Cancer Facts and Prevention

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For more information on ways to lead a healthier lifestyle visit our website GetHeathyCT.org

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October 2017
# Calendar of Cancer Awareness Months

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What is Cancer?

Approved by the Cancer.Net Editorial Board, 07/2015

Cancer is a group of more than 100 different diseases. It can develop almost anywhere in the body.

How cancer begins

Cells are the basic units that make up the human body. Cells grow and divide to make new cells as the body needs them. Usually, when cells get too old or damaged, they die. Then new cells take their place.

Cancer begins when genetic changes impair this orderly process. Cells start to grow uncontrollably. These cells may form a mass called a tumor. A tumor can be cancerous or benign. A cancerous tumor is malignant, meaning it can grow and spread to other parts of the body. A benign tumor means the tumor can grow but will not spread. Some types of cancer do not form a tumor. These include leukemias, most types of lymphoma, and myeloma.

Types of cancer

Doctors divide cancer into types based on where it began. Four main types of cancer are:

- **Carcinomas.** A carcinoma begins in the skin or the tissue that covers the surface of internal organs and glands. Carcinomas usually form solid tumors. They are the most common type of cancer. Examples of carcinomas include prostate cancer, breast cancer, lung cancer, and colorectal cancer.
- **Sarcomas.** A sarcoma begins in the tissues that support and connect the body. A sarcoma can develop in fat, muscles, nerves, tendons, joints, blood or lymph vessels, cartilage, or bone.
- **Leukemias.** Leukemia is a cancer of the blood. Leukemia begins when healthy blood cells change and grow uncontrollably. The four main types of leukemia are acute lymphocytic leukemia, chronic lymphocytic leukemia, acute myeloid leukemia, and chronic myeloid leukemia.
- **Lymphomas.** Lymphoma is a cancer that begins in the lymphatic system. The lymphatic system is a network of vessels and glands that help fight infection. There are two main types of lymphomas: Hodgkin lymphoma and non-Hodgkin lymphoma.

There are many other types of cancer. You can learn more about these other types of cancer.

How cancer spreads

As a cancerous tumor grows, the bloodstream or lymphatic system may carry cancer cells to other parts of the body. During this process, known as metastasis, the cancer cells grow and may develop into new tumors.

One of the first places a cancer often spreads is to the lymph nodes. Lymph nodes are tiny, bean-shaped organs that help fight infection. They are located in clusters in different parts of the body, such as the neck, groin area, and under the arms.

Cancer may also spread through the bloodstream to distant parts of the body. These parts may include the bones, liver, lungs, or brain. Even if the cancer spreads, it is still named for the area
where it began. For example, if breast cancer spreads to the lungs, it is called metastatic breast cancer, not lung cancer.

Watch a brief video about how cancer begins and spreads to other parts of the body.

*Video used with permission from BioDigital Systems.*

**Diagnosing cancer**

Often, a diagnosis begins when a person visits a doctor about an unusual symptom. The doctor will talk with the person about his or her medical history and symptoms. Then the doctor will perform various tests to find out the cause of these symptoms. Many people with cancer have no symptoms, though. For these people, cancer is diagnosed during a medical test for another issue or condition.

Sometimes a doctor diagnoses cancer after a cancer screening test in an otherwise healthy person. Examples of screening tests include *colonoscopy*, *mammography*, and a *Pap test*. A person may need additional tests to confirm or disprove the result of the screening test. For most cancers, a biopsy is the only way to make a definite diagnosis. A *biopsy* is the removal of a small amount of tissue for further study. Learn more about [making a diagnosis after a biopsy](#).

Source: http://www.cancer.net/navigating-cancer-care/cancer-basics/what-cancer
Helping to reduce your risk for cancer and getting regular cancer screening tests to find cancer early can give you the best chances for staying well and living a long life.

Take control of your health and help reduce your cancer risk by making healthy lifestyle choices:

- Stay away from tobacco.
- Stay at a healthy weight.
- Get moving with regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- Limit yourself to no more than 1 alcoholic drink per day.
- Protect your skin from the sun.
- Know yourself, your family history, and your risks.
- Have regular check-ups and cancer screening tests.

Visit **www.cancer.org** or call **1-800-227-2345** to learn more about reducing your risk of cancer.

**Take control of your health and get regular cancer screening tests:**

- **Colorectal cancer:** Beginning at age 50, talk to your health care provider about the testing option that is best for you and get regular testing.
- **Skin cancer:** Have a skin exam done during your regular health check-ups.
- **Breast cancer:**
  - From ages 40 to 44, choose whether you want to get a mammogram to screen for breast cancer.
  - From ages 45 to 54, get a mammogram every year.
  - At age 55 and older, switch to mammograms every 2 years OR continue yearly screening. Screening should be done as long as you’re in good health and expect to live at least another 10 years.
  - You should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening. You also should be familiar with how your breasts normally look and feel and report any changes to a health care provider right away.
  - If you’re at increased risk for breast cancer due to a family or personal history, talk to your health care provider about the screening plan that’s best for you.
- **Cervical cancer:**
  - From ages 21 to 29, get a Pap test every 3 years.
  - From ages 30 to 65, get a Pap test and HPV test every 5 years. A Pap test alone every 3 years is OK, too.
  - After age 65, if you’ve had regular normal test results, stop testing. If you have a history of serious cervical pre-cancer, keep testing for 20 years after your diagnosis.
  - If you’ve never had cervical cancer and your cervix has been removed, you don’t need testing.
  - Follow the recommendations for your age group even if you’ve had the HPV vaccine.
- **Endometrial cancer:** At menopause, talk to your health care provider about the risks and symptoms of endometrial cancer and always report any unexpected bleeding or spotting to your provider.
- **Lung cancer:** If you are between 55 and 74 years of age, are in fairly good health, have smoked for many years, AND still smoke OR quit within the past 15 years, please talk to a health care provider about whether you should be tested for lung cancer.
Mujeres, ayúden a reducir su riesgo de cáncer y háganse sus pruebas para detectar el cáncer temprano.

