



ChallengeME MONTHLY MINUTE



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Monthly topic:

Cancer Awareness



Replacing Sweat Losses

Calculate your hourly sweat rate with this formula:
 $16 \times [(Starting\ Weight\ lbs) - (Weight\ lbs\ after\ 1\text{-}hour\ exercise)] + [fluids\ consumed\ during\ oz] = \text{sweat loss in ounces per hour.}$

As an example, say my pre-exercise weight is 161 pounds and my post-exercise weight is 160 pounds. I also consumed 8 ounces of fluid during my hour of exercise.

The calculation and results would look like this:

$16 \times [(161\ lbs) - (160)] + [8] = \text{sweat loss of 24 ounces per hour.}$

Sweat loss does not need to be replenished one to one. Your sweat rate should be used as an indicator of whether your water intake during a workout is low or high and if you need to adjust your water intake during your next workout.



Eating Healthy Matters. Try these Foods:

- Foods high in vitamins, minerals, and other nutrients
- Foods that are not high in calories, and that help you get to and stay at a healthy body weight
- A colorful variety of vegetables – dark green, red, and orange
- Fiber-rich beans and peas
- A colorful variety of fruits
- Whole grains (in bread, pasta, etc.) and brown rice

Diet and Physical Activity: How Does this Relate to Cancer?

How much do daily habits like diet and exercise affect your risk for cancer? More than you might think. Research has shown that poor diet and not being active are key factors that can increase a person's cancer risk. The good news is that you can do something about this.

Besides quitting smoking, some of the most important things you can do to help reduce your cancer risk are:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Follow a healthy eating pattern at all ages.
- Avoid or limit alcohol.

Control your Weight:

Being overweight can increase cancer risk in many ways. One of the main ways is that excess weight causes the body to make and circulate more estrogen and insulin, hormones that can stimulate cancer growth.



Be sure to visit the ChallengeME website:

Health & Safety Conference: Civic Center 10/20-10/21

- > Sign up for Health Coaching
 - > Sign up for VirginPulse
 - > Listen to the ChallengeME Podcasts
 - > Watch past webinars
 - > Learn about your benefits : New pdf on website!
- <http://maine.gov/mdot/challengeme>

Coming Up November: All About Sleep

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov