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Writing samples

BE Healthy September 2008

BE Smart, Eat Healthy

Your garden bounty is coming to fruition. You've used organic fertilizers and your crop is the best it has been in years. You hold a vine-ripened tomato in your hand, wipe it off on your jeans, and take a big bite – ahhh yes!

Wouldn't it be refreshing to have that same great taste in February? Home canning has skipped a couple generations, but it is making a comeback, as consumers are more concerned about how their food is grown, its impact on their long-term health, and the inflating cost of fresh produce. Whether you grow your own produce or frequent the farmer's market, you have the ability to capture nature's essence in a jar.

Can I really do this?

If you can answer, "yes" to the following questions, you should consider giving canning a try:

- Do you love fresh ingredients?
- Does creating great tasting food for family and friends all year round provide a sense of pride?
- Are you interested in knowing exactly what is in your food?

Canning is not difficult and there are many books and web sites that offer step-by-step help thoroughly detailing timing, supplies, produce to use, and recipes to try. We've listed some of these sites at the end for your convenience.

Where to begin

There are two types of canning approved by the United States Department of Agriculture (USDA). Water-bath canning and pressure canning each provide a safe method to preserve your produce.

Water-Bath Canning

This method calls for the jars to be completely submerged for a specific period of time to allow the internal jar temperature to reach 212 degrees.

Pressure Canning

This method encloses the jars in a large kettle that produces steam in a locked compartment. Jars reach a desired 240 degrees under a specific pressure method that is measured in pounds.

If you have old recipes from grandma that use different methods like the oven method, open-kettle method, dishwasher method, or the aspirin method; you

might want to keep those recipes for nostalgia's sake, but rely on the above methods for creating healthy, usable, and safe products.

Start with the Best

Successful, tasty canning begins with using the best produce you can find. If you don't have a garden, use your local farmers' market to purchase your produce. Keep in mind that proper planning will be important because you will need to start the canning process quickly after the produce is harvested (six to 12 hours) to preserve the nutritional value and flavor in your canned products.

Sensational Taste – Well Worth the Effort

While canning isn't particularly difficult, it does take a fair amount of time and planning on your part. The benefit will be realized on a blustery winter day when you open a jar of salsa and the fragrance of summer fills the room – then, you'll be glad you made the effort.

Here Are Some Basic Tips

- Start with the freshest, best products available.
- Know the rules and techniques for your canning or preserving method before you start your project.
- Work in short sessions to prevent fatigue and potential mistakes.
- Stay up to date on new or revised guidelines for your preserving method.
- Use the correct processing method and processing time to destroy microorganisms.
- Don't substitute ingredients – improvisation and safe food preparation are not compatible.

Web Site Assistance

Freshperserving.com – Sponsored by Ball products. Site provides printable instructions and educational videos.

Uga.edu/nchfp/how/can_home. National Center for Home Food Preservation site provides a wealth of information for safe food preservation.

BE Healthy November 2008

What to Wear?

That can be a decision that paralyzes us every morning. Depending on where you work, go to school, or spend the majority of your day; you have an idea of what is appropriate to wear. Whether you like what is hanging in your closet or not, you make a choice.

What happens when you don't know what to expect? The winter months have many of us signing up for exercise classes through community programs or a local gym. The question you may be asking is: what do I wear to my new group exercise class? Can I wear the same thing for a spin class as I do for yoga or pilates class?

It is important to research and have the right clothing for the right exercise class. If you feel comfortable going in to and during the class, you're more likely to stick with the class. The more classes you attend, the better your health will be...so let's get a handle on what you need!

Spin Class:

This is a biking class that uses stationary bikes and high-powered music to provide an aerobic work out you won't soon forget. Proper clothing for this class included padded bike shorts and a moisture wicking t-shirt (you will swear like crazy). Bike shorts are not the most glamorous piece of clothing you'll ever own, but you'll praise their design at the end of your class. Don't scrimp on your biking shorts. They will be the difference between loving and hating the class. There are specific bike shirts that include pockets in the back to hold your water bottle or locker key. Bike shops and online retailers offer fun lines of biking clothing.

Yoga and Pilates

Your clothing choice for these classes should be comfortable, fitted clothing that allows your body to have a full range of motion with no restrictions. You want to make sure that your clothes keep all your private parts private as you bend, stretch, and reach. Your room will heat up as you begin moving, so choosing a breathable fabric is a bonus. It is important for your instructor to be able to view your form at all times, so you don't want clothing that is too baggy. Yoga and Pilates clothing can be found online, at sporting goods stores, big box retailers, and specialty stores.

Group Fitness Class

Step, Body Pump, Core and Glutes, Zumba, and many other group classes provide an opportunity to pump it, move it, shake it, and strengthen it. In most of these classes you are up and down, side-to-side, front to back, or moving in place. Here you have the most variety for clothing options. Classes are usually held in studios, with a large group of people, and it will get warm. Shorts, and a moisture-wicking tank are your best options.

The Foundation of Your Exercise Clothing

Finding the right bra for every day or for exercising is right up there with buying jeans or a bathing suit. It is tough to find the perfect fit. If you are participating in any sporting activity, take the time to find the right sports bra that will provide comfort and support and eliminate the risk of breast tissue damage from your active lifestyle.

Take these things into consideration when choosing your sports bra.

Define Your Activity

Will you be participating in a high-impact sport like running, tennis, or step-aerobics; or are involved in a low-impact activity like yoga, strength training, or

walking? Sport bras are not created equal and you may need more support depending on your activity level.

Know the Fabric

Fabrics today offer amazing options like breathability and moisture wicking. The more things the fabric does, the less irritation you'll experience and the more you'll enjoy your work out.