Asuma el control de su salud y hágase las pruebas periódicas para la detección del cáncer:

- **Cáncer colorrectal:** A partir de los 50 años de edad, hable con su proveedor de atención médica sobre la opción de pruebas de detección que sea adecuada para usted y hágase dichas pruebas con regularidad.

- **Cáncer de piel:** Pida que le hagan un examen de la piel durante sus revisiones médicas de rutina.

- **Cáncer del seno:***
  - Entre los 40 y los 44 años de edad, debe determinar si desea hacerse un mamograma para la detección del cáncer de seno.
  - Entre los 45 y 54 años de edad debe someterse a un mamograma cada año.
  - A partir de los 55 años de edad en adelante, las mujeres deben hacerse mamogramas cada 2 años, O BIEN, pueden continuar los exámenes de detección cada año. Los exámenes de detección se deben seguir haciendo mientras se tenga un buen estado de salud y una expectativa de vida de al menos 10 años más.
  - Deberá familiarizarse con los beneficios, limitaciones y daños potenciales asociados a los exámenes de detección para el cáncer de seno. También debe estar familiarizada con el aspecto y sensación natural de sus senos, y notificar inmediatamente al médico cualquier cambio que observe o que sienta en los senos.
  - Si usted presenta un riesgo aumentado de cáncer de seno debido a su historial personal o antecedentes familiares, hable con su proveedor de atención médica sobre el plan de pruebas de detección que sea más adecuado para usted.

- **Cáncer de cuello uterino:***
  - Entre los 21 y 29 años de edad debe someterse a una prueba de Papanicolaou cada 3 años.
  - Entre los 30 y 65 años de edad debe someterse a una prueba de Papanicolaou junto con una prueba del VPH cada 5 años. Una prueba de Papanicolaou por sí sola cada 3 años también está bien.
  - A partir de los 65 años en adelante, si usted ha obtenido resultados normales en las pruebas rutinarias, deberá dejar de hacerse las pruebas. Si usted tiene un historial de pre-cáncer grave, deberá continuar haciéndose las pruebas durante 20 años tras haber recibido dicho diagnóstico.
  - Si usted nunca ha tenido cáncer de cuello uterino y su cerviz (cuello del útero) ha sido extraída, usted no requiere de hacerse las pruebas. Siga las recomendaciones para su grupo de edad incluso si usted recibió la vacuna contra el VPH.

- **Cáncer de endometrio:** En la menopausia, hable con su proveedor de atención médica sobre los riesgos y síntomas del cáncer endometrial y siempre infórmelos sobre cualquier sangrado o manchado que ocurra.

- **Cáncer del pulmón:** Si usted tiene entre 55 y 74 años de edad y su estado de salud es relativamente bueno habiendo fumando durante muchos años, Y ADEMÁS todavía fuma, O BIEN, dejó de hacerlo dentro de los últimos 15 años, por favor hable con un proveedor de atención médica sobre si usted debería someterse a pruebas para el cáncer de pulmón.

El ayudar a reducir su riesgo contra el cáncer y someterse a las pruebas periódicas para la detección del cáncer en sus etapas iniciales le brinda la mejor probabilidad de preservar un buen estado de salud y gozar de una larga vida.

Tome el control de su salud y ayude a reducir su riesgo de cáncer haciendo elecciones de estilo de vida saludable:

- Manténgase libre de tabaco.
- Mantenga un peso saludable.
- Manténgase activa realizando actividades físicas de forma habitual.
- Lleve una alimentación sana con muchas frutas y verduras.
- Limitése a no más de una bebida con alcohol al día.
- Proteja su piel de la exposición al sol.
- Conozca sus riesgos, su historial médico y el de su familia.
- Acuda al médico rutinariamente para que le hagan revisiones médicas y pruebas para la detección del cáncer.

Visite www.cancer.org/español o llame al 1-800-227-2345 para saber más sobre cómo reducir su riesgo de llegar a tener cáncer.
Men, reduce your cancer risk and get your tests to find cancer early.

Reducing your risk for cancer and getting regular cancer screening tests to find cancer early, when it’s small and hasn’t spread, give you the best chance for staying well and living a long life.

Take control of your health and reduce your cancer risk by making healthy lifestyle choices:

- Stay away from all forms of tobacco.
- Stay at a healthy weight.
- Get moving with regular physical activity.
- Eat healthy with plenty of fruits and vegetables.
- Limit yourself to no more than 2 alcoholic drinks a day, if you drink at all.
- Protect your skin from the sun.
- Know yourself, your family history, and your risks.
- Have regular check-ups and cancer screening tests.

