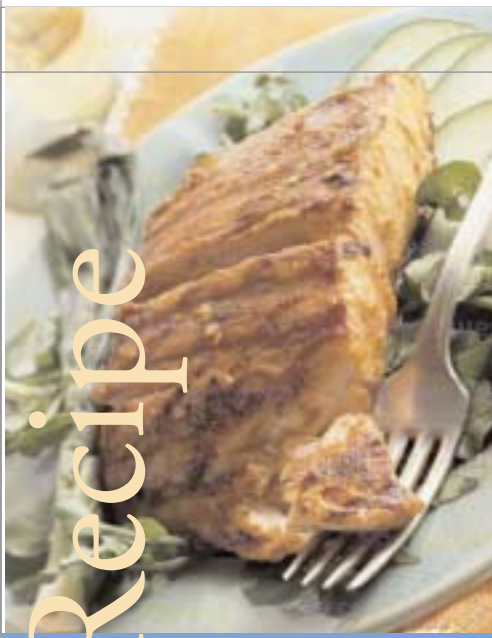


Below is a recipe that not only results in a tasty meal, but can increase your vitamin D intake as well. Enjoy!



Zesty Salmon Steaks

4 salmon steaks, 1-inch thick
1 pinch cayenne pepper
2 garlic cloves, crushed
2 tbs olive oil
_ cup fresh parsley or dill, chopped
1 tsp capers
1 tsp lemon zest
_ cup lemon juice

Sprinkle salmon steaks with cayenne. Sauté one clove of garlic in oil at medium heat until golden; remove from oil. Increase heat to medium-high. Sauté salmon, four minutes each side. Add remaining clove of garlic, parsley, capers, lemon zest, and lemon juice. Cook 1 to 2 minutes longer. Serve drizzled with pan juices. Serves four. Contains approximately 26 mg of calcium per serving.

Courtesy of the BC Salmon Marketing Council

Pedometers

This Year's Most Popular Exercise Tool

From students to seniors, more people are using pedometers to help increase daily activity levels.

The secret to getting off the couch, reducing your risk of disease, and shedding pounds looks like a beeper and clips on to your waistband.

This small device has been traditionally used by racewalkers to track their mileage but is now being used by large quantities of the general public to motivate them to exercise. Studies have even shown that seniors wear the pedometer daily are becoming more active and have improved their fitness and body fat goals.

A few extra steps to the corner mailbox, a midmorning stroll around the block or office, or an evening walk in the mall, neighborhood — even in your home — can be just the remedy against inactivity.

Reach your exercise goals with a few extra steps a day

About 50 percent of American adults are not sufficiently active in their leisure time to achieve health benefits; nearly 30 percent are not physically active at all, according to a recent government survey report. In their day-to-day lives, many people are less active than earlier generations because modern conveniences, from e-mail to remote controls and have eliminated the need to walk.

Daily walking is one of the keys to a healthy lifestyle. For most sedentary people, a 10,000-step target (5 miles) means adding 4,000 to 6,000 steps a day. Experts suggest adding steps gradually. Even as little as 2,000 steps a day may prevent you from gaining almost a pound a year.

(Continue on Back Cover)

Here are a few tips that you can use during your daily step counting routine:

Step 1: Determine how much activity you are currently getting. Where your pedometer at least 3-days straight from the time you get out of bed until you go to sleep. Do what you would normally do during the day. If you don't walk for exercise, then don't start yet. Try to measure at least one week-end day as well, since activity levels vary throughout the week.

Step 2: Calculate your baseline by averaging your steps counts for the 3 days.

Step 3: Set step goals. For example, if your goal is 5,000 steps per day and your baseline is 2,500 steps per day, by increasing your routine by only 250 steps a day, you can reach your goal within 10-20 days.

Step 4: Determine your ultimate goal by adding 7,500 steps to your baseline.

Step 5: Once you have achieved your initial goal, move to the next goal until you finally reach your ultimate goal.

Step 6: Maintain your ultimate goal for at least 8 weeks. If you are no longer getting results from this level of activity, you may want to increase your daily steps. If you don't have time for more walking, focus instead on increasing your intensity by going faster or including more hills.