Research the Design

We are all created differently. The sports bra that your friend says is amazing, may not work for you at all. It is important to try on a variety of styles to determine the best fit for you. Do you need additional comfort in your shoulder for support? Do you need a lower cut under your arms if you're performing repetitive motions to avoid chafing? Do you need to be able to adjust around your ribs or will a sing elastic band work? If you are unable to find the right design on your own, go to a specialty store and ask for help.

Finding your style in exercise clothing will have your feeling good and looking good. Get the most out of your next workout by having the style tools you need in place.

This series of articles was used for a Blodgett Hospital Newsletter.

Lisa Taylor 616-826-9584

We Want To Be Good Neighbors

Blodgett Hospital's new patient care building will break ground in June 2008. The new two-wing, 4-story building will face Wealthy Street and will house 140 private patient rooms and eight operating rooms. The two wings will be connected by family-space hallways that will overlook our newest and largest healing garden.

Our Blodgett neighbors were a big consideration in our planning process. There are several areas on the Blodgett grounds that will receive a landscape facelift to become more cohesive with the East Grand Rapids (EGR) area. "We will make changes to traffic flow and landscape our new parking area so our neighbors won't be impacted by our patient and visitors' coming and going," says Jim Wilson, Blodgett Hospital president. "This is an exciting time to be part of Blodgett and the EGR community. We look forward to working with our neighbors to continue the tradition of excellence and quality care that is the hallmark of Blodgett."

In addition to the \$58 million in new construction, approximately \$40 million will be spent in a complete overhaul of infrastructure systems to achieve optimal performance today and growth capacity in the future. Renovations will include operating rooms, nursing units, patient rooms, parking ramps, kitchen, cafeteria, hospital entrance, lobby and public meeting spaces.

Our commitment to this community will be very visual over the next two and a half years. We are here to stay—stop in and get to know us.

Blodgett Emergency Department Q & A

Q: What are the best safety tips to stay out of the Emergency Department (ED) this summer?

Answers provided by John P. Deveau, DO, MPH
Medical Director, Blodgett Hospital Emergency Department

A: With warmer weather approaching, more people will be venturing outside to participate in a variety of activities. Without question, the single biggest factor in staying out of the ED is prevention. Using common sense and established rules for each activity will minimize potential injuries for any given activity. The following are common preventive measures:

1. Wear a helmet.

Helmet use should accompany any wheeled activity. Helmets can reduce incidence of brain injury by 85 percent and yet only about 25 percent of the people wear activity appropriate helmets. Most helmet use is in the five to 14 year-old age group, with adult utilization approaching zero, according to the Center for Disease Control.

2. Water safety.

Always use the “buddy system” (don’t swim alone), and never mix alcohol and swimming. Know the limits of your swimming abilities and stay within them. Use Coast Guard approved life jackets and flotation devices. Never drink alcohol when operating any kind of water craft. Be familiar with the body of water you’re entering before diving to prevent potential head, neck, and neurological injuries.

3. Bike safety

Always wear a helmet. Use sidewalks and bike paths whenever possible. When traveling in the road is necessary, ride with the flow of traffic close to the road shoulder and obey all road traffic laws.

4. Environmental conditions, stings and bites.

Be respectful of environmental conditions. Sunscreen, proper hydration, and avoidance of strenuous mid-day activities can minimize potential heat-related injuries. Activities should be postponed if lightening or the threat of lightening exists.

Stings and bites are another potential hazard. DEET containing insect repellent applied to clothing and exposed skin will minimize potential mosquito exposure

and the reduce the threat of West Nile Virus. Eliminating sources of standing water—like a birdbath and staying in at dawn and dusk when mosquitoes are most active, will also help.

5. Appropriate supervision.

Appropriate adult supervision is critical. The lack of appropriate supervision frequently is a factor in traumatic injuries involving campfires, playground equipment and trampoline use.

Q: What advice can the ED give to weekend warriors?

A: I consider “weekend warriors” individuals who venture out to participate in sporting activities as well as those who take on home maintenance projects. When appropriate precautions are not taken, a trip to the ED may be in store. Anyone who has had a significant sedentary period (winter) should be evaluated by their family doctor before engaging in any sustained fitness activities. Adult safety and prevention rules include: helmet use, the “buddy system” for water sports, appropriate hydration and protection from the elements.

Injury prevention is the key to home maintenance. Remember to turn off all equipment before attempting to adjust or repair it. Use appropriate safety equipment like eye protection, work boots or other protective clothing. Use the “buddy system” whenever working on a ladder. Survey the lawn before mowing to prevent any “U.F.O.’s” (unintended flying objects) and follow the operating guidelines for your mower. Remember that working outside in hot weather can be strenuous and appropriate hydration is important.

A History of Service

The Guilds of Blodgett Hospital

One of the strongest threads woven in the rich history of Blodgett Hospital is the Guilds. For more than 80 years, Guild members have touched patients, staff and the community with their dedication, time and talent. Utilizing approximately 160 volunteers, the Blodgett Guilds provide 11,424 hours of service each year. The combined fundraising efforts of the Blodgett and Butterworth Guilds, contribute approximately \$400,000 annually to Spectrum Health.

Nancy Wright, Blodgett Auxiliary Board president, is proud of the service provided by the Guild volunteers at Blodgett Hospital. “Our service in the Garden View Cafe´ is about more than good, home-cooked food served efficiently. We take the time to let each customer know that we care about them. Our goal is to create a grand experience and provide a respite from worries.” Wright says that for the families that have traveled a long distance or if a loved one is experiencing an extended stay, the Cafe´ volunteers become family.

Also staffed by Guild members is the Window Shop. "It is a fantastic gift shop and provides some of the best shopping in East Grand Rapids," boasts Wright. The Window Shop offers a wide variety of necessities, a terrific selection of gifts, and a friendly, smiling face ready to help visitors choose the perfect item to brighten someone's day.

The Guilds are always looking for new members and the process to belong has become much easier in recent years. "Members are only required to work three to four hours per month. Most members work more than that because they enjoy having a purpose and giving back to meet the needs in their community," says Wright.

For more information on joining a Guild, call the Spectrum Health Foundation at 391-2000. To become a volunteer at Blodgett Hospital call 774-7649.

"Nature is but another name for health" ...Henry David Thoreau

The connection between healing and nature can be traced back to the early Asian, Greek and Roman cultures. The Greeks created healing temples where people gathered to reap the benefits of mineral springs, bathing pools, gymnasiums and healing gardens. Blodgett Hospital provides two unique healing gardens for patients, families and staff so they can experience the restorative benefits of nature.

Tom Theoret, manager plant operations Spectrum Health Hospitals, proudly talks about the interior healing garden. "It is beautiful from every angle and at every level. There is always something blooming and it is even appealing in the winter." Theoret should be proud, the interior healing garden and Everett's Landscape Management, Inc. was recently awarded the Michigan Nursery and Landscape Association (MNLA) 2007 Grand Award (1st place) for a commercial design build. Brian Diemer, owner and vice president of Everett's, commented on the healing garden in Everett's 2007 Highlight Portfolio. *Spectrum Health had a vision of creating a place where peace and comfort transcend to those who visit it.*

The newest garden at the main entrance sets a positive experience in motion before patients, visitors and staff who enter the hospital. Complete with a waterfall and koi pond, the garden invites everyone to stop a minute and enjoy what nature has to offer before heading into the busyness of their day.

The healing gardens provide more than just beauty. According to two leaders in the field, Clare Cooper Marcus and Marni Barnes, healing comes because gardens promote:

- Relief from symptoms
- Reduction of stress, blood pressure and respiration rate
- Improvement in an overall sense of well-being and hopefulness

Brenda Wierenga, R.N., patient relations coordinator for Blodgett Hospital, was able to share these thoughts from patients:

- I love looking out from my room into the healing garden.
- I liked going outside and sitting in the garden with my family.
- The healing garden is beautiful and a great place to get away.

Linda Bennett COTA shared a memory of a burn patient that was with Blodgett for almost a year. The patient regularly went out to the garden as a part of therapy. Our healing garden was a happy reminder of the rose garden at the patient's home with hundreds of rose bushes. That time in the healing garden helped to create a positive mental attitude as the patient worked toward healing and leaving the hospital.

Know Your Medications

You reconcile your bank statement because it is important to know that every penny is accounted for. Do you go to the same lengths to reconcile the medications you are taking? Marti Slot, PharmD, clinical pharmacy specialist at Spectrum Health, offers some tips to take control of your medication history.

1. Create a complete list—computer generated if possible— of all prescribed medications, over the counter medications (aspirin, ibuprofen), herbals (gingko) and “as needed” medications (nitroglycerin, tylenol) that you're taking. For each medication include:
 - a. Name of the medication
 - b. Dosage and frequency
 - c. Purpose for taking medication
 - d. Directions for taking medication
2. Document where your prescription medications were obtained
 - a. Pharmacy name, location and phone number
 - b. Mail order address-postal service or internet
3. Keep an up to date list with you at all times and make sure a family member has a copy of the list or can easily find a copy.
4. Share your list with each doctor that you visit. Update the list by adding or removing medications as they change.

Every patient that is admitted to Spectrum Health will have their medication reconciled. If a patient doesn't have a list of current medications, our admitting staff will work to obtain a complete medication history. During your stay, your medication history will be updated as needed and you will receive a new medication history when you're discharged.

You can download a Personal Medication History Form at spectrum-health.org/medhistory

The US Surgeon General reports that half of all women older than 50 and one in four men will break a bone because of osteoporosis.

Be aware however, osteoporosis can occur at any age. "Osteoporosis" means porous bone. Osteoporosis causes the holes and spaces in your bone to become larger and the bone less dense, weaker and fragile. This change in bone makes you more susceptible to fractures even with minor bumps, slips or falls.

Osteoporosis is painless until a fracture occurs. Fractures can occur in almost any bone, but most frequently they happen in the wrist, spine and hip. According to estimated figures, more than two million fractures in 2005 were attributed to osteoporosis including approximately:

- 297,000 hip fractures
- 547,000 vertebral fractures
- 397,000 wrist fractures
- 135,000 pelvic fractures
- 675,000 fractures at other sites

It is not too late to be good to your bones

Throughout your entire life your body will make bone and lose bone. During your youth, your body makes more bone than it loses reaching your peak bone mass in your mid-twenties, when you will have your greatest amount of bone. In mid-life, the spiral starts in the other direction and you will begin to lose more bone than your body creates. Margaret Biersack, R.N. and Community Health Programs manager, uses the analogy of a bank for those attending Healthier Communities Osteoporosis classes. "In your youth you make deposits to your bone health account. If you fail to maintain that account, your withdrawals will outnumber your deposits and your bone health will suffer."

Recipe for Bone Health

- Get enough calcium and vitamin D, and eat a well-balanced diet
 - Work with your physician to determine what is right for you
- Do weight-bearing and resistance exercises
 - Walking, running, dancing, weight training, fitness bands
- Don't smoke
- Drink alcohol in moderation
- Take control of your bone health and talk to your physician about having a bone mineral density test at your next health assessment

What is a Bone Mineral Density (BMD) Test?

The BMD test is painless, noninvasive and safe. The test measures the density of your bones as you age. The BMD test compares your bone density with the standards for what is expected of someone of your same age, gender and size. BMD testing can help to:

- Detect low bone density BEFORE a fracture occurs
- Confirm a diagnosis of osteoporosis if you've already had a fracture
- Predict your chances of fracturing a bone in the future
- Determine your rate of bone loss and/or monitor the effects of treatment if the test is conducted at intervals of a year or more

Nancy Mason, Spectrum Health physical therapist, encourages the patients she works with to adopt proper posture to protect bone health. "We're a 'society of slouchers' and that puts our bones at a greater risk." She suggests standing and sitting like you're trying to show off a beautiful necklace, or for men, straightening a tie—straighten your spine, shoulders relaxed and slightly back, neck long and chin level. Mason also encourages patients to incorporate proper nutrition, balance activities and core training into their daily life. These elements, when practiced together, help to prevent falls and possible fracture.

Don't wait any longer, we encourage you to take control of your bone health today. If you do experience a fracture, the Spectrum Health Orthopaedic Program is ready to care for you. We take a multidisciplinary approach to your treatment relying on 50 affiliated orthopaedic surgeons, a team of dedicated orthopaedic nurses and rehabilitation specialists to get you moving again.

For additional osteoporosis information visit:

spectrum-health.org/ortho

spectrum-health.org/healthiercommunities or call (616) 391-5000

nof.org (national osteoporosis foundation)

Stroke

Be Aware and Be Prepared – Time is Brain

Do you know of the warning signs of stroke? Were you aware that women may present different warning signs from men? Did you know that stroke kills twice as many women as breast cancer every year and that more women than men die from strokes? Have you heard that stroke is the third leading cause of death in the Great Lakes Region and the leading cause of adult disability?

Blodgett hospital wants you to know that we have good news to share. Stroke is preventable and treatable. At the first sign of stroke, "Call 911 immediately," says Dale Shamblin, Blodgett Hospital emergency department (ED) manager. "Make a conscious note of the exact time your symptoms started and share that time with the emergency responders. The first three hours after the first sign of a stroke

are critical and getting immediate help can be the difference in successful stroke recovery.”

Shamblin explains that the ED treats many cases of Transient Ischemic Attack (TIA) and he is glad to see those patients. TIA is a mini-stroke that lasts only a few minutes and the symptoms may disappear within an hour. TIAs are warning signs from your body that should not be ignored. Shamblin stresses that all stroke-like symptoms signal an emergency and you should not wait to see if they go away. About one-third of those that have a TIA and do not seek treatment for the underlying risk factors will have an acute stroke some time in the future.

TIA and stroke symptoms can include:

- Numbness or weakness in the face, arm, or leg, especially on one side of the body
- Confusion or difficulty in talking or understanding speech
- Trouble seeing in one or both eyes
- Difficulty walking, dizziness, or loss of balance and coordination
- Sudden severe headache with no known cause

Additional symptoms experienced primarily by women include face and limb pain, hiccups, nausea, general weakness, chest pain, shortness of breath and palpitations.

Stephany Esch, R.N., C.N.R.N.(Certified Neuroscience Registered Nurse), was caring for an 82 year-old patient when she notice the distinct signs of stroke occurring. “I checked on my patient at 8 a.m. and she was fine. She showed no signs of stroke and was generally in good health with no stroke history. By 9:30 a.m, her speech was slurred and her entire left side was numb. We ordered a head computed topography (CT) scan and it was confirmed that the patient was having a stroke. Because I knew the symptoms of stroke and acted quickly, the outcome was good for the patient.”

The Blodgett certified stroke center team wants to remind you that there is help for ischemic stroke when t-PA—an FDA approved clot-busting drug that dissolves a clot and restores blood flow to the brain—is administered. The key to the drug’s success is that t-PA must be administered within **three hours of the first signs of stroke**. Most patients arrive 12-24 hours after the first stroke symptoms appear and studies have shown that women take 46 percent longer than men to get to the emergency room after stroke symptoms begin. Theresa Peliotes, R.N., M.S.N., C.N.R.N. and Spectrum Health quality improvement specialist, wants the public to respond immediately to stroke symptoms because *Time is Brain*. "The longer blood flow is cut off from the brain and the longer treatment is delayed, the more likely it is that the patient will suffer permanent damage," says Peliotes.

Stroke Prevention Lectures and Screenings

Our nurses are available to provide educational stroke prevention lectures for community groups and to assist in screening individuals who may be at risk for stroke. To schedule a community lecture or screening, call (616) 391-9070.

Pull-out (158)

Treatable risk factors for stroke.

Over 90% of Michigan women have one modifiable stroke risk factor and 55 percent have two or more.

- **High blood pressure.** This is the most potent risk factor for stroke. Have your blood pressure checked by your physician. If it is high, work out a strategy to bring it down to normal range.
- **Cigarette smoking.** Cigarette smoking has been linked to the buildup of fatty substances in the carotid artery. Blockage of this artery is a leading cause of stroke.
- **Heart disease.** Work with your primary physician to determine if you are at risk for heart disease.
- **Warning signs or history of stroke.** Know the warning signs. If you experience TIA get help at once. Dial 911 for emergency medical assistance.
- **Diabetes.** If blood glucose levels are high at the time of a stroke, then brain damage is usually more severe and extensive than when the blood glucose is well-controlled.

This series of short articles was for Amway NUTRILITE *Wellness Wire* Monthly newsletter.

[introduction copy – main landing page]

Welcome!

Your body can't use what you don't give it. Think of a car. When the driver turns the key, they expect the car to start, speed up and slow down, and run efficiently for the amount of time the car is driven. But, without the right gas, right levels of fluids, and other general maintenance, the car won't run. Think of your body exactly the same way. When you're ready to take on physical activity make sure your body is properly fueled, has the right level of fluids, and the general maintenance is current to allow you to perform at your peak training level. In this issue of *Wellness Wire*, you will learn how to fuel properly before, during, and after exercise. We hope this information will help you reach your fitness goals.

