

## Lifestyle

### *Staying Healthy During Financial Crisis*

By Niru Prasad

Despite growing attention in the world media and expanding aid efforts by global organizations, the world hunger crisis continues to worsen as many of our communities struggle with daily hunger and starvation. The basic staples that feed the world, wheat, rice, and corn are becoming more and more expensive. Even so, it is essential that we stay away from cheap foods – although tempting, this may cause your health to deteriorate.

To make matters harder for the consumer, the FDA does not check for non-organic contaminants such as heavy metals, that may be present in produce, fish and dietary supplements. In fact only 1 percent of imported food is even tested at a U.S. port. Moreover, savvy suppliers sometimes re-route products (especially seafood) to an inland port such as Las Vegas, where there are no FDA inspectors. This means that food may cross an ocean several times before it even gets to your dinner table. For example, the United States allows the importation of processed chicken from China – meaning that chickens are bred and killed in Mexico, shipped to China frozen, and then returned for sale in the United States. Yuck!

Here are a few tips on how to stay healthy during this financial crisis:

1. Maintain healthy eating habits. Don't snack on foods you know are bad for you.
2. Organize your schedule so that you do not make frequent trips to the grocery store. If you plan your meals ahead of time, you will not snack spontaneously on unhealthy foods.
3. Buy your produce from the local farmer's market – it is fresher and more cost effective. You can also find community supported and independent grocery stores.
4. Take advantage of store coupons and special sales, even if this means stocking up on items you may need in the future.
5. Grow fruits and vegetables in your yard or in a community garden. Produce does not get any fresher than this, and gardening will help and encourage you to be active.

In conclusion, there are not too many ways we can actively fight our current financial crisis.

The one thing we do have control over is our

eating habits, so be aware of temptation and stay healthy.

#### To Our Advertisers

The Think Club © publishes 3,000 copies quarterly, targeted at informed and educated readers in Michigan. A few hundred copies also go to out-of-state libraries and universities. If you want your message to reach this group of people, send your check or money order, payable to The Think Club, P.O. Box 451, Bloomfield Hills, MI 48303-0451 or call: (248) 651-3106 for more information.

Advertisement rates are as follows: Full page \$400, half page \$200, quarter page \$120. The above rates are for full year (four issues). (Single issue rates - full page \$100, half page \$50, quarter page \$30).

#### What is physical activity?

From: <http://www.health.gov/>

Physical activity is any form of exercise or movement of the body that uses energy. Some of your daily life activities—doing active chores around the house, yard work, walking the dog—are examples.

To get the **health benefits** of physical activity, include activities that make you breathe harder and make your heart and blood vessels healthier. These **aerobic activities** include things like brisk walking, running, dancing, swimming, and playing basketball. Also include **strengthening activities** to make your muscles stronger, like push-ups and lifting weights.

#### The good news?

People of all types, shapes, sizes, and abilities can benefit from being physically active. If you have a disability, choose activities in this booklet that work for you. Talk with your health care team about the amount and types of activities that are right for your ability or condition.