

# SPOTLIGHT

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## HOW TO SUCCEED AT AN EXERCISE PROGRAM

The benefits of exercise are many- heart health, diabetes control, weight maintenance, stress relief-just to name a few. Most of us know that exercise is good, and many people want to become more active. Why then, do we start an exercise program with the best intentions, only to slack off, or quit completely, days or weeks later?

success. It doesn't matter if your spouse or best friend wants a jogging partner-if jogging isn't for you, you'll quit. When choosing your personal exercise plan, think about the activities you liked as a child or teenager; sometimes these can be modified to fit adult activities.

start off very slowly. As a rule of thumb, plan your level of intensity and duration, and then cut it in thirds or in half. For example, if you want to eventually be able to walk two miles in 30 minutes every day, start off walking three-quarters of a mile three times a week. Gradually work toward your goal over several weeks.

2) **Was I "good" at it?**

As the saying goes, "Nothing succeeds like success." Keeping motivation high usually requires some sort of competence at a task. If you've chosen an activity you love, but your skill level is low, take a few lessons from an expert. And then practice, practice, practice.

4) **Did I talk or think negative thoughts about my progress?**

Negative self-talk guarantees failure. Be nice to yourself. Be sure to set attainable goals and then celebrate your successes and milestones. Set a routine, but don't be too rigid-if you miss a day, forgive yourself and vow to get right back on track tomorrow. And then do it.

Once people get into a routine, most say exercise is enjoyable. Being physically fit leads to greater confidence and stamina. But failing at exercise, just like failing at anything, can be a morale-buster. If you've started any kind of exercise program and failed, it's time for a self-quiz. Ask yourself the following questions:

1) **While I was involved in the activity, did I enjoy it?**

Choosing an activity you enjoy is probably the best predictor of

3) **Did I injure myself?**

Injuries are the hallmark of a beginner. If you've been sedentary for years, you need to

## Chairman's Message



Armand E. Sabitoni  
General Secretary - Treasurer  
and New England Regional Manager

Each year, nearly 440,000 people in the United States die of a smoking-attributable illness, resulting in 5.6 million years of potential life lost. On average, smoking reduces adult life expectancy by approximately 14 years. Lung cancer is the number one cause of smoking-related deaths followed by chronic obstructive pulmonary disease and heart disease. Additionally, there are almost 9 million people suffering with at least one serious illness from smoking.

Consider the effect your smoking habit has on your family and loved ones. Secondhand smoke is the third leading preventable cause of death in America, killing over 53,000 nonsmokers every year. Secondhand smoke causes ear infections and respiratory problems such as asthma in children and it has been linked to Sudden Infant Death Syndrome (SIDS).

Smoking also increases your risks of exposure on a job site. Tobacco smoke damages your lungs' ability to protect themselves against other toxic substances you may inhale. The odds of a smoker getting bronchitis, asthma or other lung diseases increases considerably when working with asphalt, coal tar, silica, and other lung hazards. Some toxins can work together inside your body to strengthen each other's power to cause disease. The odds for getting lung cancer are 53 times greater when you smoke and are exposed to asbestos.

This month, in celebration of our "Lungs for Life" campaign, the New England Laborers' Health and Safety Fund urges you to quit smoking. There are numerous resources that aid in smoking cessation, including cost-free community based programs. Please contact your primary care physician to discuss your options for a smoke-free future.

## LUNGS FOR LIFE

How many times have you heard someone say, "I've been smoking so long, that it's too late to quit"? Well it's never too late! Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

**20 Minutes After Quitting:**  
Your heart rate drops.

**12 hours After Quitting:**  
The carbon monoxide level in your blood drops to normal.

**2 Weeks to 3 Months After Quitting:**  
Your heart attack risk begins to drop.  
Your lung function begins to improve.

**1 to 9 Months After Quitting:**  
Your coughing and shortness of breath decrease.

**1 Year After Quitting:**  
Your added risk of coronary heart disease is half that of a smoker's.  
Your cancer of the larynx risk is reduced.  
Your ulcer risk drops.

**2 to 5 Years After Quitting:**  
Your bladder cancer risk is halved.  
Your risk of peripheral artery disease goes down.  
Your cervical cancer risk is reduced.