Visit cancer.org or call 1-800-227-2345 to learn more about reducing your risk of cancer.

Take control of your health, and get regular cancer screening tests:

- **Colorectal cancer:** Starting at age 50, talk to a health care provider about the testing option that’s best for you, and get regular testing.

- **Prostate cancer:**
  - Starting at age 50, talk with a health care provider about the benefits and harms of prostate cancer testing, then decide if testing is right for you.
  - If you are African American or have a close relative who had prostate cancer before age 65, have this talk with a provider starting at age 45.

- **Lung cancer:** If you are between 55 and 74 years of age, are in fairly good health, have smoked for many years AND still smoke OR have quit within the past 15 years, talk to a health care provider about whether you should be tested for lung cancer.
Hombres, reduzcan su riesgo de cáncer y háganse pruebas para detectar el cáncer temprano.

Reducir su riesgo de cáncer y hacerse pruebas de detección del cáncer en forma periódica para detectar el cáncer temprano le otorga las mejores posibilidades para estar bien y vivir una vida larga.

Tome el control de su salud y reduzca su riesgo de cáncer haciendo elecciones de estilo de vida saludable:
- Manténgase alejado del tabaco.
- Mantenga un peso saludable.
- Sea físicamente activo mediante el ejercicio de forma habitual.
- Coma sano con muchas frutas y verduras.
- Si consume alcohol, límitese a no más de 2 bebidas alcohólicas por día.
- Proteja su piel del sol.
- Conózcase a usted mismo, sus antecedentes familiares y sus riesgos.
- Hágase pruebas de rutina y pruebas de detección del cáncer regularmente.

Visite cancer.org o llame al 1-800-227-2345 para aprender más sobre cómo reducir su riesgo de cáncer.
Talking With Someone Who Has Cancer

Approved by the Cancer.Net Editorial Board, 01/2015

Key Messages:

- Talking with a family member or friend can help someone diagnosed with cancer cope with the range of emotions he or she is feeling.
- If a relative or friend was diagnosed with cancer, you can ask if he or she wishes to share some information or just chat about how things are going.
- Be prepared for a range of responses. Some may welcome your invitation to talk, and others may prefer to say as little as possible. This may change over time, so be patient and find a way to express your support.
- If your friend or relative chooses to share, listen attentively and be mindful about asking too many questions or overburdening him or her with your own feelings.
- Let your friend or relative set the tone. Some people may seem very cheerful because they simply cannot deal with the sadness. If your friend or family member seems sad, find a way to provide support and encouragement.

Feelings of sadness, anger, confusion, and helplessness come with a cancer diagnosis. For the person who has been diagnosed with cancer, it’s helpful when friends and family members provide a comforting presence and practical support. However, people often don’t know what to say to someone who has cancer. Here are some tips to help you show your support:

**Take your cues from the person with cancer.** Ask the person if they would like to talk about the experience. It’s best to allow him or her to decide when to talk and how much to share.

**Show support without words.** Your body and facial expressions can also convey your message of caring and support. Keep eye contact, listen attentively, and avoid distractions when talking. One important way to provide support is to share some silence without needing to drown it out with chatter.

**Choose your words carefully.** Make sure to acknowledge how difficult this experience is for your friend or family member. Carefully choosing what you say can help you show your support without being dismissive or avoiding the topic. For example, it is better to say, “I don’t know what to say” than to stop calling or visiting out of fear.

Here are some options to help show your care and support:

- I’m sorry this has happened to you.
- If you ever feel like talking, I’m here to listen.
- What are you thinking of doing, and how can I help?
- I care about you.
- I’m thinking about you.

Here are examples of phrases that are unhelpful:

- I know just how you feel.
- I know just what you should do.
- I’m sure you’ll be fine.
Don’t worry. How long do you have?

**Practice active listening.** This is a technique that professionals use to show respect. It is a helpful way for you to show that you are connecting to your friend’s or family member’s words and feelings. All it takes is to give your full attention, avoid thinking about what comes next, or hurrying the conversation and forcing it to a conclusion.

**Use caution when asking questions.** Phrase your questions carefully and consider the number of questions that you ask in a conversation. People with cancer are often asked many questions by their friends and family members, and it can become tiresome.

**Make sure it’s okay to give advice.** Before you offer any advice, ask if it’s okay and be prepared to stop if you are not encouraged to continue. If you feel prompted to make a suggestion, ask for the person’s permission to share it before proceeding. Unsolicited advice may cause unnecessary stress.

**Be honest about your feelings but don’t overburden.** Communicate feelings you may be experiencing—such as fear, anxiety, anger, or disbelief—in response to the person’s cancer diagnosis. But try to be brief in your explanations. Spending too much time expressing difficult emotions you are feeling may overwhelm and upset the person with cancer. If you struggle to maintain your composure, give yourself some time away to calm your feelings before talking again. You may find that meeting with a counselor helps you process and manage your emotions.

**Talk about topics other than cancer.** Talking about usual topics may help provide a sense of balance. The intent is not to distract your friend or family member, but to help him or her maintain usual interests and connections and take a break from difficult conversations.

