or E
- Plant chemicals like flavonoid and carotenoids
- A mineral such as selenium

### Food sources vs. supplements

You can get all the antioxidants you need from eating a healthy diet containing a variety of antioxidant rich foods. While a supplement may contain only one type of antioxidant, foods contain several hundred forms, making it the better choice.

### Tips for increasing the antioxidants in your diet:

- Add broccoli, spinach, Brussels sprouts, potatoes, and red, yellow, or green peppers to stir fry dishes or serve them with low fat dip
- Add strawberries and raspberries to yogurt or a smoothie, or mix them into a fruit salad
- Sprinkle almonds or sunflower seeds on salads or add them to granola and cereal
- Choose fish at least twice a week. Mackerel, herring, salmon, halibut and tuna are good sources of vitamin E
- Have tomato sauce on top of whole wheat pasta or brown rice
- Roast or bake carrots, sweet potato and squash in the oven

## What foods are rich in antioxidants?



### Berries

blueberries, blackberries, raspberries, strawberries and cranberries



### Beans

small red beans, kidney beans, pinto beans and black beans



### Fruits

many apples (with the peel), avocados, cherries, green and red pears, fresh or dried plums, pineapple, kiwi, and more



### Vegetables

artichoke, spinach, red cabbage, red and white potatoes (with peel), sweet potatoes and broccoli



### Beverages

green tea, coffee, red wine and many fruit juices



### Nuts

walnuts, pistachios, pecans, hazelnuts and almonds



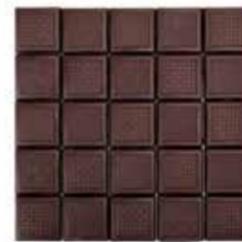
### Herbs

ground cloves, cinnamon, ginger, dried oregano leaf and turmeric powder



### Grains

oat-based products are higher in antioxidants than those derived from grain sources



### Dark chocolate

ranks just as high as or higher than most fruits and vegetables in terms of antioxidant content

Sources: eatrightontario.ca, mayoclinic.org

## DID YOU KNOW?

### Having a pet can decrease your:

- Blood pressure
- Triglyceride levels
- Cholesterol levels
- Feelings of loneliness

### And increase your:

- Opportunities for exercise and outdoor activities
- Opportunities for socialization

Source: cdc.gov

## WHEN SMOKERS QUIT

Within 20 minutes after smoking the last cigarette, the body begins to heal itself.



**20** minutes after quitting

- Your heart rate returns to normal
- Your blood pressure returns to normal
- Body temperature of hands and feet increases to normal



**8** hours after quitting

- Carbon monoxide level in blood drops to normal
- Oxygen levels in blood increase to normal



**24** hours after quitting

- Your chances of heart attack decreases

Sources: Donatelle, R. et al. (2008). Health: the basics. Toronto: Pearson Education Canada.

# WINTER WORKOUTS

Staying active this winter is easier than you think! The cold winter months provide an opportunity to try something new and get in shape. All the activities below are a great opportunity to bond with your family, get off the computer and away from television, and boost that vitamin D!

## Snowboarding

Balancing on a snowboard is a great workout for your butt, legs, abs and arms. Look for a beginner package if you are first starting out to include a lift ticket, rental and lesson.

## Downhill Skiing

Burning about 300 calories per hour, downhill skiing is a high-intensity exercise that helps to improve muscle strength and endurance. It is a lot of fun but can be pricier than most winter sports. Try renting your equipment your first time out on the hills to figure out if this is the right sport for you!

## Snow Hiking

Walking in the snow is a lot harder than it looks! A great exercise for your legs and heart, snow hiking is a simple and affordable option for a great winter workout.

## Ice Skating

Ice skating is a great aerobic activity for people of all ages. Your legs will get a great workout and you will also build up your abdominal and lower back muscles as you keep your balance on the ice. Skating can burn upwards of 500 calories per hour.

## Snowshoeing

A combination of running and cross-country skiing, snowshoeing is one of the fastest growing winter sports! Snowshoeing provides a great aerobic workout, burning 360-860 calories per hour.

Source: sparkpeople.com



**48 hours**  
after quitting

- Nerve endings start re-growing
- Ability to smell and taste is enhanced



**2 weeks to 3 months**  
after quitting

- Your circulation improves
- Walking becomes easier
- Lung function increases up to 30%



**1-9 months**  
after quitting

- Coughing and shortness of breath decrease
- Cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection
- Body's overall energy increases



**5 years**  
after quitting

- Lung cancer death rate decreases by almost half that of a smoker



**10 years**  
after quitting

- Lung cancer death rate similar to that of nonsmokers
- Precancerous cells are replaced
- Risk of cancer of mouth, throat, esophagus, bladder, kidney, and pancreas decreases

# CREATING S.M.A.R.T. GOALS

The first step in making a healthy lifestyle change is to decide on what is important to you. Writing down your goals will change your wishful thinking into a recipe for taking action.

**SMART stands for: Specific, Measurable, Attainable, Realistic, and Timely**  
Whether your mission is to lose weight, get fit or gain energy, setting SMART goals is an excellent way to achieve your dreams. Grab a pen and a piece of paper and follow along with these 5 simple steps to help you on your way to a new, healthy you!

## S BE SPECIFIC

Specific goals help to focus our actions and clearly define what we are going to do. It is much easier to accomplish a specific goal, such as "exercise 3 days a week" than a general goal, such as "get in shape". Specific goals answer:

- **WHAT** do you want to accomplish?
- **WHY** is this important to you?
- **HOW** are you going to do it?