**5 Years After Quitting:**  
Cancers of the mouth, throat, and esophagus risks are halved.  
Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

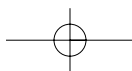
**10 Years After Quitting:**  
Your lung cancer death rate is about half that of a smoker's.  
Your risk of cancers of the kidney and pancreas decreases.

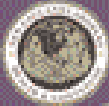
**15 Years After Quitting:**  
Your risk of coronary heart disease is back to that of a nonsmoker's.

Wouldn't it be great if these changes were happening to you? Well, they can. Just make a commitment to quit. Contact your local Lung Association or call your primary care physician today.

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## New England Laborers' Health & Safety Fund

### HALLOWEEN SAFETY TIPS FOR KIDS AND ADULTS

With witches, goblins, and super-heroes descending on neighborhoods across New England, the New England Laborers' Health and Safety Fund joins the American Red Cross to offer parents some safety tips for a safe and enjoyable trick-or-treat holiday.

- Walk, slither, and sneak on sidewalks, not in the street.
- Look both ways before crossing the street.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type clothing so you are more visible.
- Plan your route and share it with your family.
- Have an adult accompany children.
- Carry a flashlight to light your way.
- Keep away from open fires and candles. (Costumes can be extremely flammable.)
- Visit homes that have the porch light on.
- Accept treats at the door and never go into a stranger's house.
- Be cautious of animals and strangers.
- Have a grown-up inspect treats before eating. Discard candy if the package is opened. Small, hard pieces of candy are a choking hazard for young children.



### DEFIBRILLATE TO RESUSCITATE

There's no question about it...automated external defibrillators (AEDs) save lives! Every minute of every day, sudden cardiac arrest (which often leads to heart attack) claims another victim. A heart attack occurs when the arteries that supply blood to the heart become blocked, the flow of blood which carries oxygen to the heart is slowed or stopped, and the muscle fibers contract chaotically rather than in sync with each other as they normally do. This chaotic heart beat is called ventricular fibrillation and the only known treatment is defibrillation. If defibrillation does not occur immediately, death will follow within 10 minutes, (for every minute following the onset of sudden cardiac arrest, the chance of survival drops by 10%). As such, waiting just 6 minutes for medical personnel to arrive by ambulance and perform defibrillation will reduce chances of survival by 50 percent.

Each year, approximately 225,000 people suffer out-of-hospital sudden cardiac arrest, and only 2 to 5 percent of those are successfully resuscitated. Historically, only trained medical professionals were able to interpret the heart rhythms on manual defibrillator devices. However, today's new AEDs use embedded computer chips to analyze the rhythms instantly and accurately, making it possible for non-medical professionals to administer the same vital service after only several hours of training. This is why AEDs have become commonplace in many industries and are found in theme parks, airplanes, fitness centers, and offices.

In recognition of the life-saving potential AEDs offer against sudden cardiac arrest, several pieces of legislation mandating their use have been passed over the past few years. The Cardiac Arrest Survival Act requires the installation of AEDs in all federal buildings and the Federal Aviation Administration stipulates that all U.S. airlines must carry AEDs. New York requires AEDs in all public schools and at school-sponsored athletic events. In Rhode Island all health clubs registered with the Attorney General's office must have at least one easily accessible AED and at least one properly trained employee on-site at all times. Numerous other bills have been proposed at both federal and state levels. To find out about local AED training programs, contact the local American Heart Association.

Join the New England Laborers Health and Safety Fund for a fun-filled family event. An annual Health and Safety fair will be visiting your area soon. Take advantage of free health screenings including cholesterol, blood sugar, blood pressure, hearing, vision and more. There will be lots of fun activities for the children including games, crafts, face-painting, and balloons. Complimentary manicures and massages will be offered. Food and refreshments will be served. Pick up product and educational give-a-ways and enter your name to win door prizes. Contact your Local Business Manager for more details.

- Maine, New Hampshire & Vermont at Local 327 on Saturday, October 15 from 9 am to 12 noon
- Massachusetts District Council in Hopkinton on Saturday, November 5 from 9 am to 1 pm
- Connecticut Laborers' District Council in Hartford on Saturday, November 12 from 9 am to 1 pm
- Rhode Island Laborers' District Council in Providence on Tuesday, November 15 from 4 pm to 8 pm

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