

Fast Facts in a Busy World



TEENS AND BLOOD PRESSURE

Teenagers who have high blood pressure as well as those whose blood pressure rises from adolescence to adulthood have an increased risk of developing clogged arteries as an adult, say researchers.

Blood pressure normally wouldn't be a concern in teenagers, but the epidemic of obesity in children is changing that.

—*American Journal of Hypertension*

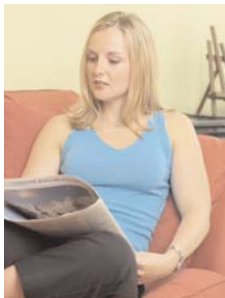
A MAN'S WAIST AND DIABETES

A 13-year study of 27,000 men found the bigger the waist, the greater the risk of developing diabetes. Men with waists 37.9 to 39.8 inches in circumference, for example, had a risk five times as great as those whose waists were 29 to 34 inches, according to the study, published in the *American Journal of Clinical Nutrition*. Researchers report waist size seemed to be a better gauge for diabetes risk than body mass index, a measure of height and weight or a waist-to-hip ratio.

—*American Journal of Clinical Nutrition*

STRIVING TO BE BETTER

Women account for 70 percent of enrollment in self-improvement classes; 66 percent of self-help book purchases; and 54 percent of health club memberships.



—*Vitality*



AGING SECRET: TAKE A DIVE

Indiana University researchers say competitive swimmers delay signs of aging like muscle-mass loss and high blood pressure by one to two decades. Grab your goggles and jump in!

—*Indiana University*

USE YOUR SUN SENSE

Sunburn causes pain, wrinkles, skin damage and skin cancer. Preventing it is good for your short- and long-term health.

If you have sunburn, stay out of the sun until your skin recovers, and try these suggestions to relieve the symptoms:

- Keep skin moisturized with lotion.
- Apply topical anesthetic creams containing cortisone.
- Soak in a cool bath with a half-cup of oatmeal, baking soda or cornstarch added to the water.

Avoiding the sun between 10 a.m. and 4 p.m. can prevent sunburn. In addition:

- Apply a sunscreen with an SPF of at least 15 at least 45 minutes before going outside.
- Avoid sunlamps and tanning beds.
- Use lip balm with the sunscreen PABA to prevent sunburned lips.
- Wear sunglasses that block 100 percent of UV rays to protect your eyes.
- Be aware that some drugs can make you more sensitive to the sun.

—*Vitality*

SWIMMING ROCKS

Splash to the beat with the new Finis SwiMPS—a waterproof digital music player that works like magic. Just place the unit on the back of your head and the speaker pads on your cheekbones, and the music vibrations will travel to your inner ear, delivering amazing sound. Holds 30 songs and includes goggles. www.all3sports.com

—*Prevention*

GENDER BENDER

Single moms are slightly more likely to have girls, while couples are more likely to have boys, finds a U.S. study of 86,436 births. No one's sure why.

—*Prevention*

WHAT'S YOUR FITNESS TYPE?

Researchers have learned that people (especially beginning exercisers) are much more successful at sticking to an exercise program when they choose activities that match their personality.



In short, whatever moves you is the best way to stay motivated.

- If you like to socialize, try an activity that lets you interact with other people—golf, team sports, join a gym.
- If you want spontaneity or surprises, try an activity that is unpredictable—dancing, outdoor hiking, racquet sports.
- If you need a sense of routine and control, try an activity that is structured—training on a step machine, weight lifting, tai chi.
- If you are motivated by fun or excitement, try an activity that can be done with a group—aerobics or dance classes, skiing, team sports.
- If you like to be strong, assertive, and aggressive, try an activity that allows you to release lots of energy—power weight lifting, martial arts, mountain biking.
- If you enjoy mental focus, try an activity that requires you to concentrate—yoga, Pilates, martial arts.
- If you love competition, try an activity that has a competitive aspect—team sports, tennis, volleyball, golf.
- If you are introspective or want solitude, try an activity that can be done alone—swimming laps, running, walking, yoga.
- If you are a risk taker, try an activity that appeals to your sense of adventure—cross-country skiing, mountain climbing.

—*Hope Health Letter*