Example:

**WHAT:** I want to lose 10 pounds.

**WHY:** I want to lower my blood pressure to decrease my risk of a heart attack.

**HOW:** I am going to walk for 30 minutes every day after dinner.

## M BE MEASURABLE

Measuring your progress enables you to stay on track and experience the excitement of achieving your goals. "I want to lose 2 inches off my waist" is a measurable goal, while "I want to slim down" is not.

## A BE ATTAINABLE

A goal should require a real commitment from you to achieve it. It needs to pull you out of your comfort zone but not be too far out of reach. For example, a goal of losing 20 pounds in 1 week is clearly not attainable, while a goal of losing 1 pound per week is. The feeling of success from achieving this goal each week will keep you motivated and on track with your overall objective.

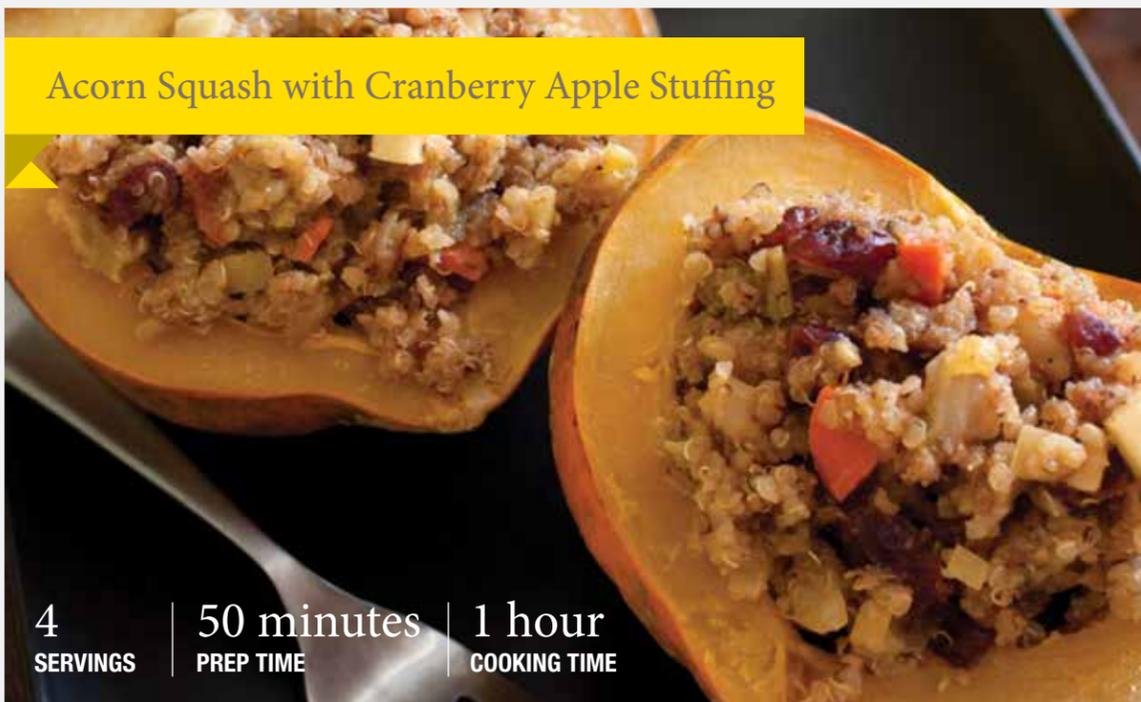
## R BE REALISTIC

Realistic means, is this goal do-able? A goal of never eating a sugary treat again for someone who really loves these foods may not be realistic for them. A more suitable goal might be substituting a piece of fruit in place of the regular sugary dessert that they normally reach for after a meal. Goals should be challenging enough for a satisfying achievement!

## T BE TIMELY

Set a timeframe for your goal (1 week, 3 months, 6 months, etc.). Having an end point gives you a clear target to work towards and gives you the motivation to take action today.

Source: goal-setting-guide.com



### INGREDIENTS:

- 2 acorn squash
- Boiling water
- 2 apples, peeled, cored, diced
- ½ cup dried cranberries
- 1 tsp cinnamon
- 2 tbsp oil (or melted butter)

### DIRECTIONS:

1. Cut squash in half and with a spoon, remove pulp and seeds
2. In a 9 x 13 inch baking dish, place squash cut-side down
3. Pour ¼ inch boiling water into baking dish
4. Bake squash for 30 minutes at 350 degrees
5. Prepare stuffing: Combine apples, cranberries, cinnamon and oil in a bowl
6. After baking for 30 mins, turn squash halves over and stuff center of each with the apple mixture
7. Return to oven and bake for 30 minutes longer (until squash and apples are tender)

### PER SERVING:

- 220 calories
- 7g fat (0.5g saturated fat)
- 0 Cholesterol
- 720mg sodium
- 6g dietary fibre
- 2g sugar

Source: food.com, elena's pantry

## DO-IT-YOURSELF WINTER SKIN CARE

Harsh winter conditions can leave your skin feeling dry and tired. Luckily, we have a solution for you that won't break the bank. Try this cucumber and honey hydrating mask to leave your skin feeling toned, moistened, lightened and clarified.

### INGREDIENTS:



½ BANANA



½ CUCUMBER



1 TBSP. HONEY



4 TBSP. LEMON JUICE

Take a bottle of honey and make it smooth and easy to work with by microwaving or heating it up in a warm bottle that is resting on top of simmering warm water. While your honey is loosening up, add your banana and cucumber to your food processor or blender and blend into a puree. Add lemon juice and honey to the puree until you have created a paste. Apply the mask to freshly washed skin and leave on for 30 minutes. Remove with warm washcloth. Repeat once a week for optimal results.

Source: counterculturebeauty.com

We would love to hear from you!  
Send your suggestions / comments to:

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