

# live well

Winter 2015



Healthy Makeover:

**57 LBS.**  
**LIGHTER**



HOW I  
DID IT!

**HELP!**

COVERED  
CALIFORNIA  
ENROLLMENT

**5** WAYS TO  
BEAT THE  
**WINTER  
BLUES**

**LOW-IMPACT  
EXERCISES FOR  
OLDER ADULTS**

**EXERCISING DURING  
CANCER TREATMENT**



A Public Agency

*Beach Cities*  
**Health District**

# A Healthy New Year to You

It's that time of year when many people resolve to eat a little better, exercise a little more and enjoy each day more fully.

At Beach Cities Health District, that's our resolution 365 days a year. We agree with Benjamin Franklin: an ounce of prevention is worth a pound of cure, which is why we provide services and programs that help keep Beach Cities residents healthy all year long.

Let Beach Cities Health District help you ...

**Eat a little better.** More than 80 Blue Zones Restaurants offer healthy and delicious options that can keep your diet on track in the New Year. Give your meal a "Plant Slant" regularly, and you'll reap even more heart-healthy benefits.

**Exercise a little more.** Low-cost health club memberships are available at the Center for Health & Fitness, where you'll find top-of-the-line equipment, more than 130 exercise classes a week and expert trainers to help you meet your fitness goals.

**Enjoy each day to the fullest.** Research continues to show that volunteering leads to lower rates of depression, increased life satisfaction and enhanced well-being. Beach Cities Health District relies on

## BOARD OF DIRECTORS

Michelle Bholat, M.D.  
Noel Chun, M.D.  
Jane Diehl  
Robert Grossman, M.D.  
Vanessa Poster

## CHIEF OFFICERS

Susan Burden  
Chief Executive Officer  
Lisa Santora, M.D.  
Chief Medical Officer  
Steve Groom  
Chief Financial Officer  
Jackie Berling  
Chief Wellness Officer



In service,

Noel Lee Chun, M.D.  
President, Board of Directors  
Beach Cities Health District



Susan Burden  
Chief Executive Officer  
Beach Cities Health District



ABOVE: Beach Cities residents Zumba their way to better health during the 2014 Free Fitness Series.

more than 600 volunteers to provide programs and services to the Beach Cities community. Join our volunteer ranks, or find an opportunity that's right for you by visiting [bchd.org](http://bchd.org).

Get inspired by reading about a dramatic well-being transformation in these pages, and learn how to incorporate small, healthy habits into your daily routine that will incrementally improve your overall health.

Let us help you make 2015 your healthiest year yet.



Visit [bchd.org](http://bchd.org) to learn more about Beach Cities Health District's programs and services.

# Life

Programs for  
every stage of



## YOUTH

- Nutrition & Garden Education
- Social-Emotional Learning
- Healthy Schools Funding
- Substance Abuse Prevention
- Daily Physical Activity
- Alliance for a Healthier Generation



## ADULTS

- Blue Zones Project®
- Covered California™
- Health Referrals for the Underinsured/Uninsured
- Volunteer Opportunities
- Low-Cost Fitness Center Memberships



## OLDER ADULTS

- Planning for Successful Aging
- Assistance to Maintain Independence
- Peer Counseling
- In-Home Exercise
- Errand Assistance
- Social/Conversational Support

# HELP!

## Covered California Enrollment



*By Kerianne Lawson  
Director of Community Services*

Signing up for health insurance can seem like a daunting – and downright exhausting – task for anyone. I'm here to tell you that everyone in the Beach Cities can get free help at Beach Cities Health District. Our enrollment counselors are well-schooled in the nuances of the new healthcare exchange and can help you cut through the jargon and clutter, and settle on an option that best suits your needs.

Since the implementation of Covered California, our state's version of the Affordable Care Act, BCHD has helped more than 700 local residents navigate their health insurance options. We provide over-the-phone assistance or one-on-one counseling sessions by appointment. There is no cost for either option.

The open enrollment period for health insurance that will cover you in 2015 ends Feb. 15, 2015. People who do not sign up by the deadline may also face penalties under the new law.

To schedule a one-on-one counseling session or to speak with an enrollment counselor over the phone, call (310) 374-3426, ext. 256.