If the *Wellness Wire* is not sent directly to you, you can sign up for your own FREE subscription at NutriliteHealth.com > News and Events

Enjoy!

The NUTRILITE *Wellness Wire* Editorial Team

Tab: News You Can Use

Invest in your personal fitness recovery

If you pride yourself on being fit, you've likely doled out some cash to keep it that way. Whether you spend it on gym memberships, club fees, athletic gear and shoes, race entry fees, or local fitness classes, staying fit oftentimes isn't free.

One of the biggest mistakes that many people make is investing all their money in the workout, with little thought to what they should be doing to properly recover. It makes sense that you wouldn't want to squander the investment in your health and fitness by neglecting what happens after a workout.

By allowing adequate rest and recovery between workouts and replenishing your body with some key nutrients after exercise, your body will be better equipped and ready to tackle the next athletic challenge you pursue!

Here are some new NUTRILITE® Sports Nutrition products that can help you get started on the road to proper athletic recovery:

- **NUTRILITE Whey Protein Bar:** The key ingredient that's going to aid in your recovery is right in this product's title: whey protein. The NUTRILITE Whey Protein Bar comes in a yummy Chocolate Peanut Butter flavor and provides a whopping 25 grams of whey protein, which when consumed 30-60 minutes after exercise, can help your muscles recover and rebuild. The bars also contain all-natural Red Orange Complex (ROC), which was shown in clinical studies to combat increased free radical damage and reduce oxidative stress, which can lead to decreased physical performance and muscle fatigue.
- **NUTRILITE Quick Recover Drink Mix:** The 2,000 mg of L-glutamine in this drink mix helps repair damaged muscle, relieves muscle discomfort, and aids in building new lean muscle. NUTRILITE Quick Recover Drink Mix in Pineapple Orange and Strawberry Lemonade flavors mixes natural ingredients, natural flavors, carbohydrates, and whey protein concentrate. With each drink, you'll get high quality, amino-rich whey protein that provides the body with branched chain amino acids to start repairing and rebuilding muscle. You'll also replenish and refuel for longer, harder workouts with key electrolytes sodium and potassium, and the exclusive NUTRILITE C-Lenium blend, which provides 10% of the Recommended Daily Value of selenium for broad antioxidant protection from harmful free radicals. For a limited time, when you purchase two of either flavor of Quick Recover Drink Mix, you can take 25% off a NUTRILITE Blender Bottle, which lets you mix up a smooth drink anytime, anywhere.
- **NUTRILITE Restore Drink Mix:** A blend of amino acids (GABA, L-Theanine, and 5-HTP), calcium, and a calming herbal blend, plus 2,000 mg of L-glutamine, 60 mg of Vitamin C, and seven mcg of selenium

promote relaxation, support immune function, and serve as a powerful antioxidant when used in the evening or prior to sleep. With Restore Drink Mix in Strawberry Lemonade flavor, you'll relax while you rebuild and restore muscle, so that you wake up revitalized and ready for your next challenge.

Tab: Product Focus

Endurance Cubes: End the Bonk

Ever wonder how someone's body can handle running a marathon, completing a triathlon, or biking hundreds of miles?

You might not pack a snack to walk the dogs or run through your local park, but endurance athletes have to plan for proper nourishment to make it through the challenge of performing for hours at a time.

Even if you aren't running a marathon, there are occasions where you might be working out for a prolonged period of time and desire an extra boost to power you through your workout.

NUTRILITE® Endurance Cubes are a convenient, portable way to make sure you have nutrition on hand when you need it. A five-cube serving before your workout will give you a quick energy boost to prepare your body for what's ahead, and additional servings every 30–45 minutes will keep you going during prolonged exercise.

Here's how Endurance Cubes can help you through your workout:

- They contain electrolytes to help replace the sodium and potassium the body loses during exercise.
- Boosts energy production with B vitamins and caffeine.
- Speeds energy to muscles and helps power through physical activity with the right blend of fast-burning carbohydrates.
- Protects against free radicals that are a result of prolonged exercise with a special antioxidant vitamin blend – NUTRILITE C-Lenium – with vitamin C and selenium.

Make your next endurance event one to remember – try Endurance Cubes in Berry and Fruit Burst flavors.

Check out a hilarious video that shows you what could happen if you don't get proper workout nutrition at EndTheBonk.com.

Tab: Health

Develop a sports nutrition plan.

To achieve peak athletic performance, you have to have a solid, sound nutrition plan. A wholesome diet, adequate fluids, and appropriate supplements should all be part of your individual plan. By understanding what makes up your sports nutrition needs, you can create a plan that will help you achieve and maintain optimal results from your workouts.

Make sure you're providing your body with the right amount of calories to generate the energy required to reach your personal training goals. The energy you receive from your daily calories is a direct result from the types of food you eat including macronutrients: carbohydrates, protein, and fats. The amount of each of these macronutrients and the timing of consumption is crucial to athletic performance.

- **Carbohydrate is key when it comes to peak performance.** The amount of carbohydrate you need depends on how you train, when you eat, and length of your exercise sessions. It is important to eat carbohydrates before, during, and after exercise to build up, maintain, and restore glycogen levels – glycogen is the source of energy most often used for exercise.
- **Protein is needed to build and repair the body's tissues.** Athletes can get protein from foods such as milk, lean meats, and beans. Many athletes rely on supplements like protein shakes and bars. Protein should be consumed in moderate amounts before and after exercise.
- **Fats are essential to the body.** Healthy fats provide energy, aid in absorption of fat-soluble vitamins (A,D,E, and K), help insulate organs, and protect cell structure.

Use the Nutrition Needs and Nutrition Plan charts to plan your next exercise session and see if you feel more energized and ready to perform.

[Include charts from reworked Sports Nutrition brochure]

Tab: Fitness

Stuck in a Fitness Slump? 3 Ways to Power Through.