**Encourage the person to stay involved.** Help your friend or family member decide how to stay involved in his or her typical activities and continue old routines. Those steps help many people with cancer cope during a time that includes many unfamiliar experiences. However, a lack of time or energy from cancer or its treatment may prevent some people from usual activities and routines.

You may be able to help your friend or family member prioritize the activities they want to do and delegate other tasks. For example, you can suggest that your friend or family member saves energy to attend his or her child’s soccer game or school play while asking for volunteers to help with household chores.

**Ask if practical support would be helpful.** Offer specific examples of ways you could help during cancer treatment, and ask if those suggestions sound helpful. Ideas include running errands, caring for pets, driving the person to an appointment, or picking up children from school. This approach is better than saying, “Let me know if you need any help,” because some people have a hard time asking for help. If many friends and family members volunteer to help, you may offer to coordinate everyone’s efforts. Some online communities provide tools to help manage everyone’s involvement.

Radon is a radioactive gas that occurs naturally in the environment and can cause cancer. Unlike better-known home hazards like asbestos and lead-based paint, many people are unaware of the danger of household radon exposure. Every year, radon is estimated to cause about 21,000 lung cancer deaths in the United States. The U.S. Environmental Protection Agency (EPA) estimates that 1 of 15 homes in the United States (as many as 1 of 3 homes in some states) — about 7 million homes — have high radon levels.

Radon exposure is thought to cause more deaths each year than other household dangers like poisoning, falls, fires, and drowning. Lung cancer caused by radon costs about $2 billion in medical expenses and lost productivity each year.


**What we know about radon**

Radon gas occurs naturally in nearly all soil. It enters homes and other buildings through small cracks and holes in the foundation, where it becomes trapped and accumulates in the air. When people breathe in radon, it damages the lungs, which can cause lung cancer. According to EPA, radon is the leading cause of lung cancer among non-smokers and the second leading cause of lung cancer among smokers.

Most radon exposure occurs in the home, where people spend the most time. Because radon has no taste, smell, or color, a home must be tested to find out how much radon is in the air. There is no safe level for radon, but EPA and the Surgeon General recommend fixing homes that have levels at or above 4pCi/L.

Radon is found throughout the United States and can vary widely from one home to another. Homes with high levels have been found in all states. Home radon testing is simple and inexpensive. Many state radon programs offer free radon test kits, and there are inexpensive ways to fix and prevent high radon levels in homes.
What states can do about radon

States play a vital role in protecting the public from harmful environmental exposures, including radon. The following state practices show promise in reducing household exposures to radon, and ultimately lung cancer deaths.

Monitoring the effect of state-based radon policies is vital to establishing best practices and helping states develop policies if they do not already have radon-specific laws. CDC’s guidelines for program evaluation provide a framework for evaluating radon policies and programs.

Radon-resistant new construction codes

Features that reduce household radon levels can be incorporated into new homes by adopting either the American National Standards Institute’s Reducing Radon in New Construction standard or appendix F of the International Residential Code. Eleven states require radon-resistant features in new homes.

State licensing of radon professionals

Reducing home radon levels requires specific knowledge, skills, and equipment. Properly installed radon reduction systems can reduce household radon levels by as much as 99%. Twenty-one states and the District of Columbia require licensing or certification of professionals who test and fix radon levels in homes. All states have a radon program that provides information to the public; states can require licensed radon professionals to report test results to the state radon program. Radon reporting helps states monitor and evaluate radon policies and programs.

Radon notification to home buyers

About 4.5 million homes are sold in the United States each year. EPA recommends testing all homes for radon before they are sold. Ten states require home sellers to provide buyers with a disclosure statement about radon. Separate, well-crafted radon notifications give buyers information about radon risks and steps they can take to protect their family and the value of the home. States that enact notification laws should monitor the effect on home radon testing and mitigation.

Radon notification to renters

About one-third of homes in the United States are rented. Three states require landlords to provide tenants with information about radon testing. Maine requires landlords to test residential buildings for radon every 10 years and fix any buildings with high radon levels.

What comprehensive cancer control programs can do about radon

CDC’s National Comprehensive Cancer Control Program (NCCCP) helps prevent and control cancer in the United States by supporting states’ efforts to—

- Develop data-driven cancer control plans.
- Establish and convene statewide cancer-fighting coalitions.
- Implement and evaluate a state cancer control plan.

The NCCCP recognizes the importance of policies and activities that reduce exposure to cancer-causing agents. A state’s comprehensive cancer control plan can align the priorities, goals, and activities of cancer coalitions with practices that reduce radon exposure and the risk of radon-induced lung cancer. Twenty-seven state cancer control plans include activities to reduce radon exposure.

More Information

www.cdc.gov/cancer/dcpc/prevention/policies_practices/radon/states.htm  •  Twitter: @CDC_Cancer
(800) CDC-INFO (800-232-4636)  •  TTY: (888) 232-6348
ACS RECOMMENDATIONS FOR INDIVIDUAL CHOICES

Achieve and maintain a healthy weight throughout life.

- Be as lean as possible throughout life without being underweight.
- Avoid excess weight gain at all ages. For those who are overweight or obese, losing even a small amount of weight has health benefits and is a good place to start.
- Get regular physical activity and limit intake of high-calorie foods and drinks as keys to help maintain a healthy weight.

Be physically active.

- **Adults:** Get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week (or a combination of these), preferably spread throughout the week.
- **Children and teens:** Get at least 1 hour of moderate or vigorous intensity activity each day, with vigorous activity on at least 3 days each week.
- Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.
- Doing some physical activity above usual activities, no matter what one’s level of activity, can have many health benefits.
Eat a healthy diet, with an emphasis on plant foods.

- Choose foods and drinks in amounts that help you get to and maintain a healthy weight.
- Limit how much processed meat and red meat you eat.
- Eat at least 2½ cups of vegetables and fruits each day.
- Choose whole grains instead of refined grain products.

**If you drink alcohol, limit your intake.**

- Drink no more than 1 drink per day for women or 2 per day for men.

**ACS RECOMMENDATIONS FOR COMMUNITY ACTION**

Public, private, and community organizations should work together at national, state, and local levels to apply policy and environmental changes that:

- Increase access to affordable, healthy foods in communities, places of work, and schools, and decrease access to and marketing of foods and drinks of low nutritional value, particularly to youth.
- Provide safe, enjoyable, and accessible environments for physical activity in schools and workplaces, and for transportation and recreation in communities.

This is a condensed version of the article describing the American Cancer Society (ACS) Nutrition and Physical Activity Guidelines, which are updated about every 5 years. The guidelines were developed by the American Cancer Society Nutrition and Physical Activity Guidelines Advisory Committee. The full article (including references), which is written for health care professionals, is published in the January/February 2012 issue of *CA: A Cancer Journal for Clinicians*, and is available for free online at:


Cancer survivors should be physically active during and after treatment. Research shows that regular physical activity can reduce the risk of some cancers recurring. It can also make you feel better after treatment ends. An active lifestyle can:

- Improve self-esteem
- Increase happiness
- Reduce depression, anxiety, and fatigue
- Build strength and endurance
- Promote a healthy weight

Defining different activity levels

Physical activity can be divided into 3 levels: light, moderate, and vigorous. You can be physically active anywhere, including at home, outside, or in a gym.

- **Light activity**: During light activity, you are not sitting or lying down or standing still. You may not be exerting yourself, but you are not inactive. Examples include washing dishes, walking slowly, preparing food, and making the bed.

- **Moderate activity**: During moderate activity, you should be breathing as hard as you would when walking quickly. You should be able to talk, but would prefer not to. Walking is a great moderate activity. Other examples include ballroom dancing, canoeing, and gardening.

- **Vigorous activity**: During vigorous activity, your heart will be beating faster and you will be breathing heavily and sweating. Vigorous activities include jogging, jumping rope, and swimming.

Tips for activity for cancer survivors

The U.S. Department of Health and Human Services, the American Cancer Society, and the American College of Sports Medicine provide the following recommendations for living a physically active life.

1. **Avoid inactivity.** Any kind of physical activity can be helpful, even if it isn’t moderate or vigorous intensity. More studies are showing that being too sedentary increases risk for some cancers. Being sedentary means you spend most of your time sitting and not being active.

2. **Be regularly active.** Each week, try to get at least 150 minutes of moderate activity or at least 75 minutes of vigorous activity. For best results, spread these activities throughout the week.
3. **Include strength training.** Lift weights and do other muscle-building exercise at least 2 days a week.

4. **Short sessions help.** If you don't have the time or energy for a long exercise session, go for shorter periods. The health benefits of several short, 10-minute segments are similar to those of 1 longer exercise session.

5. **Start slow.** If you are new to exercise, slowly increase the length and intensity of your physical activity. Keep ramping up until you reach 30 minutes of moderate to vigorous activity a day.

**Questions to ask your doctor about physical activity**

Your doctor or health care team members can help answer questions about physical activity. They can direct you to helpful exercise resources. Consider asking your doctor:

- How will physical activity improve my health?
- What type of activity should I do?
- Is it safe to exercise during cancer treatment?
- Are there weight limits or certain exercises to avoid?
- How often should I exercise?
- How long should I exercise at each session?
- What activity level should I target?
- Should I do more than one type of activity?
- What resources are available to me?
- How can I exercise in my home? In my neighborhood?
- Who can help me set up a safe exercise program?

**Source:** [http://www.cancer.net/survivorship/healthy-living/physical-activity-tips-survivors](http://www.cancer.net/survivorship/healthy-living/physical-activity-tips-survivors)
Choosing whole-grain foods

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh to eat.

1. Search the label
   Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and pastas. Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.

2. Look for the word “whole” at the beginning of the ingredients list
   Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say “multi-grain,” “100% wheat,” “high fiber,” or are brown in color may not be a whole-grain product.

3. Choose whole grains at school
   Prepare meals and snacks with whole grains at home so your kids are more likely to choose whole-grain foods at school.

4. Find the fiber on label
   If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

5. Is gluten in whole grains?
   People who can’t eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

6. Check for freshness
   Buy whole-grain products that are tightly packaged and well sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

7. Keep a lid on it
   When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing bug infestations.

8. Buy what you need
   Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.

9. Wrap it up
   Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.

10. What’s the shelf life?
    Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months. Cooked brown rice can be refrigerated 3 to 5 days and can be frozen up to 6 months.
Elegir alimentos de grano entero

Los granos enteros son fuentes importantes de nutrientes tales como zinc, magnesio, vitaminas B y fibra. Hay muchas opciones disponibles para hacer que la mitad de los granos sean enteros. Pero los alimentos de grano entero deben ser manejados con cuidado. Con el tiempo y si no se conservan adecuadamente, los aceites de los granos enteros pueden causar deterioro. Considere estos consejos para seleccionar los productos de grano entero y conservarlos frescos para comer.

**1. Busque en la etiqueta**
Los granos enteros pueden ser una opción fácil al preparar las comidas. Elija panes, cereales para el desayuno y pastas de grano entero. Mire las listas de información nutritiva y las listas de ingredientes para encontrar opciones más bajas en sodio, con menos grasas saturadas y menos azúcares añadidos.

**2. Busque la palabra “entero” al principio de la lista de ingredientes**
Algunos ingredientes de grano entero incluyen avena entera, harina de trigo integral, maíz de grano entero, arroz integral de grano entero y centeno entero. Los alimentos que dicen “multigrano,” “100% trigo,” “alto contenido en fibra” o que son de color marrón pueden no ser un producto de grano entero.

**3. Elija cereales integrales en la escuela**
Prepare comidas y bocadillos con granos enteros en casa para que sea más probable que sus hijos elijan alimentos de grano entero en la escuela.

**4. Encuentre la fibra en la etiqueta**
Si el producto proporciona al menos 3 gramos de fibra por porción, es una buena fuente de fibra. Si contiene 5 o más gramos de fibra por porción, es una excelente fuente de fibra.

**5. ¿Hay gluten en los granos enteros?**
Las personas que no pueden comer gluten de trigo pueden comer granos enteros si eligen con cuidado. Hay muchos productos de grano entero, como el trigo sarraceno, avena sin gluten certificada o harina de avena, palomitas de maíz, arroz integral, arroz silvestre y quinua que se ajustan a las necesidades de dieta sin gluten.

**6. Compruebe la frescura**
Compre productos de grano entero que estén bien envasados y bien sellados. Los granos siempre deben tener un aspecto y oler a fresco. Además, compruebe la fecha de caducidad y las directrices de conservación en el paquete.

**7. Tápelos**
Cuando conserve granos enteros de recipientes a granel, use recipientes con tapas ajustadas y guárdelos en un lugar fresco y seco. Es importante que el recipiente esté sellado para mantener la frescura y reducir las infestaciones de insectos.

**8. Compre lo que necesita**
Compre cantidades más pequeñas de productos de grano entero para reducir el desperdicio. La mayoría de los granos en envases sellados se pueden conservar en el congelador.

**9. Envuélvalos**
El pan de grano entero se conserva mejor a temperatura ambiente en su embalaje original, bien cerrado con un cierre rápido o un lazo de torcedura. El refrigerador hará que el pan pierda humedad rápidamente y se vuelva rancio. El pan envuelto correctamente se conservará bien en el congelador.

**10. ¿Qué es la vida útil?**
Dado que el aceite de las diversas harinas de grano entero difiere, la vida útil también varía. La mayoría de las harinas de grano entero se conservan bien en el refrigerador de 2 a 3 meses y en el congelador de 6 a 8 meses. El arroz integral cocido se puede refrigerar de 3 a 5 días y puede congelarse hasta 6 meses.
### Healthy Food Donation List

#### Fruits
- **Canned fruit** in 100% fruit juice or water
- **Applesauce**, unsweetened
- **Dried fruit**, such as raisins & prunes
- **100% fruit juice**

#### Vegetables
- **Canned vegetables**, no salt added (Sodium 140mg or less)
- **Canned tomatoes**, no salt added (Sodium 140mg or less)
- **Tomato sauce**, no salt added (Sodium 480mg or less, Sugar 8g or less)
- **Spaghetti sauce**, low sodium (Sodium 480mg or less, Sugar 8g or less)
- **Salsa** (Sodium 140mg or less)

#### Dairy
- **1% Low fat or fat free milk**, shelf-stable (such as Parmalat), dry, evaporated
- **Soy milk**, non-refrigerated, unsweetened

#### Combination Foods
- **Soups, stews or chili** (Sodium 480mg or less)
- **Broth or stock**, unsalted, or low sodium (Sodium 140mg or less)
- **Mac & cheese**, whole grain

#### Whole Grains
- **Whole grain or whole wheat pasta**
- **Brown rice, wild rice or quinoa**
- **Oatmeal or whole grain cream of wheat**, unsweetened
- **Whole grain crackers** (Fiber 3g or more)
- **Whole wheat or corn tortillas**, non-refrigerated (Fiber 3g or more)
- **Whole grain cereal** (Sodium 6g or less, Fiber 3g or more)
- **Popcorn**, kernels or microwave 94% fat free

#### Proteins
- **Peanut butter**
- **Canned beans, peas, lentils**, no salt added or low sodium (Sodium 140mg or less)
- **Dried beans, peas, lentils**
- **Canned tuna, salmon, chicken or sardines** in water, low sodium
- **Nuts or seeds**, unsalted

#### Condiments & Oils
- **Lite salad dressings**
- **Vinegar**
- **Vegetable, olive, or canola oil**
- **Dried herbs and spices**
- **100% fruit spread**

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Use the nutrition facts label to determine how much:
- Saturated Fat
- Sodium
- Dietary Fiber
- Sugar

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**Helpful Hints:**
- Choose pop-top lids
- Check food expiration dates

