

# FORGING THE FUTURE:



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## Friday FACTS

13 December 2002

"Leadership, Partnership, and Championship"

### Holiday Cooking Tips

December is a great time to try new recipes in addition to favorite traditional dishes. The University of Nebraska Cooperative Extension has a reputable website with monthly food themes that can be subscribed to. Check out this month's links to preparing holiday meals at



<http://lancaster.unl.edu/food/ciqj.htm> Links include the Home Baking Association, information on cooking ahead, quick meals with canned foods and recipes for specific food groups. Once you take a look at all of these helpful hints, preparation and meal planning for the holidays will help you cook up a storm of tasty holiday dishes.

### Researcher Touts Benefits of 'Gym' Therapy

Source: The Journal of the American Medical Association, 2002; 288, 1622-1631.

Everyone knows that exercise is good for the heart. And numerous studies have confirmed that exercise can help prevent diseases such as high blood pressure and type 2 diabetes. Now new research suggests that people who suffer from these conditions can reduce their risk of developing cardiovascular-related complications by participating in moderate physical activity.

Individuals with high blood pressure or diabetes are at increased risk of having a heart attack or stroke. Dr. Kerry J. Stewart, an exercise physiologist at Johns Hopkins University in Baltimore, Md., conducted an extensive review of 235 research studies, searching for possible ways exercise might boost the cardiovascular health of people with these conditions. He found that there are several different ways that exercise can alleviate some cardiovascular-related problems brought on by diabetes and high blood pressure. For example, exercise improves the ability of blood vessels to dilate, allowing better blood flow during times of stress. And it can help lower body-fat levels, which is particularly important for individuals with type 2 diabetes.

In addition to the pharmacological treatments currently available, Stewart suggests that "patients with these conditions can be treated with 'gym' therapy, which is low risk and widely available." Of course, it is essential that anyone with these conditions first obtain medical clearance and possibly undergo an exercise stress test prior to beginning an exercise program.

Published: ACE Fitness Matters, November/December 2002

### AMERICANS WITH DISABILITIES HAVE A NEW ONE-STOP WEBSITE



There's a new one-stop website with access to information for Americans with disabilities, and it's just a click away! The new White House website, <http://www.DisabilityInfo.gov>, has information on civil rights, education, employment, housing, transportation, government benefits (including Social Security) and more. "All of our citizens deserve to live and work with dignity and freedom," President George W. Bush said. "This website is an important step in our work to build an America where all individuals are celebrated for their abilities and encouraged to achieve their dreams." Jo Anne B. Barnhart, Commissioner of Social Security, said, "Under President Bush's New Freedom Initiative, the Social Security Administration is providing greater opportunities for people with disabilities to stay connected to the workforce. SSA is committed to making positive changes in the lives of millions of Americans." Now you can get helpful information from Social Security and a number of government agencies, all in one place: <http://www.disabilityinfo.gov/>

Source: Social Security eNews

### Drug Abuse Resources

Several new websites are up and running that address the current abuse of steroids, marijuana and club drugs.

[www.steroidabuse.gov/](http://www.steroidabuse.gov/)  
[www.marijuana-info.org/](http://www.marijuana-info.org/)  
[www.clubdrugs.org/](http://www.clubdrugs.org/)

*The crisis of today is the joke of tomorrow.*

*-H. G. Wells*