We've all been there. You start with the best of intentions. You'll work out every day. For at least an hour. You'll combine cardio with resistance training for the best results. Then, slowly, every day becomes three days per week (if that), the only strength training that seems to be happening is lifting groceries and kids, and an hour – who has that kind of time?

It's okay. Nobody can be perfect all the time, and aiming for perfection leads to feelings of failure when you don't measure up. So, here are three ways to

address the reasons you may not be working out and how to fit realistic fitness into everyday life.

1. I'm too tired to exercise.

If you're waiting until the evening to squeeze in your workout time, it's probably going to take a backseat to household chores, spending time with and shuttling the kids, paying bills, and eating dinner. By the time it's time for you, it's time for bed!

There are two courses of action you can take. You can get up earlier or you can start planning to work out before you've settled in for the evening. The most important thing to keep in mind is consistency. If you know you're not a morning person, finding a gym on your way home, or planning to pack a pair of workout clothes for a jog through the park right after work and before the craziness of your night, might be your best option. If you can plan to go to bed a little earlier and maybe give up an hour of late-night television, mornings might be the way for you to go. Either way, adjusting your schedule and seeing exercise as a priority and not something you'll fit in if you have time can make a world of difference.

Fuel your workout any time of day with the right balance of carbs and protein. Energy bars offer a quick, easy way to grab a bite without weighing you down.

2. I don't have time to fit in a full workout, so why bother?

Remember, consistency is key, so even if you only have time for 10 minutes, it's better to work on the habit than worry too much about exhausting yourself for an hour at the gym. In fact, fitting in shorter, high-intensity workouts could give you the results you're not getting by, say, doing the same moderately-paced cardio workout for an hour.

Sean Foy, Lead Fitness Consultant for the Nutrilite Center for Optimal Health, has developed a program that covers cardio, strength, core, and stretching exercises in just 10 minutes per day! Check it out at www.4321fitness.com.

3. I DO work out consistently, but I'm not seeing results.

First of all, congratulations on finding the time to focus on fitness at all! If you've been working out on a regular basis, it could just be that your body has adjusted to your routine and it's not being challenged anymore.

If you're mainly a cardio buff, try adding sprint intervals to your routine. Start slowly. Try 30 seconds at a higher intensity pace than you're used to, then return to your normal pace for one minute. Repeat until you've finished the typical length of your workout. As you gain endurance, increase the time spent at the higher intensity level and reduce the time spent moving at your normal pace. If

you never make resistance training part of your workout, try adding two half hour strength sessions per week, focusing on different parts of your body to work on definition and build metabolism-boosting lean muscle.

If you mainly focus on strength workouts, try mixing up your method. If you normally use machines at the gym, try resistance bands or free weights to work the same muscles, but add an element of instability, which makes your body work harder. You can also add weight or more repetitions to push your muscles to their max and spark new results. If weights are all you ever focus on, try taking up a cardio activity that you enjoy to burn more calories.

Focusing on sports nutrition could also help you see better results. Here are some easy changes you can make:

- Before your workout, try an energy supplement that increases mental and physical performance and shortens your body's recovery time.
- Make sure to hydrate before, during, and after your workout. If you're at your ideal weight, regular sports drinks are a great option. Trying to lose? Try a sugar-free option.
- Consume protein after your workout to help rebuild lean muscle. Try on-the-go shakes or protein powder in convenient pouches.

Tab: Ask the Expert

Q: Why do sports nutrition products mention a protein to carb ratio?

Carbohydrate Plus Protein Speeds Recovery

Research shows that combining protein with carbohydrate in the two hours after exercise nearly doubles the insulin response, which results in more stored glycogen. One study found that athletes who refueled with carbohydrate and protein had 100 percent greater muscle glycogen stores than those who only ate carbohydrate. Insulin was also highest in those who consumed a carbohydrate and protein drink.

Q: What are the extra concentrates that set NUTRILITE Sports Nutrition products apart from other products?

C-Lenium blend, B-Lenium blend, and Red Orange Complex (ROC) are included in NUTRILITE Sports Nutrition products and provide antioxidant protection from harmful free radicals that are generated by intense and prolonged exercise.

Antioxidants may protect the cells in your body from oxidative damage. As the body uses oxygen, there are by-products known as "free radicals" that can cause damage to cells. Antioxidants are known to repair these free radicals and are associated with a decreased risk of many chronic diseases.

Tab: Get Your Daily Dose of Color

Head: NUTRILITE® Quick Recover Drink Mix Smoothie

Peaches should be ripe and ready at your local farmers market or food co-op. Try this delicious peach smoothie recipe that will taste great and boost your recovery to prepare your body for your next summer athletic adventure.

Ingredients

- NUTRILITE® Quick Recover Drink Mix – Pineapple Orange flavor
- 2 peaches pitted
- 1 cup orange juice
- 2 cups ice

Directions

1. In a blender, combine NUTRILITE Quick Recover Drink Mix – Pineapple Orange flavor, peaches, and orange juice.
2. Blend until mixed thoroughly blended.
3. Add ice and blend to desired consistency.
4. Pour into NUTRILITE Shaker Cup and enjoy.

Mix, shake, and drink

NEW! NUTRILITE Shaker Cup

Enjoy any of the NUTRILITE mixes in this reusable 20 oz. shaker cup with a surgical steel mixing ball. Add your ingredients to the cup, drop in the mixing ball, shake, drink, and enjoy the results of taking care of your body.

10-6443 1 shaker cup \$6.99

Tab: Who Is Nutrilite?

Holly Shick is Nutrilite because she's found a way to heal and feel good.

