

THRIVING *and* SURVIVING



New Year...New Goals....Let's Move in 2019!

The Centers for Disease Control and Prevention (CDC) recommend that adults “engage in moderate-intensity physical activity for at least 30 minutes on five or more days of the week,” or “engage in vigorous -intensity physical activity for at least 20 minutes on three or more days of the week”

What is physical activity?

Physical activity is defined as any bodily movement produced by skeletal muscles; such movement results in an expenditure of energy. Physical activity is a critical component of energy balance, a term used to describe how weight, diet, and physical activity influence health, including cancer risk.

How is physical activity related to health?

Researchers have established that regular physical activity can improve health by:

- ⇒ Helping to control weight
- ⇒ Maintaining healthy bones, muscles, and joints
- ⇒ Reducing the risk of developing high blood pressure and diabetes
- ⇒ Promoting psychological well-being
- ⇒ Reducing the risk of death from heart disease
- ⇒ Reducing the risk of premature death

In addition to these health benefits, researchers are learning that physical activity can also affect the risk of cancer. There is convincing evidence that physical activity is associated with a reduced risk of cancers of the colon and breast. Several studies also have reported links between physical activity and a reduced risk of cancers of the prostate, lung, and lining of the uterus (endometrial cancer). Despite these health benefits, recent studies have shown that more than 50 percent of Americans do not engage in enough regular physical activity.

Take the pledge in 2019

Be Active!

Exercise at least 3 times a week for 30 minutes.



Eat Healthier!



Drink more water, limit junk food, increase fruits and veggies



Know your numbers!

Blood pressure, cholesterol and BMI

Nutrition Corner w/Christine

As pizzas go, this **Personal Portobello Pesto Pizza** doesn't get much healthier than this. Herbs, mushrooms, olive oil and cheese make for an incredibly balanced meal that is just as tasty as it is nutritious. Sprinkle some oregano on top to add another dimension of health benefits and flavor!

Recipe courtesy of *Cook for Your Life*:

2 Portobello mushrooms, cleaned, stems and gills removed
2 tbps olive oil
1 cup pesto
1/2 cup ricotta cheese
Salt, to taste

Preheat oven to 350 degrees. On a n aluminum foiled wrapped sheet tray, place the mushrooms stem side up. Drizzle 1 tablespoon of olive oil onto each mushroom. Place in the oven and bake for about 10 minutes or until soft. Take the mushrooms out the oven and divide the pesto and spread onto each mushroom cap top with small dollops of ricotta. Return the tray to the oven and bake for another 5 minutes or until the cheese has melted.

January 2019 Survivorship Resources

Breast Cancer: SOS- Survivors Offering Support

Trained breast cancer survivor volunteers offer their support and knowledge to patients during or after treatment. We would love to have you become a part of our team! Inquire about the next training date.

For Information call:
Edla Coleman, SOS Coordinator (410)822-1000 ext. 5866

Women Supporting Women Breast Cancer Group

Groups are held on the 4th Tuesday of the month at 6:30pm at the Christ Episcopal Church in Cambridge.

For Information call:
Sue Todd (410) 463-0946 or (410) 228-3161

CARES Patient Support Group

Group held on the 1st and 3rd Thursday of every month from 5pm to 7pm at the Cancer Center.

For Information call:
Sharon Loving (443) 254-5940

Cancer Support Group-Chestertown

For all persons with any type of cancer, an interest in cancer and/or caregiver of someone with cancer.

For Information call:
Chrissy Nelson, RN (410) 778-7668 ext. 2175



****CAREGIVERS COFFEE****

2nd Saturdays 9-10:30am
Support for anyone who lives with, lends a hand or listens to someone going through cancer.

Facilitated by: Patty Plaskin, PhD, LCSW-C
For information call:
410-820-6800

MONTHLY

Pets on Wheels visits SRCC Tuesdays @ 10am

Wig Room available by appointment @ SRCC
Contact Diana Evans at (410) 822-1000 ext 5362.

SUN	MON	TUE	WED	THUR	FRI	SAT
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Calendar of Events

1-18 **Prosthesis Clinic for Breast Cancer Patients**
at Clarke Comprehensive Breast Center from 11am to 4pm. Contact: Elisa Lawson (410) 822-1000 ext. 7156

