



**Let's Get Physical!**

# HEY GIRL!

**Issue 10**  
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Hey Girl!  
is published to keep  
you informed about our  
programs, research, and  
the experiences of  
breast cancer survivors  
in South Florida  
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## Let's Get Physical Edition

Deloris Smith Johnson, *SISTA AH Talk Historian*



# ...UM JUST SAYIN'

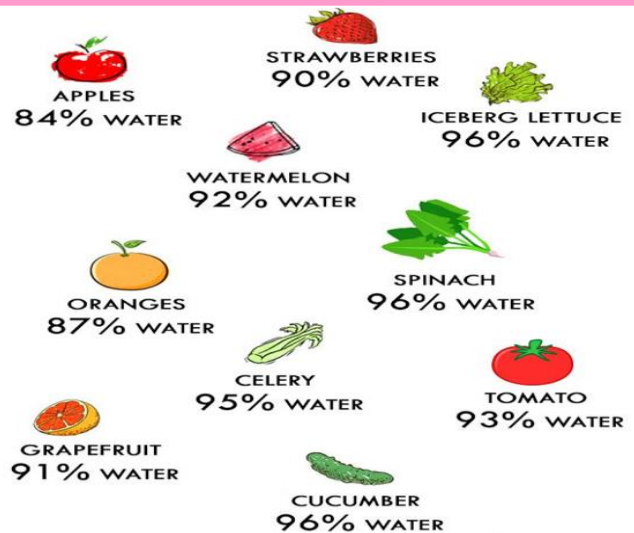


Summertime, and the living is easy !! Unfortunately, staying hydrated during the summer months can be a bit challenging. These ten high water volume foods can be delicious as well as refreshing. They are also filled with a ton of nutrients, while naturally low in calories.

The general rule of thumb is to drink eight glasses of water per day for good hydration. This can be quite a task for some people, especially if you don't care for the taste of water. According to the Institute of Medicine, about 20% or one-fifth of your daily water consumption comes from solid foods, particularly fruits and vegetables. Don't care for drinking water? Why not try eating your water? You can boost your liquid intake and still stay healthy by making note of these foods to help incorporate water into your diet.

1. Apples – 84% water, High in fiber, vitamin C, potassium and anti-oxidants. Apples can help prevent cardiovascular disease and lower the risk for some cancers.
2. Cucumbers- 96% water, loaded with potassium, and anti-inflammatories which promote good heart and brain health A great summertime snack or addition to salads.
3. Watermelon – 92% water, loaded with vitamin A, B6, and C. It is rich in lycopene, antioxidants and cancer fighting agents. Lowers body temperature when chilled.
4. Celery- 95% water, Rich in luteolin and apigenin, flavonoids shown in studies to inhibit cancer cell growth. Celery also packs a nutritional punch by being rich in vitamins A, K, C and folate. It's a great stand-alone snack.
5. Tomatoes – 93% water, packed with lycopene, a carotenoid, known for its cancer fighting effects and good heart health. They are also rich in potassium, beta-carotene, folate, Vitamin A, E and C.
6. Strawberries – 90% water, Great immune system booster, rich ion vitamins, minerals and antioxidants.
7. Iceberg lettuce, 96% water. Good source of fiber, vitamins A and C. Great in salads or used as wraps
8. Grapefruit- 91% water, metabolism booster, Rich in vitamin A, folate and potassium.
9. Spinach – 96% water. High in Vitamin A and C and rich in protein.
10. Oranges- 87% water. Rich in fiber, vitamin C, potassium and anti-oxidants. Promotes good heart health.

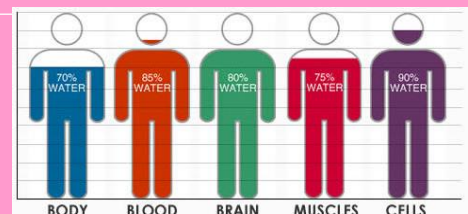
## Ten High Water Volume Foods to Stay Hydrated



Living in South Florida makes it very important to drink lots of water in the summertime. Did you know the average human body is comprised of about 70% water? Among other things, water can help with weight control, flushes the body of toxins and helps to keep our kidneys functioning well. Our body depends on it.

Staying hydrated plays a major role in regulating the body temperature, controlling your heart rate, blood pressure and keeping a healthy balance between water and electrolytes. Good hydration helps to keep the joints lubricated and benefits our metabolism and muscle functions. Eat and Drink up My Sistaah'!

Dehydration occurs when the body loses more water than it takes in. Some symptoms of dehydration are lethargy, constipation and headaches. We lose water throughout the day when we breathe, sweat and when releasing body waste. Most of the time low hydration can be changed by taking in more fluids. In cases of severe dehydration, a physician should be contacted immediately.