# One Personal Trainer's Goal to Help Cancer Patients Feel Better, Stronger

Question & Answer with Lauren Alnes, cancer exercise trainer at the Center for Health & Fitness

Some come in broken-down and depressed. Others scared and intimidated. But all leave knowing they have a fighting chance to keep their bodies strong and their spirits high as they endure chemotherapy, radiation and other treatments. And that's where 27-year-old cancer exercise trainer Lauren Alnes comes in.

## **Q: Can you describe your certification for training cancer patients?**

A: Through ACSM (American College of Sports Medicine), I became a Certified Cancer Exercise Trainer in May 2014. I'm schooled in the diagnosis and treatment of cancer, side effects of surgery and treatment, benefits of physical activity, cardiovascular testing, exercise prescription, nutrition, behavioral changes, safety and injury prevention.

## **Q: What did you learn from earning your cancer certification?**

A: Specifically, exercise during cancer treatment helps prevent muscle atrophy and slows the effects that some treatments have on the cardiovascular system. Exercise also helps with sleep, appetite and feelings of depression. Maintaining a healthy body weight can help prevent certain cancers as well as increase a patient's chance of survival.

## **Q: What is your primary goal when working with a cancer patient?**

A: Improving or maintaining their health and increasing their chances for survival are number one. So I

help clients with their nutrition and create a specific exercise plan that doesn't overexert them. I'm also trained to identify the physical warning signs that indicate cancer is returning or worsening.

## **Q: Do you train current or recovering cancer patients differently than healthy adults?**

A: It all depends on the client's physical condition. Many have no restrictions and can do anything and everything. Others have specific restrictions based on surgery, lymphedema or neuropathy. Either way, I design an exercise plan that fits their needs.

## **Q: Do you tailor exercises to specific cancer diagnoses?**

A: Absolutely. For example, some cancers and treatments cause weight gain, so I create a program with a higher caloric expenditure to help that client maintain an appropriate body weight. Other cancers and treatments cause muscle atrophy, so I suggest more of a strength training program to maintain muscle mass and strength.

## **Q: What would you tell someone fighting cancer who may be scared to exercise, or feels intimidated by the thought of training?**

A: That feeling isn't uncommon, but once you make the decision to try an exercise program, you will be glad you did – and probably wish you'd have done it sooner. The gym is also a great place to meet other survivors and share experiences.

## **Q: What do you love about working with cancer patients/survivors?**

A: I love seeing how motivated they are to improve their health! It's rewarding to help them take care of their bodies and to support them through challenging times. Exercise can give people a totally different outlook on life, and that's special.

Are you battling cancer or recovering from treatment and want to start an exercise routine? The Center for Health & Fitness has special rates just for you. Call (310) 374-3426, ext. 147, or visit [beachcitiesgym.com](http://beachcitiesgym.com) for more information.



# 3 Low-Impact Exercises for Older Adults

**EXERCISE IS IMPORTANT** for all ages, but for those in their Golden Years, a low-impact exercise routine has a big impact on mobility, muscle strength and overall health. To help jump-start your routine, the personal training staff at the Center for Health & Fitness put together three proven exercises to try – no equipment necessary!



Jason Bautista

## Step Drill

This exercise is especially effective at building aerobic endurance.

- March in place, raising your knees to the height of your hip, if you comfortably can
- The goal is to reach two minutes, alternating sides
- If you have difficulty balancing, grasp the back of a chair for stability



Lauren Alnes

## Chair Squats

Chair squats are a great way to strengthen your legs and glutes.

- From a seated position in a chair, stand up and sit back down slowly, using only body weight as resistance
- Keep your weight on your heels as you stand up and sit down
- Try two sets of 10 repetitions, three to five times a week