Holly is a 2010 New Way to a New You participant. In 12 weeks, she lost 17 pounds and dropped 10% body fat, using NUTRILITE® supplements, meal and snack bars, and following a comprehensive eating and exercise plan.

“Before I started the program, I was constantly tired. I would walk up a flight of stairs and I would get to the top of the stairs and I would be exhausted. I was living life waiting to see when I could sleep next. That didn't matter if it was 15 minutes on break at work!”

“This program in particular has given me a chance to heal and that's a huge difference when you are not feeling well on a daily basis and you really want to

feel well and just to be able to know that there's a company (NUTRILITE) that's going to back that. They want you to feel just as well as you want to feel."

"For me, the NUTRILITE Weight Management Program represents a lifestyle change. I think a lot of times people are so driven to lose the weight that they're willing to (try) drastic measures and what happens is you can't keep that up for the rest of your life. You can only do that maybe once, maybe twice ...and gain the weight back. And I didn't want to do that."

"This program has been educational in so many different ways, from what we eat and how we exercise and how we maintain our health ...without having to be completely drastic. It's a health-conscious way to lose weight and it's a maintainable, long-term lifestyle choice for optimal health rather than just drastic weight loss."

Editor Letter for *BE Healthy* magazine.

I was struggling with my letter this month. After attending the Pure Passion for Fashion show, what I want to share became very clear. The message I heard during this amazing presentation scared me to death. Our kids are in danger; their health is at risk. Daily in every school in every state, nation, and country, one or more of the over 100 STDs is being passed to a teen that believes they are practicing safe sex. Many parents still believe that pregnancy is the number one concern for teens having sex. They talk to their kids about birth control and condoms. Pam Stenzel, world-renowned speaker on sexuality and abstinence, said this thinking is maiming our kids. Pregnancy is curable and while the consequences of an unplanned pregnancy will change a teen's life forever, it won't kill them. What can kill or maim for life is the STD virus they contract during the act.

Pam didn't pull any punches about the consequences of choices made during teen years. Many young women in their twenties wanting to start a family are finding they are sterile from an STD they contracted in their teens. A STD they never knew they had. STDs can stay dormant in the system for five years, but are still being passed to every partner they have. Testing for STDs is only accurate when there has been no sexual contact for five years. No sexual contact meaning, no skin to skin touching, not just intercourse.

What is the answer? We need to talk honestly with our kids at a very young age. Statistics here in West Michigan show that girls as young as 12 and some boys even younger have had a sexual encounter. Teaching our kids the importance of abstinence and respectful relationships is the cornerstone to keeping them safe. Teach them that if they really "love" someone they would wait until marriage to share this important gift.

Pam talked about one young man, a 6'8" senior basketball player, who shared his story. He took a lot of abuse in the locker room because he was still a virgin.

After a lengthy razing, he said to his teammates, "I can be like you any day, but you will never again be able to be like me." After telling Pam this story he took off running down the hall yelling, "I'm a virgin!"

Talk to your kids. If you don't have children talk to your nieces/nephews, kids in your neighborhood or any kids you have a relationship with. They need to hear the real message, not the one they see as they walk into their favorite retail store.

You can visit Pam's website at www.pamstenzel.com

Be a messenger. BE Healthy.

Gilda's Club Story for BE Healthy magazine.

In This Together...Learn. Share. Laugh

It was Gilda Radner's dream to encourage people living with cancer to live fully as they regain control and well-being after a cancer diagnosis. Gilda's Club of Grand Rapids provides a warm, welcoming clubhouse for men, woman, teens, and children to walk with others while navigating the cancer or related grief journey. One member of Gilda's Club explained their experience in this way, "I went to the hospital to be cured. I went to *Gilda's Club* to be healed."

A New Normal

Amy Blackburn and her family have been on the cancer journey for one year since, then six-year old, RJ was diagnosed with Leukemia. Amy and her family quickly realized that their goal was to make the most of this deviation that was not a part of their original life plan. During a hospital stay Amy picked up a brochure from Gilda's Club, but it was an invitation from a friend to take a tour that brought them to the red door. "Before Gilda's we felt more alone and different. Our life involved regular talk about blood counts and possible infection. At Gilda's, my kids, RJ (now 7) and Cora (4) can see that their life is normal," says Amy.

It's All About Support

The Blackburn's are regulars at Thursday Family Night. They share a meal and then head off to their support groups. Cora and RJ both go to their own age appropriate support groups. Amy says the kids aren't afraid to talk about cancer and they're not afraid to share. "These groups provide my kids with more language to really express their feelings." Amy and her husband, Ryan, attend the parent group. "We have ten to fifteen couples on a regular basis. It is the place where we can openly share our fears, victories, and yes, comic experiences of parenting a child with cancer," says Amy. "We are learning and sharing right along with everyone else. We have by no means mastered our situation, but with the camaraderie of the other families, we have positive things to focus on."

Amy takes advantage of other classes available at Gilda's. "I enjoy the Yoga class and really appreciate the child care volunteers that make it possible for me to attend," she says. "I wouldn't be able to do this for myself any other way."

Giving Back

Marnie Kotwik's mother was diagnosed with an aggressive, unusual cancer. Marnie watched as her vibrant 60-year old mom became a "frail shell of herself." The experience took a toll on Marnie, and she recognized that she was experiencing depression. She sought out a Tai Chi class to provide that centeredness she had once experienced with Transcendental Meditation. Marnie experienced an "ah-ha" moment when her instructor explained the unique symbolism of the yin and yang. She grasped onto that symbolism and used it to draw strength while experiencing life's cyclical nature. She experienced her dark opening into light and personal change. Marnie, a physical therapist, took a professional course and became a Tai Chi instructor to help others. When Gilda's Club opened, she approached them about offering a Tai Chi class and now teaches on a regular basis. "I end all my sessions with a guided meditation. I encourage everyone to find that place where they can slow down and be peaceful," says Marnie. "My mom moved to Grand Rapids in February 2008 and now works as a volunteer at Gilda's and attends my Tai Chi classes. We are both so happy to have the opportunity to give back and help others with our experience."