# NITTY GRITTY



The National Cancer Institute defines Physical Activity as any movement that uses skeletal muscles and requires more energy than it does at the point of resting.

## Physical Activity and Breast Cancer Risk

The American Cancer Society recommends cancer survivors get 150 minutes of moderate activity or 75 minutes of intense physical activity, in addition to at least two strength training activities each week. It is estimated that only about 37.1 % of breast cancer survivors are meeting these requirements.

## Quick Facts About the Relationship Between Breast Cancer and Physical Activity

### 1 Benefits Cancer Survivors.

Many studies have shown that increased physical activity can help prevent cancer, reduce the chance of recurrence and help fight the growth of new cancers. Women who exercise moderately – 30 minutes per day, 5 days a week or 75 minutes of intense physical activity a week, reduce the risk of recurrence or death significantly.

### 2 Eases treatment side effects.

Physical activity helps reduce joint pain, fatigue, muscle loss and helps various long term and late effects caused by some therapies after breast cancer surgery or during treatment.

### 6 Better Quality of Life.

Studies show physical activity may improve quality of life issues for survivors like mood and body image, self-esteem, sexuality and overall emotional well-being,

### 3 Reduces breast cancer specific mortality.

Weight gain of more than 10% after a breast cancer diagnosis can increase mortality, making Staying active a healthy approach.

### 7 Better Cancer-specific Outcomes.

Consistent epidemiological studies show that women who exercise at least 3 to 5 hours a week had approximately 40% to 50% lower risk of cancer recurrence than women with a sedentary lifestyle.

### 4 Improves muscle strength and tone.

Has positive effects on fitness/health, body composition, body movement and fatigue. Improves overall health and long-term survivorship.

### 8 Better emotional well-being and self-esteem.

Survivors and women in general who feel good about themselves tend to be more physically active than those who have negative feelings about their body image or circumstances.

### 5 Improves psychological outcome

Regular physical activity can reduce the risk of depression and keeps thinking and cognitive skills sharp. Helps to manage or lower mood swings and reduce stress and anxiety. Consult your doctor and a psychotherapist to determine the best way to incorporate physical activity into your plan. It's never too late to develop a plan.

### 9 Lowers Body Mass Index.

Your BMI, or Body Mass Index and/or hip to waist ratio provides a better measurement of whether you are overweight or obese than what the scale says. Healthcare Providers are using it more as a predictor of increased risk for many cancers and other diseases.

### 10 Lowers Cancer Risk.

Physical inactivity and nutrition are the number one risks for cancer for non-tobacco users. Get Moving Sistaah's!



**Vera Selmore**  
Sistaah Talk Coach

# WHAT'S UP?



## SISTAAB TALK!, INC.

— @ My Kitchen Table —

Miami-Dade County Library  
Arcola Lakes Branch  
8240 NW 7th Avenue  
Miami, FL 33150

Saturday July 21, 2018  
2:00pm-5:00pm

Join the Conversation



Dr. Joycelyn Lee, a Clinical Psychologist, will present  
"Waiting for the Other Shoe to Drop"



Miami Dade County Library, Arcola Lakes Branch  
8240 NW 7th Avenue Miami, FL 33150

Saturday August 18, 2018, 2:00pm-5:00pm  
RSVP: Mary @ (305) 333-3495

## Heart Disease

Join  
Mary S. Whitehead, MPH, CHES  
SISTAAB Talk! Facilitator  
in the Circle as we discuss  
breast cancer treatment and  
the risk of heart disease



Miami Dade County Library  
Arcola Lakes Branch  
8240 NW 7th Ave  
Miami, FL 33150  
Saturday, September 8, 2018  
2:00pm-5:00pm

## Coach Training

Late & Long-Term Side Effects of Breast Cancer Treatment



Point Ives  
190 NE 199th Street, Suite 203  
Miami, FL 33169  
Friday, September 7, 2018  
6:30pm-8:30pm

## We're Turning 23!

Celebrate with us during  
**Breast Cancer Awareness Month**

Dinner & Movie - Friday, October 19, 2018 - 6:00pm-10:00pm  
Sweet Tomatoes & Regal Oakwood Stadium 18 Movie Theater  
1706 Oakwood Blvd, Hollywood, FL 33020

SISTAAB Circle - Saturday, October 20, 2018 - 2:00pm -3:00pm  
Miami-Dade County Library, Arcola Lakes Branch  
8240 NW 7th Ave, Miami, FL 33150

Worship Service - Sunday, October 21, 2018 - 10:00am  
Trinity CME Church  
511 NW 4th St, Miami, FL 33128