Michael Peace

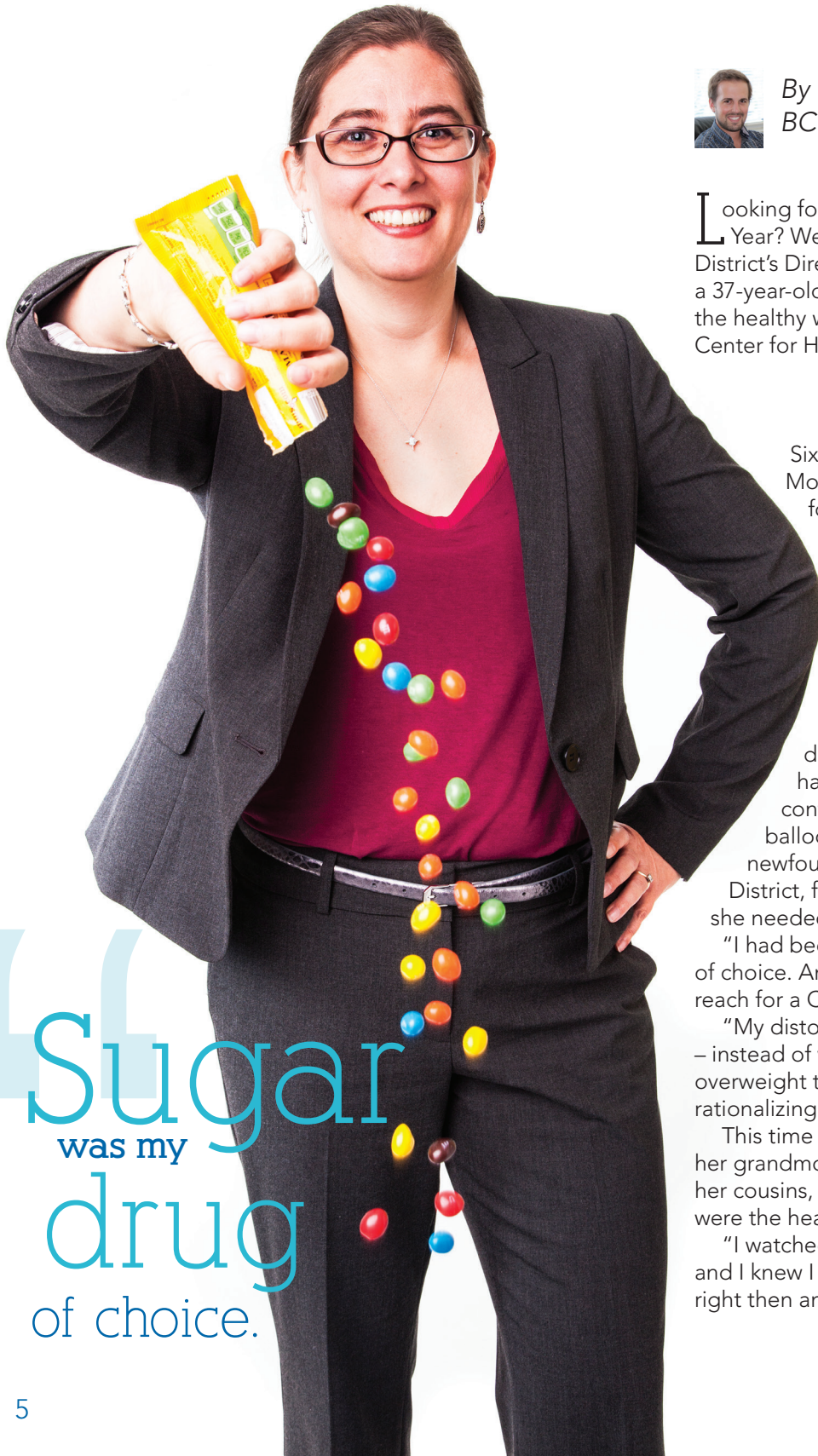
## Walk Heel-to-Toe

This “anytime, anywhere” exercise is great for improving balance.

- Position your heel just in front of your toes on the opposite foot each time you take a step
- Be sure to touch your toes to your heels as you move across the room

Other low-impact ideas include yoga, Tai chi, Pilates, cycling and aerobic classes – all of which are offered at the Center for Health & Fitness in Redondo Beach. Visit [beachcitiesgym.com](http://beachcitiesgym.com) for more information or call (310) 374-3426, ext. 147.

# Winner at a losi



By Eric Garner,  
BCHD Communications Specialist

Looking for motivation to lose excess weight in the New Year? Well, look no further than Beach Cities Health District's Director of Community Services Kerianne Lawson, a 37-year-old mother of two who lost more than 57 pounds the healthy way by following the WellBeing Program at the Center for Health & Fitness (CHF). Here's her story.