Gilda's Club offers over 200 activities that are offered to the members for free. Remember, this isn't a house where people live, although you'll want to, it's a home where journeys intertwine and life is lived to the fullest together.

Visit gildasclubgr.org for more information.

Opening for *Achieve* magazine special edition – *Experience Amway*
Background/history

Call out in upper corner:

Imagine starting your day knowing your efforts, time, and perseverance will benefit your personal business. Imagine that business allows you to share with others some of the best beauty, health, and home products in the direct selling industry. Imagine knowing your business was founded on the principles of Family, Freedom, Hope, and Reward. Imagine being an Amway Independent Business Owner.

Sandy Spielmaker, Vice President – Sales, North America

As many times as I've driven east on Fulton Street toward Ada, Michigan, crested the hill and looked out over the expanse of Amway World Headquarters, I still have the same reaction – WOW! The facilities stretch for more than a mile;

buildings fill the valley and reach to the edge of the Thornapple River. It's impressive!

Visiting Amway, whether for the first time or the 50th, is an experience many Amway Independent Business Owners have had and it's always special. It's an opportunity to experience the magnitude of the enterprise, firsthand. It's an opportunity to meet the people who work passionately to make this business better each day and to see the resources that fuel the Amway business opportunity. Amway is a world-class organization and one of substance.

If you haven't, yet, made your first visit to Amway, we would like to offer you the opportunity to take a "virtual tour" of Amway – its offices, farms, research, and manufacturing facilities – and learn about this incredible Company through the voices of the Amway community of owners, employees, Amway IBOs, and community members. Relax and enjoy the experience. We know you will be as impressed as we are each and every day.

Welcome to Amway World Headquarters in Ada, Michigan

John Faye, Amway World Headquarters VIP tour guide, warmly greets visitors in the newly renovated Amway Welcome Center. By viewing the many displays, guests can learn about the Company's leadership in direct selling, the history of the business, the top selling brands, the commitment to free enterprise, and the commitment to children around the world.

Amway – The American Way

Amway is the legacy of two best friends unwavering desire to build "something better." While Amway (American Way) wasn't their first business to start together, it is the one that has been successful for over 50 years reaching \$9.2 billion in sales for 2010. Founders Jay Van Andel and Rich DeVos shared one dream, "to create a business where people could make a decent living, and help others to do the same."

A lot has happened at Amway since those early days when Rich personally delivered bottles of LOC (Liquid Organic Cleaner) to its first distributors. Jody Victor, son of Joe and Helyne Victor, remembers, "I came home from school and Rich was delivering the first truckload of LOC to my parents. I helped put the labels on and they paid me a nickel a bottle. My parents put all their faith and confidence in Rich and Jay and they never let my parents down – they kept their word and their promises."

Amway still keeps their promises today. Over the last 50 years, the Company has never missed a payment and has paid out over \$30 billion in bonuses to Independent Business Owners (IBO) around the world.

Bob Andrews, IBO since 1970, shares why he encourages others to become part of the AMWAY™ business. “Amway has been around for over 50 years. They’re financially stable. They do business in 82 countries and territories around the world. They pay out bonuses on time. They have NUTRILITE® supplements, around since 1934 and the world’s leading brand of vitamin, mineral, and dietary supplements*; ARTISTRY® skincare and cosmetics, among the world’s top five, largest-selling premium skincare brands; and the LEGACY OF CLEAN™ brand, which has been POSITIVELY CLEAN SINCE 1959™.”

The Amway business opportunity is all about two core principles – providing the best opportunity for financial freedom and producing unique, patented, and award-winning consumer products of exceptional quality. Here’s how.

Step this way to manufacturing

The next stop on the tour is a heart of Amway products - manufacturing. It is easy for visitors to get caught up in the excitement happening all around them. Forklift trucks zip around the plant to pick up and unload tall stacks of products and materials to keep the lines running smoothly.

“Amway controls a majority of their products start to finish and encourage every employee to be part of quality control. “Every employee here is inspecting. They have the right to stop the line,” shares John Faye.

More than manufacturing.

The building that houses the manufacturing for Amway products is 3.1 million square feet, that’s a big leap from the original operation.

Dave Buttrick has been with the Company since 1969. He remembers driving by when the operation wasn’t much more than a gas station. “My brother was one of the first employees and he suggested I put my name in to work here. Dave worked his way up in the company from his first job loading pallets to Vice President of Ada Operations. “We used to hold meetings that included 60 or 70 people and both Rich and Jay would attend” Today the manufacturing facility employs around 1,200 people, running production lines 24 hours a day, five days a week.”

“The mile-long manufacturing facilities are divided around different products and technology. The plant does aerosol, personal care, powder detergent, and air and water treatment systems. The plant also houses over 300 research and development scientists, product development teams, global business support, and the print shop that produces business materials, labels, and boxes.”

The Ada manufacturing center is one of five global manufacturing centers and the Central Warehouse ships over 30,000 items per day using 49 loading docks. Collectively there are 38 warehouse centers in 31 countries around the world. Yes, it is a busy place.

“There is this can-do attitude and spirit – it’s exciting to come to work here. You are always involved in trying to grow the business and trying new things,” shares Al Koop, retired Executive Vice President and COO, who was with the company since 1965. “There has always been a strong focus on creating high-quality products for the IBOs.

“Amway remains innovative, they stay on the cutting edge, and make investments to ensure their products are world class and accepted by the consumers in the marketplace. The product side of this business should excite anyone.” explains Steve Woods, IBO since 1981.

*Based on 2009 retail sales.