Step 7: Always have fun. Exercise should not be a chore, but something you truly enjoy and benefit from.

Using the pedometer you received in your Welcome package is fun, easy to use and can help you achieve your exercise goals. However, remember to always consult your Total Access Medical physician before changing any exercise routine.

Rate Your Self-Care

Score your responses:

Almost always = 5 points each
Almost never = 1 point each
Sometimes = 3 points each

Rate your self-care:

96-100 Fantastic! Your self-care is top rate.

90-95 Congratulations! You are taking excellent care of yourself.

80-89 Keep up the good work. You definitely value self-care.

70-79 Great. You're absolutely on the right track. Onward and upward.

60-69 You're making progress. Now keep on going.

50-59 What specific area(s) of self-care will you work on to improve?

40-49 OK, but do you think you're paying enough attention to your care?

30-39 Hmmmm...why are you having difficulty caring for yourself?

0-29 You may want to see your Total Access Medical physician or another medical professional for one-on-one help with your self-care.

How did you do?

There are many resources that can help you improve the way you handle stress and self-care. A good place to start when you need help is your Total Access Medical physicians office.

Total Access Medical is always available to you.

If you have any questions related to your health, want to schedule an appointment, speak with your Total Access Medical physician or need some simple medical advice, Total Access Medical is there for you — 24 hours a day, 7 days a week.

Call toll-free **1-800-31-TOTAL** (1-800-318-6825) today.

Your health is important to us. We are here for you, and look forward to giving you the information and help you need.

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191 Presidential Blvd., C-133, Bala Cynwyd, PA 19004
610-667-0377 • 610-667-0447 • 1-800-31-TOTAL
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The Pulse

A Guide to Healthy Living

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Total Access Medical, LLC

A Total Access Medical Quarterly Publication



Welcome

to your first issue of The Pulse!

On behalf of Total *Access* Medical, I want to applaud you on your commitment to control your health. Your health is equally as significant to us. That's why we have developed The Pulse. This quarterly publication is designed to provide you with information, ideas and tips on important topics such as exercise, nutrition and stress management that will make you a healthier and happier person.

This is a time to feel GREAT about the steps you and your Total *Access* Medical physician are taking to manage your health and lifestyle. Look over this first issue and look forward to more. I think you'll find that The Pulse is full of valuable information along with games and recipes that you and your family will use and enjoy.

Richard H. Stamps
President
Total *Access* Medical, LLC

Oh, the weather outside is frightful... But winter doesn't have to be!

Days grow shorter, nights are longer, and in most of the country it's colder outside. Many people spend more and more time inside. But you don't have to give in to "cabin fever," that feeling of restlessness, crankiness, or being "down in the dumps."



Exercise in winter can put a spring in your step.

Studies show that exercise can actually help you improve your mood, increase your energy level and sleep better. Talk with your Total *Access* Medical physician about how much exercise is right for you before starting or changing your exercise program.

With the weather colder, and the days shorter, what can you do? There are plenty of ways to get exercise indoors. Here are some of them:

Health clubs. Recently, many health clubs have included low-impact exercises — such as yoga, tai chi and Pilates — for people of all ages and fitness levels. Ask what's available at a health club or community center near you.

Mall walking. Many malls now open early in the morning just for walkers. Try one near you.

Household cleaning. It can get your heart rate up. And you'll get something accomplished while you're at it.

Home exercise equipment. Treadmills, stationary bikes or other exercise

equipment may save you money compared with a health club membership over the long run. According to the Mayo Clinic, "There's no ideal piece of exercise equipment. Try to find one that's practical, easy to use and enjoyable — and one that you will continue to use." **Venture outside,** as long as the weather isn't extreme, and as long as your Total *Access* Medical physician hasn't warned you against exercising in very cold weather.

To prepare yourself for a cold, wet windy day, wear layers. Layer 1 is think and designed to pull moisture away from your skin, layer 2 is for insulation, and layer 3 is your windproof, waterproof outside shell. Make sure you also keep your hands, feet and head warm.



Ask the Doctor:

What is the cure for this seasons cold and flu bug?

Dr. Robert Weiss
Total *Access* Medical affiliated physician

Dr. Weiss, with the 2002-2003 winter season colder than ever, do you have any tips on preventing the cold and flu bug from spreading?