## MAKING A CHOICE

Sixteen-year-old Kerianne never ate breakfast. Most days she'd skip lunch, too, opting instead for a quick afternoon candy bar before darting off to her next class.

"I'm a woman with a distorted body image," says Kerianne. "I was overly thin in high school, but considered myself fat. I resorted to terrible eating habits to keep my weight low and it eventually had the opposite effect."

Graduate school, marriage, two beautiful daughters and some 21 years later, the scale had tipped. Kerianne's sporadic eating habits confused her metabolism and her weight ballooned. She found herself trying to juggle a newfound leadership position at Beach Cities Health District, family life and the exercise and nutrition help she needed but dreaded.

"I had become an emotional eater. Sugar was my drug of choice. Anytime I felt stressed out or depressed, I'd reach for a Coke or packets of M&Ms. It was an addiction.

"My distorted view of my body had also shifted – instead of worrying I was fat, I told myself I wasn't overweight to justify my lifestyle and eating habits. I was rationalizing my destructive behavior."

This time last year, reality set in. Kerianne was attending her grandmother's memorial service and noticed many of her cousins, aunts and uncles struggling with obesity. They were the heaviest she had ever seen them.

"I watched my uncle walk in completely out of breath, and I knew I had to get off of this train. I made the choice right then and there. That wasn't going to be me."

Sugar  
was my  
drug  
of choice.

# ng game

## One Woman's Weight Loss Victory

### PUTTING IN THE WORK

To hear Kerianne tell it, Center for Health & Fitness (CHF) Dietitian Dianne Staso is a Godsend. To hear Dianne tell it, Kerianne is an archetype for self-discipline. Their paths crossed in February 2014 when Kerianne enrolled in CHF's weight management program, WellBeing.

The WellBeing program pairs a client looking to lose – or sometimes gain – weight with Dianne, a program coach and a personal trainer for 12 weeks of customized meal plans and workouts.

"The first thing we had to address was Kerianne's sugar intake and portion sizes," says Dianne. "Aside from sweets, she was eating many of the right things, just too much of them."

The two discussed the foods that Kerianne loved and the ones she could live without. Next, they mapped out a specific cadence of meals and snacks that she could stick to long-term.

"What's special about Dianne is she teaches you how to reengineer your favorite foods into healthier versions," says Kerianne. "It's not about deprivation, it's about eating sensibly."

Kerianne is the first to point out that she isn't a natural-born athlete. She didn't grow up playing sports or working out, and physical fitness has never come easily. So, training twice a week with a personal trainer and working out alone daily, was a constant struggle to stay motivated.

"I dread cardio so much that my trainer stopped giving me sneak previews of the next day's workout," laughs Kerianne. "He was worried I'd skip out. I'll lift weights all day long with him, but running and sweating, yeah that's not my thing. I needed him to push me."

"It was work."

### INSPIRATION

Seven-year-old Eva and vegetables went together like oil and water.

"She wouldn't touch anything remotely green," recalls Kerianne about her youngest daughter. "The girl has never met a carb she didn't like but really struggled with vegetables to the point she wouldn't eat them."

As Kerianne began to transform her family's mealtime rules of engagement to include vegetables with nearly every meal, a shift happened.

"We sat down to dinner and as I dished up our plates,

Eva said to me 'mom, you didn't give me enough salad.' I was floored. I said 'excuse me, by all means take some more,'" Kerianne laughs. "That moment was when I knew we were really making progress as a family. We were becoming healthier together."

### THE TRANSFORMATION

Kerianne never had set foot inside South Coast Plaza, though it's a short distance from her home. Trendy clothing cuts and designer looks had always intimidated her, exposing insecurities about her body. But just weeks ago, she found herself doing something she'd never had the courage to attempt before: she slipped into one of the designer store's fitted suits, with her beaming husband looking on.

"He paid," says a smiling Kerianne.

Fifty-seven pounds lighter and a ton more confident, she nearly had to pinch herself as she ran her fingers over the fabric of a suit sized in the single digits – four smaller than what fit her a year ago.