This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. SNAP helps low income people buy nutritious food for a better diet. To get more information contact the CT Department of Social Services at 1- (855) 626-6632 or [WWW.CT.gov/dss](http://WWW.CT.gov/dss). USDA does not endorse any products, services, or organizations. Provided by Department of Public Health. This institution is an equal opportunity provider. Inspired by: [https://www1.nyc.gov/assets/doh/downloads/pdf/public/donation-checklist.pdf](https://www1.nyc.gov/assets/doh/downloads/pdf/public/donation-checklist.pdf)
Lista de Donaciones de Alimentos Saludables

Frutas
- Fruta enlatada en jugo de fruta 100% o agua
- Puré de manzana, sin azúcar
- Frutas secas, como pasas y ciruelas
- Jugo de frutas 100%

Vegetales
- Vegetales enlatados, sin sal añadida (140mg de sodio o menos)
- Tomates enlatados, sin sal añadida (140mg de sodio o menos)
- Salsa de tomate, sin sal añadida (480mg de sodio o menos, 8g de azúcar o menos)
- Salsa de espagueti (480mg de sodio o menos, 8g de azúcar o menos)
- Salsa (140mg de sodio o menos)

Productos Lácteos
- Leche 1% baja en grasa o sin grasa, estable en los anaqueles (como Parmalat), leche en polvo, evaporada
- Leche de soja, sin refrigerar, sin azúcar

Combinación de Alimentos
- Sopas, estofados o chili (480mg de sodio o menos)
- Caldo o consomé, sin sal o bajo en sodio (140mg de sodio o menos)
- Macaroni con queso, grano entero

Proteínas
- Mantequilla de maní
- Habichuelas enlatadas, guisantes, lentejas, sin sal o bajo en sodio (140mg de sodio o menos)
- Habichuelas secas, guisantes, lentejas
- Atún, salmón, sardinas o pollo enlatado, en agua, bajo en sodio
- Semillas o nueces, sin sal

Condimentos y Aceites
- Aderezos bajos en grasa para ensaladas
- Vinagre
- Aceite vegetal, de oliva o de canola
- Especias y hierbas secas
- Jalea de frutas 100%

Use la etiqueta de información nutricional para determinar cuanto (a):
- Grasa Saturada
- Sodio
- Fibra Dietética
- Azúcar

Consejos útiles:
- Elija tapas pop-top
- Asegúrese de leer las fechas de expiración de los alimentos


6/20/17
Thai Red Lentil Soup
Serves 4-6

Chef Raquel Rivera-Pablo, owner of A Pinch of Salt, graduated with highest honors from the culinary program at the Institute of Culinary Education (ICE) after completing her externship at Le Bernardin in NYC. Chef Raquel served as the nutrition/chef instructor at the West Side Campaign Against Hunger providing patrons with a 12-week hands-on cooking curriculum aimed at teaching healthy, budget-friendly meals incorporating pantry staples with farmer’s market produce, while covering culinary lessons like food safety and classical French techniques. Currently Chef Raquel is running a pilot, A Pinch of Salt: The Restaurant Edition a free, 12-week, hands-on culinary training for low-income Bridgeport residents aspiring to be chefs and food entrepreneurs.

A Bridgeport resident, Chef Raquel provides cooking programming for at Hall Neighborhood House, YMCA Ralphola Center, LifeBridge/FreshConnections, senior centers and for the 7 Bridgeport Farmers markets. She also developed and taught the programming for the CREATE Culinary Training program. Chef Raquel is a pending board member of the Bridgeport Food Policy Council and a member of the Bridgeport Farmers Market Collaborative.

Ingredients:
1 medium yellow onion, minced
1 Tbs. of fresh ginger, minced or 1 tsp. of ground ginger
1 ½ Tbs. of curry powder
1 Thai chili pepper (substitute for jalapeño or red pepper flakes)
1 Tbs. of tomato paste
¼ cup of diced tomatoes, canned or fresh
1 cup red lentils, rinsed
1 14-ounce can light, unsweetened coconut milk
Fresh cilantro, chopped, optional
2-3 scallions, sliced thinly, optional
Salt & pepper, to taste
1 lime, quartered, garnish

Directions:
1. Heat 1 Tbs. of olive oil over medium-low heat in a large, heavy soup pot.
2. Add the onions, ginger, curry powder and chili pepper if using. Cook until onions are translucent, about 3-5 minutes.
3. Next, add tomato paste and cook for another 2-3 minutes. Then add diced tomatoes and lentils. Mix well and add enough cold water to just cover the lentils by 2 inches. Reduce heat to low and cook for 35-45 minutes until lentils are soft and soup has thickened.
5. Serve warm with a wedge of lime.

Chef Raquel Rivera-Pablo
A Pinch of Salt, LLC
www.apinchosalt.com
Raquel@apinchosalt.com
Tailandesa Sopa de Lentejas
Sirves 4-6

La chef Raquel Rivera-Pablo, propietaria de A Pinch of Salt, se graduó con los más altos honores del programa culinario en el Instituto de Educación Culinaria (ICE) después de completar su internado en Le Bernardin en Nueva York. El chef Raquel sirvió como instructor de nutrición / chef en la Campaña contra el Hambre de West Side, ofreciendo a los clientes un programa de cocina de 12 semanas dirigido a enseñar comidas saludables y económicas que incorporan productos básicos de la panadería con productos agrícolas del mercado, seguridad alimentaria y técnicas clásicas francesas. En la actualidad, el Chef Raquel está llevando a cabo un piloto, una pinchazo de sal: The Restaurant Edition, un entrenamiento culinario gratuito de 12 semanas para residentes de Bridgeport de bajos ingresos que aspiran a ser chefs y emprendedores de alimentos.