Dr. Weiss - The season of colds and flu is here and unfortunately, this year old man winter seems to have decided to stay around for a while. With the cold and flu bug in full throttle, more unsuspecting patients are being hit than most previous years. However, don't give up hope yet. There are a few things you can do to help guard against these

bugs reaching you and your family. Here are ten top tips for boosting your immune system – the best defense for colds and flu.

1. Unless otherwise instructed by your Total *Access* Medical physician, eat lightly, relying mainly on fruit and vegetables. Include plenty of foods rich in vitamins A and C, such as citrus fruit, dark blue and red berries, mangoes, apricots, carrots, beetroot, green peppers and greens.

2. Avoid sugar, and mucous forming and fatty foods such as dairy, excess bananas, meat and white flour products (bread, pasta, etc.)

3. When you're below par, avoid stimulants such as coffee and alcohol. These all increase stress, which can depress your immune system.

4. Unless otherwise instructed by your Total *Access* Medical physician, drink at least 8 large glasses of water per day. One way to remind yourself is to have a 1 or 2 liter bottle of still mineral water always with you, and finish the bottle before the end of the day. It's useful to pour some into a small water bottle to carry around with you.

5. Make sure you get the maximum levels of vitamins and minerals every day by taking a good quality multi-supplement with your breakfast.*



6. Vitamin C helps maintain a strong immune system. Take extra amounts when you are surrounded by colds and flu (2-4 grams per day at least).*

7. Herbal supplements such as Echinacea, Olive Leaf Extract and Cat's Claw are particularly helpful for maximizing immune function.*

8. Colostrum is especially beneficial for prevention and cure of colds and flu, as well as being helpful for allergies, digestion. Also good and safe for babies and children.*

9. Get plenty of fresh air and breathe deeply. This helps the lymphatic system to move your protective immune cells around the body.

10. Get enough relaxation, rest and sleep. It's during sleep that your body repairs itself.

* Before taking any daily supplement or vitamin, please consult your Total *Access* Medical physician to make sure this routine is right for you.

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Take the Self-Care Quiz

Are you practicing self-health? This quiz was designed to help people assess how well they are doing when it comes to self-care. Please check only one response for each question.

1. Do you have a collaborative relationship with your Total *Access* Medical doctor?
 Almost always Almost never Sometimes

2. Do you follow your doctor's treatment plans?
 Almost always Almost never Sometimes

3. When you are ill, do you accept your illness or deny it?
 Almost always Almost never Sometimes

4. Are you satisfied with how you accept illness?
 Almost always Almost never Sometimes

5. Do you accept limitations when you are ill?
 Almost always Almost never Sometimes

6. Have you made any changes to improve the quality of your self-care?
 Almost always Almost never Sometimes

7. Do you let your family members and others know exactly what you need from them when you are ill?
 Almost always Almost never Sometimes

8. Are your relationships with friends and/or co-workers satisfying?
 Almost always Almost never Sometimes

9. Do you clean your plate of situations that drain your energy?
 Almost always Almost never Sometimes

10. Do you refrain from negative talk about others?
 Almost always Almost never Sometimes

11. Do you practice meditation, prayer or other spiritual exercise?
 Almost always Almost never Sometimes

12. Do you regularly do something that truly rejuvenates you?
 Almost always Almost never Sometimes

13. Do you have a laugh every day?
 Almost always Almost never Sometimes

14. Do you take time to spend with friends?
 Almost always Almost never Sometimes

15. Do you enjoy your own company?
 Almost always Almost never Sometimes

16. Do you speak truthfully even when your words will not be well received by your partner or friends?
 Almost always Almost never Sometimes

17. Do you allow yourself to express your anger and frustration appropriately?
 Almost always Almost never Sometimes

18. Do you have someone to talk to when you feel overwhelmed or stressed?
 Almost always Almost never Sometimes

19. Do you forgive those who hurt you?
 Almost always Almost never Sometimes

20. Do you speak openly and honestly about finances with your spouse, partner and family?
 Almost always Almost never Sometimes

See the back cover for detail on how to score your self-care quiz.

