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## Make a mini- workout

Not every workout needs to be an hour-long sweat session. If you're short on time, any amount of movement counts. Try these mini-workouts to get your heart pumping and maintain strength and flexibility.

- **Body Weight:** Choose 2-3 bodyweight movements and repeat them in a circuit for 10 minutes. Examples include push-ups, wall sits, tricep dips, planks, lunges, and squats.
- **Strength training:** Pick up a kettlebell, pair of weights, or anything heavy you have around, and do a quick strength training session. Try overhead presses, squats, lunges, deadlifts, bicep curls, side bends, and bent-over rows.
- **Cardio:** String together a few moderate to high-intensity movements and get your heart rate up. Try jumping jacks, burpees, walking lunges, jump squats, crawling, and high knees.
- **Flexibility:** Get down on the floor and do some gentle stretches or yoga. Try forward folds, twists, cat/cow, downward dog, gentle back bends, and bridges.

# Nutrition during cancer treatment

When undergoing cancer treatment, you may be tired, stressed, busy with appointments, and dealing with side effects from treatment. While healthy eating is important, it can also be a challenge. What you eat supports your body as you battle cancer, so support it well.

## EATING WELL

During cancer treatment, your body may need extra calories and protein to maintain strength and energy and protect immune function.

In general, a healthy diet during cancer treatment includes:

- High-protein foods such as meat, fish, eggs, dairy, and plant-based protein like tofu and lentils.
- Enough calories to maintain your weight. Small weight changes can be normal, but losing lots of weight during treatment is usually unhealthy and means your body is not getting the nutrition it needs.
- Fruits, vegetables, and whole grains to provide essential vitamins and minerals.
- Plenty of water to maintain hydration.



## MANAGING SIDE EFFECTS

### Poor appetite

- Eat 5-6 small meals and snacks.
- Try a high-calorie smoothie or protein shake.
- Choose high-calorie, high-protein foods such as nut butter, yogurt, nuts and seeds, cheese, and cream soup.
- Set a timer to remind you to eat and drink.

### Constipation

- Drink lots of liquids to soften stools.
- If appropriate for you, add more fiber to your diet with whole grains, fruits, vegetables, and legumes.
- Try warm or hot liquids such as tea and soup.
- Specific foods such as prunes, flax meal, and bran can help.

### Nausea

- Eat regular small meals and snacks.
- Choose bland foods such as toast, applesauce, and rice.
- Suck on sour candies before eating to settle your stomach.
- Don't skip meals, as this can make nausea worse.

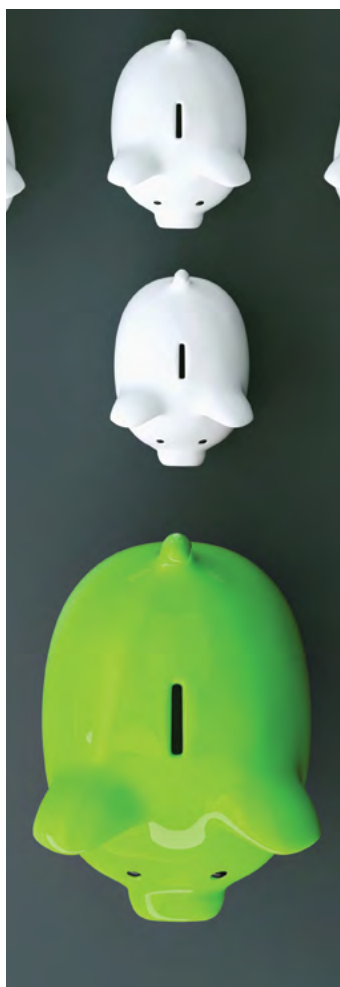
### Diarrhea

- Drink plenty of fluid to replace what you're losing.
- Eat regular small meals.
- Avoid high-fiber foods, greasy foods, and carbonated drinks.
- Use electrolyte replacement foods as needed, including sports drinks, broth, and bananas.



# IRA vs. 401k

Saving for retirement is an important financial goal. IRAs and 401k's are two common avenues for building wealth.



## IRA

An IRA is an Individual Retirement Arrangement. It is a tax-advantaged account, meaning you can build retirement savings without worrying about tax deductions. These types of accounts are opened by you and allow you to contribute a certain amount of money each year.

The two most common types of IRAs are:

- **Traditional IRA:** Contributions may be tax deductible. However, after the age of 72, you must start taking distributions from the IRA, and the funds are subject to taxes at that time.
- **Roth IRA:** Contributions are not tax-deductible, but certain distributions may be tax-free. Early withdrawals may be subject to taxes.

## 401K

A 401k plan is opened by your employer and allows both you and your employer to contribute to retirement savings. Employees can elect to contribute a portion of their salary, tax-free, directly to their 401k. Many employers will contribute matching funds or up to a certain amount of funds each year.

- Traditional 401ks allow employees to make pre-tax payroll deductions and allow employers to contribute.
- Safe harbor 401ks allow employers to make a contribution to every employee's 401k, regardless of whether the employees themselves contribute.
- Simple 401ks are designed for small businesses with 100 or fewer employees.

## PROS & CONS

IRA		401k	
<b>Pros</b> <ul style="list-style-type: none"> <li>• Flexibility as the individual manages the account</li> <li>• Ideal if your employer does not offer a 401k</li> <li>• Allows a spouse to create retirement savings for a non-working spouse</li> </ul>	<b>Cons</b> <ul style="list-style-type: none"> <li>• Often, a lower contribution limit per year</li> <li>• Requires you to do all the leg work</li> <li>• The money in an IRA may not be protected from creditors</li> </ul>	<b>Pros</b> <ul style="list-style-type: none"> <li>• Employer run, so easy to contribute to</li> <li>• Increased savings due to matching contributions from your employer</li> <li>• Usually have high contribution limits, allowing you to save more</li> </ul>	<b>Cons</b> <ul style="list-style-type: none"> <li>• Lack of flexibility</li> <li>• Limited investment options</li> <li>• Not offered by all employers</li> </ul>

# Put an end to yelling

Every parent finds themselves raising their voice on occasion. But yelling shouldn't be the default response. Your relationship with your child will be better when you both communicate calmly.



## PAUSE

Before you address the situation, take a moment to consider your response. Your first reaction may not be your best one. If needed, let your child know you will talk about it later when you're calm.

## ADJUST EXPECTATIONS

Ask yourself if your expectations of your child are reasonable. Read up on age-appropriate behavior, and talk to other parents or your pediatrician. The better you manage your expectations, the easier it is to respond calmly.

## KNOW YOUR TRIGGERS

When are you most likely to resort to yelling? Are you short on time, short on sleep, or overwhelmed by stress? Tell your child how you're feeling, and find ways you can both cope without yelling.

## SPEND QUALITY TIME

Spend quality time with your child without screens or distractions. Find ways to connect and listen. The more positive interactions you have together, the easier it will be to stay calm and engaged during tough moments.

## GIVE A WARNING

Let your child know when they're pushing your buttons, and give everyone a chance to cool off. This not only gives you a moment to pause and adjust but also models healthy coping skills.

## ACCEPT RESPONSIBILITY

Ultimately, you are responsible for how you respond. Apologize when you resort to yelling. You don't have to be a perfect parent, but your kids need to know you care enough to try to do better.