Un residente de Bridgeport, Chef Raquel ofrece programación de cocina en Hall Neighborhood House, YMCA Ralphola Centro, LifeBridge / FreshConnections, centros de la tercera edad y para los 7 mercados de los granjeros de Bridgeport. También desarrolló y enseñó la programación para el programa CREATE Culinary Training. El chef Raquel es miembro pendiente del consejo de Bridgeport Food Policy Council y miembro de Bridgeport Farmers Market Collaborative.

Ingredientes:
1 cebolla amarilla mediana, picada
1 cucharada. de jengibre fresco picado o 1 cucharadita. de jengibre molido
1 ½ cucharadas. de curry en polvo
1 tailandesa ají (sustituto de jalapeño o pimiento rojo hojuelas)
1 cucharadita. de pasta de tomate
¼ de taza de tomates cortados en cubitos, enlatados o frescos
1 taza de lentejas rojas, enjuagadas
1 14-oz puede iluminar, leche de coco sin azúcar
Cilantro fresco, picado, opcional
2-3 cebolletas, en rodajas finas, opcional
Sal y pimienta, al gusto
1 limón, en cuartos, guarnición

DIRECCIONES:
1. Caliente 1 cucharada. de aceite de oliva a fuego medio-bajo en una olla grande y pesada.
2. Agregue la cebolla, el jengibre, el curry y la pimienta de chile si se utiliza. Cocine hasta que las cebollas estén transparentes, unos 3-5 minutos.
3. A continuación, añadir la pasta de tomate y cocine durante otros 2-3 minutos. A continuación, añadir los tomates cortados en cubitos y las lentejas. Mezclar bien y añadir suficiente agua fría para cubrir sólo las lentejas por 2 pulgadas. Reduzca el fuego a bajo y cocine por 35-45 minutos hasta que las lentejas estén suaves y la sopa se espese.
4. Agregue la leche de coco, el cebollín y el cilantro. Mezclar bien. Rectifique la sazón si es necesario con sal y pimienta.
5. Sirva caliente con una rodaja de limón.

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Monthly Health Challenge - Push up Challenge

Would you like to strengthen and tone the muscles in your arms? Well you can start with the push up challenge, a strengthening exercise that works your arms. As you perform this push up challenge, your arms will get stronger enabling you to lift heavier weights and increase the number of daily push-ups.

How to perform the perfect push up:
1. **Get into a high plank position.**
Place your hands firmly on the ground, directly under shoulders. Ground your toes into the floor to stabilize your lower half. Brace your core (tighten your abs as if preparing to take a punch), engage glutes and hamstrings, and flatten your back so your entire body is neutral and straight.

2. **Lower your body.**
Begin to lower your body—keeping your back flat and eyes focused about three feet in front of you to keep a neutral neck—until your chest grazes the floor. Don’t let your butt dip or stick out at any point during the move; your body should remain in a straight line from head to toe. Draw shoulder blades back and down, keeping elbows tucked close to your body (don’t "T" your arms).

3. **Push back up.**
Keeping your core engaged, exhale as you push back to the starting position. Pro tip: Imagine you are screwing your hands into the ground as you push back up. That’s one!

*For beginners, follow the Easy Track (E), but if you’re looking for a more difficult track, follow the Challenging Track (C)*

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¿Te gustaría fortalecer y tonificar los músculos de tus brazos? Bueno usted puede comenzar con el reto de lagartijas, un ejercicio de fortalecimiento que trabaja sus brazos. A medida que realice este desafío, sus brazos se fortalecerán, lo que le permitirá levantar pesas más pesadas y aumentar el número de lagartijas.

**Cómo realizar la lagartija perfecta:**

1. **Entrar en una posición de alto tablaje.**
   Coloque sus manos firmemente en el suelo, directamente debajo de los hombros. Ponga los dedos en el suelo para estabilizar su cuerpo. Apoye su base (apriete sus abdominales como si se prepare para tomar un golpe), enganche los glúteos y los isquiotibiales, y aplane su espalda para que su cuerpo entero esté neutral y recto.

2. **Baje el cuerpo.**
   Comienza a bajar el cuerpo, manteniendo la espalda plana y los ojos enfocados alrededor de tres pies delante de usted para mantener la espalda neutral hasta que su pecho roce el piso. No deje que su extremo se sumerja o rezarte en ningún momento durante el movimiento; su cuerpo debe permanecer en una línea recta. Retrasé los omóplatos hacia atrás y hacia abajo, manteniendo los codos apretados cerca de su cuerpo (no "T" sus brazos).

3. **Empuje hacia arriba.**
   Manteniendo su núcleo comprometido, exhale mientras empuja hacia atrás a la posición inicial. Sugerencia Pro: Imagínese que está atornillando las manos en el suelo mientras empuja hacia atrás. Ese es uno.

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