

BUCK News & Updates

Quarterly Newsletter (Spring 2021)

buckcancerfoundation.org

GET YOUR BEACH BODY ON!



SPRING INTO NUTRITION

Spring into the Season with BUCK! As our BUCK-a-Pound fundraiser is ongoing this spring, we decided to focus our attention on some ways you can get yourself healthy and active this season.

There are a lot of messages about what you should and should not eat so we are here to simplify nutrition and help you make healthy decisions! Harvard's Healthy Eating Plate recommends eating mostly vegetables, fruit, whole grains, healthy fats, and healthy proteins. They also suggest drinking water instead of sugary beverages, and reducing your sodium and alcohol intake.

The Academy of Nutrition and Dietetics tips for eating right for a healthy weight include: setting a plan for lifelong health, planning your meals ahead of time, and balancing your plate with a variety of foods.

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BUCKS FOR BUCK

Our “**BUCK a Pound**” **60-day Weight Loss Challenge** is halfway through and our BUCK a Pounders have lost over 30 pounds (or 2.7% of initial weight), collectively.

MARK YOUR CALENDAR: On Thursday **June 10 at 6 pm** BUCK will be hosting its 2nd Virtual Happy Hour for 2021 – **Healing with The Blues**. We will have **Venom Blues** from Wilmington, DE providing the ambience for the evening – along with two speakers on **Reiki and Mindfulness**. Mark your calendars, you don't want to miss this one! Go to buckcancerfoundation.org for more details.

QUILTS ARE A STITCH IN TIME!

Our May Quilt is the **Dresden Plate**. The stitching is delicately close – check it out!

[etsy.com/shop/bucksforcancer](https://www.etsy.com/shop/bucksforcancer)



SPOTLIGHT ON EXERCISE

We all know that regular physical activity is an integral part of a healthy lifestyle with a multitude of proven benefits. Long-term studies continue to find more and more links between exercise and cancer prevention, better quality of life during cancer treatment and improved treatment outcomes.

Observational studies (studies in which people are followed for many years reporting on their level of physical activity) showed a strong connection between a higher level of physical activity and a reduced risk of several cancers such as breast, colon, kidney, and stomach. Because exercise can help you manage your weight, you may be able to avoid obesity, a known risk factor for many cancers, which is also associated with the recurrence of cancer.

The benefits that exercise delivers when you are in good health become even more important when managing the effects of cancer treatment.

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SPOTLIGHT ON EXERCISE (continued)

Working out reduces depression and anxiety, it improves your strength and – a crucial factor while in treatment – it boosts your energy. Exercise can help with pain, and there is some evidence that it improves sleep quality and bone health. Although it may seem even harder than usual to get motivated to go to the gym or even for a walk when you're dealing with other health issues, the payoff is proven.

So how much exercise do you need? Recommendations vary, but doctors suggest at least 150 minutes of moderate or 75 minutes of vigorous aerobic activity per week. It is important to include strength and flexibility training, at least twice a week each. Finally, balance exercises are a good addition to your routine. To help you manage all of that, consider consulting a trainer who is certified by the American College of Sports Medicine and who focuses on clients in cancer treatment or recovery. At the very least, discuss any exercise program with your doctor before getting started.

Learn more at:

- www.mayoclinic.org/diseases-conditions/cancer/in-depth/secret-weapon-during-cancer-treatment-exercise/art-20457584
- www.cancer.gov/about-cancer/causes-prevention/risk/obesity/physical-activity-fact-sheet
- health.clevelandclinic.org/should-you-exercise-when-you-have-cancer-2



SPRING INTO NUTRITION (continued)

Half your plate should be fruits and vegetables, one fourth should be protein like lean meat, beans, fish or poultry and one fourth should be grains. You can complete your plate with fat-free or low-fat milk, cheese, or yogurt. If you are looking for a personalized eating plan, the MyPlate Plan will give you the correct amounts of each food group you need daily for your height, weight, and physical activity level.

myplate.gov/myplate-plan

AYURVEDA IN SPRING

Spring welcomes the full bloom of flowers and the celebration of Mother's Day. As we venture outside to enjoy the longer days, it's important to nourish your whole self: mind, body and spirit. Help keep your body balanced this Spring with the following Ayurveda diet and practices.

- Replenish your body by drinking 5-10 glasses of water a day. Add lemon or lime.
- Get outside and try hiking, biking or strolling through your neighborhood.
- Get plenty of sleep.
- Eat fresh green salads, with asparagus, chicory, arugula and red leaf.

OUR AMAZING 2021 SPONSORS