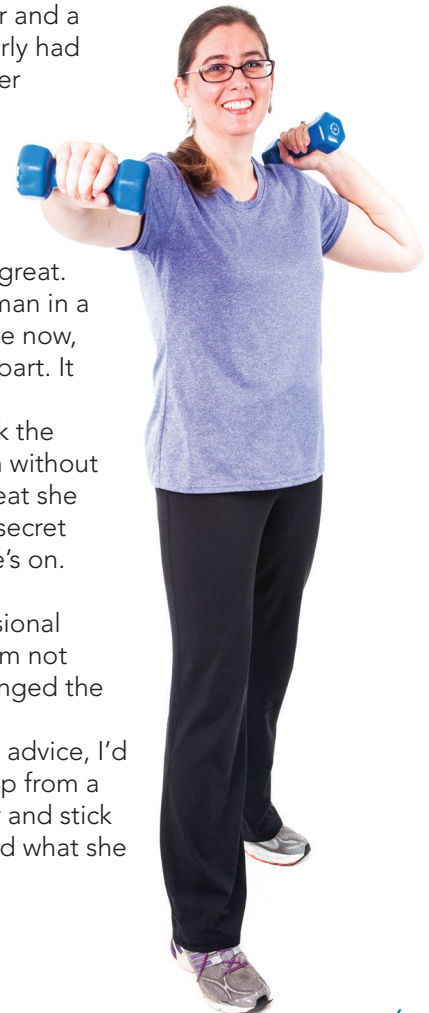
"Feeling it hug my body the way it's designed to felt great. I've been a professional woman in a leadership role for some time now, but I finally felt I looked the part. It was really empowering."

Today, Kerianne can't walk the hall of her workplace or gym without someone remarking how great she looks. They ask for tips, her secret to success and what diet she's on. Kerianne just smiles.

"I got help from a professional dietitian," she tells them. "I'm not dieting; I fundamentally changed the way I eat."

"If I had to give someone advice, I'd tell them to get nutrition help from a pro like Dianne, listen to her and stick to the plan. My secret is: I did what she told me to do."

And so can you.



# Healthy Hamburger Makeover



By Dianne Staso, CHF Registered Dietitian

This is the time of year when people feverishly attempt to overhaul their entire diet in a day to achieve resolutions. I'm here to tell you that realizing your weight loss or nutrition goals is about eating sensibly year-round.

For instance, don't think you have to remove all unhealthy foods you love, instead, reengineer them into healthier versions and eat in moderation. To illustrate my point, let's give a hamburger a healthy makeover.

## 3 Ounces of Lean Meat

Choose 90-95% lean ground beef or sirloin – I prefer the taste of 93%. An even healthier option is using grass-fed beef, which is lower in saturated fat and higher in beneficial omega-3 fatty acids.

## The Bun

Select a 100% whole wheat bun, which has higher concentrations of nutrients.

## The Toppings

Stack the veggies high using tomato, lettuce, cucumbers, mushrooms, arugula and onion. Get creative to add taste.

## Sauces

Low-calorie options include yellow and Dijon mustards and Worcestershire sauce. Try replacing mayonnaise with Greek yogurt. If you add BBQ sauce or ketchup, use no more than 1 tablespoon.

## New Year's Resolution Burger Recipe

### Ingredients

- 1 pound 95% lean ground beef, 93% lean ground turkey or 93% lean ground sirloin
- ¼ cup minced onion
- 1 garlic clove, crushed
- 1 tablespoon minced parsley
- 1 tablespoon Worcestershire sauce
- Whole wheat bun
- Veggies: pickle, onion, tomatoes, cucumber, etc.

### Directions:

- Combine ingredients in a bowl using a fork. When combined, form 4 patties, ¾ inch thick.
- Broil, grill or pan fry 4–6 minutes per side, to an internal temperature of 160 degrees.



Book a  
**FREE**  
Nutrition  
Consultation\*

by calling CHF registered dietitian Dianne Staso at 310-374-3426, ext. 116.

\* First 25 people only.



Center for  
**Health & Fitness**

*A Beach Cities Health District Program*

# OPEN HOUSE

**JAN. 10 & 24**

Free class demos,  
food tastings and  
tours, 9am–1pm

Free 30-min.  
massage

when you sign up for  
a Basic Membership\*  
at the open house.

\* Minimum 1-year commitment.

**[beachcitiesgym.com](http://beachcitiesgym.com)**



# FREE FITNESS WEEKENDS

PLAY. **SWEAT.** REPEAT.



