



NEW ENGLAND FUNCTIONAL FITNESS

The Gym Rag

Got any change?

We've talked about how to make a SMART goal, but how can you tell if you're ready to follow through with it? Change happens in stages, so if you know which one you're in, you might be able to figure out the best way to get to the next stage.

PRE-CONTEMPLATIVE

An idea has maybe popped into your head, but you haven't mapped anything out.

Example: You're on the couch watching TV and you say, "Maybe I should do some exercise," but you shrug your shoulders and go right back to watching TV.

CONTEMPLATIVE

You've formed a goal in your head, and you've started thinking about ways to achieve it.

Example: You start thinking about exercise more often and decide that getting into a routine would be of great benefit to you.

PREPARATION

You're formulating a plan and taking the necessary steps to get started.

Example: You look up and visit some local gyms, talk to some fitness professionals, and/or do some online research.

WANNA HIT THE LINKS?

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ACTION

You're doing it! You're putting in the work towards achieving your goal

Example: You join that gym and start building a workout routine. You make it a habit by sticking to a schedule.

MAINTENANCE

You're cruisin'! The hardest part is done and now you're just making sure you stick to it in order to avoid...

RELAPSE

Back to square one. You fell off the wagon for any number of reasons.

Example: Maybe you got sick or hurt and never really got back into it. Maybe you felt like you did enough and since you reached your goal you got bored.

Simple lifestyle changes can significantly reduce risk of cancer

By Dr. Armen Asik

I am an oncologist at Baystate Medical Center and a NEFF member myself. Many cancers are preventable. Basic lifestyle changes can have a tremendous impact on the rates of cancer. Despite a robust knowledge of what factors decrease cancer risk, implementation of cancer prevention unfortunately lags.

As you may know, smoking is the leading cancer risk factor for all adults. Other important risk factors include alcohol use, obesity, and unsafe sex. My general lifestyle recommendations include avoiding tobacco, being physically active, maintaining a healthy weight, eating a healthy diet rich in fruits, vegetables, and whole grains and low in saturated/trans fats and red/processed meat. I also recommend limiting or eliminating alcohol, protecting against sexually transmitted infections, avoiding sun exposure, and obtaining appropriate cancer screening for breast, cervical, colorectal, and lung cancer.

Decreased physical activity appears to increase the risk for cancer. Physical activity is associated with a decreased risk for many different types of cancers, but the most compelling data are in the reduction in colon and breast cancer risk. Weight loss certainly decreases risk. Skin cancer is directly related to sun and artificial ultraviolet exposure. History of blistering, sunburn, and indoor tanning, especially in youth and young adults, is a particular risk for melanoma.

I wish you all a cancer free, healthy life.



Asik

RELATIONSHIP BETWEEN CANCER AND EXERCISE

According to the National Cancer Institute, increased physical activity has been linked to lower risk of several types of cancer including bladder, breast, colon, endometrial, esophageal, kidney, and stomach. Weaker links exist for additional types of cancer.



HOW DOES EXERCISE AFFECT CANCER?

- Exercise lowers levels of estrogen and growth factors associated with cancer development and progression.
- Prevents high levels of blood insulin, also linked to cancer development and progression.
- Reduces inflammation and improves immune function.
- Helps with digestion to reduce the gastrointestinal tract's exposure to potential carcinogens.
- Helps prevent obesity, a risk factor for many cancers.

Monthly trivia

December's answer:
John F. Kennedy

This month's question:
Body composition is a measure of what?