**1** weekend  
a month

**1** FREE  
class

**1** healthy beach  
community

# BEGINNING FEB. 6

Find a list of participating studios at  
**[beachcitiesgym.com/freefitness](http://beachcitiesgym.com/freefitness)**

# 5 Ways to Beat the Winter Blues



By Dr. Lisa Santora,  
BCHD Chief Medical Officer

The winter season (or at least our SoCal version of it) is upon us. The days get shorter, temperatures cool down, our normally crowded beaches empty and, for some, depression and anxiety set in. Known as seasonal affective disorder (SAD), this mood-altering season leaves some feeling depressed, unmotivated and lethargic. Luckily, you can fight back year-round with small lifestyle changes that have a big impact.

**Did you know?** Women are up to 8 times as likely as men to have seasonal affective disorder.



1

#### Care for your body.

Exercising relieves stress and creates an overall sense of well-being by prompting your body to produce “feel good” chemicals. Sleep is also vitally important, so be sure you get enough rest.

2

#### Avoid alcohol and other drugs.

People often drink or take drugs to self-medicate, but in reality, drugs and alcohol only intensify problems. See local addiction resources at [bchd.org](http://bchd.org).

3

#### Volunteer.

Donating your talents and energy to help other people is deeply rewarding and a great way to establish social connections. It feels good to give back.

4

#### Eat healthy meals.

Nutrition, nutrition, nutrition ... it can't be stressed enough. Many mental illnesses are influenced by dietary factors, so be sure to eat well-rounded meals rich in fruits, vegetables and lean proteins.

5

#### Don't be afraid to get help.

Seeking help is a sign of strength – not weakness. Professional treatment can help you overcome mental illnesses and addiction.

# Volunteer Opportunities

See a complete list of opportunities at [bchd.org/volunteer](http://bchd.org/volunteer) or call 310-374-3426, ext. 246.

## Garden Angel Volunteers

Like to garden but don't have the space? Become a Garden Angel! Grab a friend and join our LiveWell Kids obesity prevention program by volunteering as a Garden Angel to help Redondo Beach elementary students learn about nutrition. Garden Angels help maintain school-based gardens. Only a two-hour commitment on a weekday!

## MoveWell Volunteers

MoveWell Volunteers lead simple in-home exercises once a week with frail seniors who live locally. These exercises help Beach Cities residents remain independent in their homes. Minimum of a one year commitment required with weekly visits not to exceed one hour.

## Errand Volunteers

Errand volunteers perform tasks such as picking up groceries, personal care items or prescriptions for older and/or disabled clients. Volunteers may escort clients on errands or run errands alone.



# Substance Abuse Resources

## Freedom 4U

[www.freedomcommunity.com](http://www.freedomcommunity.com)

366 Tejon Place

Palos Verdes Estates, CA 90274

Tel: (310) 897-5043

Email: [admin@freedomcommunity.com](mailto:admin@freedomcommunity.com)

## Torrance Memorial Medical Center

Thelma McMillen Center for Alcohol and Drug Treatment

[www.torrancememorial.org](http://www.torrancememorial.org)

3330 Lomita Blvd.

Torrance, CA 90505

Tel: (310) 784-4879

## Recovery Now, Inc.

[www.recoverynowla.com](http://www.recoverynowla.com)

2200 Pacific Coast Hwy., Ste. 304A

Hermosa Beach, CA 90254

Tel: (310) 957-2099

## Exodus Recovery

[www.exodusrecoveryinc.com](http://www.exodusrecoveryinc.com)

923 South Catalina Avenue

Redondo Beach, CA 90277

Tel: (310) 792-5454

[Mwood@exodusrecovery.com](mailto:Mwood@exodusrecovery.com)



514 N. Prospect Ave., 1st floor  
Redondo Beach, CA 90277  
310.374.3426 | [bchd.org](http://bchd.org)

PRST STD  
U.S. POSTAGE

**PAID**  
Beach Cities  
Health District

\*\*\*\*\*ECRWSEDDM\*\*\*\*  
POSTAL CUSTOMER

Farm-to-table  
**FUN!**

## AdventurePlex's Toddler Town

For children ages 0 to 5

Opening in 2015



A Beach Cities Health District Program

[adventureplex.org](http://adventureplex.org)

