

Completely Well

June 2015



Insurance Agency



Preventive

Water Safety

With summer in full swing, people are flocking to the lake, or ocean, or even the neighborhood pool for some fun and relaxation. Just by following a few simple tips, you and your family can enjoy the water safely.

- Never swim alone. Swim with at least 1 other adult and with the supervision of a lifeguard if at all possible.
- Don't mix swimming with alcohol. Protect yourself and your family by staying alert and focused.
- Don't dive into any water without being sure it is deep enough. Feet first is much safer.
- Be aware of the weather and exit the water at the first sign of lightning.
- Check the surf conditions before swimming. If pulled by a strong current, such as a rip tide, don't try to swim against it. Swim parallel to the shore to escape the current and then swim back to shore.

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Sun Screen Basics

Choose an SPF of 15 or high, and a broad-spectrum sunscreen is best.
Apply 1 ounce (a shot glass full) at least 30 minutes before going in the sun.
Reapply every two hours and after swimming.
Wear sunscreen whenever outside, even on cloudy days!

Migraine and Headache Awareness Month

Sponsored by the American Headache and Migraine Association, June is Migraine and Headache Awareness Month. According to the World Health Organization, 47% of adults have experienced a headache disorder in the last year, disorders that include tension headaches, migraines, and cluster headaches. Headaches are more than annoyances; they are one of the most reported reasons for seeing a doctor and for missing work.

Headaches can be caused by a variety of reasons, including foods, chemicals, stress, hormones, and certain medications. Certain foods - such as red wine, processed meats, and cheese - are common headache triggers as is smoking. Heredity also plays a role in certain headaches. Headaches can often be prevented by avoiding triggers. Headaches also seem to be controlled when the patient gets enough rest, exercises regularly, and eats regularly.

Medication is a common treatment for headaches. Additionally, meditation and deep breathing can help. If you suffer from headaches regularly, keep a headache log and share it with your doctor.



Headache Log

- Date:
- Time:
- Headache Pain (scale 1-10):
- What I ate or drank before the headache began?
- Other symptoms (nausea, ringing in the ears, etc.)

Quick Summer Tips

- ✓ To avoid insect bites, don't wear perfume or other scented body or hair products. Wearing light colored clothing is better at keeping bugs at bay.
- ✓ Since most food bacteria grow quickest in hot temperatures, it's no surprise that food poisoning increases in the summer. Keep hot foods hot and cold foods cold, and do not leave foods out for more than 2 hours. If the outside temperature is 90 degrees or higher, do not leave foods out for longer than 1 hour.
- ✓ Dehydration is a greater concern during the summer months, especially if you are exercising outdoors. Drink water moderately before, during and after your workout.
- ✓ If you are planning a long trip this summer (in the car or on a plane), get up and move every hour or so and drink plenty of water to help prevent blood clots in the deep veins of the legs.

Lifestyle

Healthy Summer Fun!

Summer is a great time to give your healthy habits a jumpstart! Consider the following ideas!

- **More steps!** With more sunshine and warmer temperatures, fitting in more steps has never been easier. Park farther away from your work entrance or walk to pick up a newspaper or magazine if possible. Take a walk after dinner or even before work. Head out at lunchtime for a few extra steps!
- **Fresh choices!** The summer is a great time to add more fruits and vegetables to your diet. Head to your local farmer's market for the freshest choices!
- **Add some wheels!** Use the summer to get out on the bike or in-line skates. Be sure to wear a helmet.
- **Time for friends!** Spending time with



friends can reduce stress. For additional health benefits, head out to walk a local art fair or hike a local trail!

- **Green Time!** Research shows that spending time in nature is good for our emotional health.
- **Vacation!** Whether you are able to plan a big trip or a short getaway, taking a vacation can be great for your health. Studies have shown that taking a vacation is linked to a reduced risk of depression, lower blood pressure, and smaller waistlines!

Financial Health and Vacations:

- Spend time planning a vacation. Research is key to saving money and planning a vacation you will enjoy.
- Create a vacation fund.
- Don't use your credit card to buy your vacation unless you have the money to pay it off.
- Consider travelling out of season. It is usually cheaper.
- Use discounts available to you. Many locations and businesses offer discounts for certain groups. These include AAA, AARP, discounts for teachers, and even discounts through certain credit card companies.
- Can't afford to get away this year? The popular "staycation" is still a great option. Schedule some downtime at home this year; you will still benefit from a change in schedule.

Nutrition

Cool Summer Treats

The summer would not be the same without ice cream cones, popsicles, and iced drinks. And with a summer vacation mentality, it is easy to splurge a little too often. So, how can you enjoy the cool treats of summer while not sacrificing your health and waistline? Try these guilt free, cool treats:

- Enjoy fruit kabobs, made with berries, melons and grapes.
- Freeze your favorite yogurt to make your own frozen yogurt pops!
- Replace your high calorie coffee drink with an iced coffee made with skim milk and a little honey.
- Be a kid and have a popsicle (usually around 50 calories).
- Choose a sorbet or sherbet over ice cream to save both fat and calories.
- Grill pineapple, peach or pear slices and serve with a small dollop of light whipped cream or a drizzle of honey.

If you want a favorite high calorie treat, choose a small portion and enjoy! Cooling off in the summer with a favorite treat is a great way to truly enjoy the season.

Produce of the Month: Strawberries

Sweet and juicy, strawberries are a great source of antioxidants and vitamin C. Strawberries reduce inflammation and can help to regulate blood sugars. Currently in season, strawberries make a great addition to almost any meal.

The Basics: Buy strawberries that do not have any noticeable bruises or mold. They should be firm. Store unwashed strawberries in the refrigerator. When ready to use, wash and pat dry.

Try This: Strawberries are delicious on salads and with frozen yogurt or angel food cake. Add balsamic vinegar to sliced strawberries and serve with flank steak.

The Facts: One cup of strawberries contains about 45 calories and is a good source of fiber and vitamin C.



Less is More: Save a Latte

Americans drink approximately 3 cups of coffee each day. For those who stop at the local coffee shop, it can be an extremely expensive habit. If you purchase 1 cup of regular coffee every day, it averages about \$16 a week, or \$830 a year. Now if you are purchasing espresso drinks (the fancy kind), you are looking at \$24.15 a week or \$1255.80 a year. That is quite a bit of cash that you could apply to your next vacation or Christmas presents for your family.

To save money, purchase a small espresso machine for your home. You can find a small one for about \$100. You can buy bags of ground espresso or grind it yourself in store. Milk is very inexpensive and can be heated and mixed with your espresso for a latte at home. Flavored syrups are available at most stores and only cost a few dollars. The trick to espresso is to not let it sit very long before mixing or it becomes bitter.

Fitness

How Much?

You know *what* you need to do to be healthy, but do you know *how much*? Here are recommendations to work towards!

Aerobic Exercise: According to the Centers for Disease Control and Prevention, adults need at least 150 minutes of moderate-intensity aerobic exercise each week. That breaks down to 30 minutes, 5 days a week.

Strength Training: The CDC also recommends that adults do strength training at least 2 days a week.

Flexibility Training: The American Heart Association recommends flexibility training 2-3 days per week. These could include yoga, stretching, Pilates, or balance exercises.



Hydration: Though eight 8-ounce glasses of water is not necessarily recommended anymore, The Institute of Medicine has suggested that men drink about 3 liters and women drink about 2.2 liters of beverages per day.

Rest: The National Sleep Foundation recommends 7-9 hours of sleep for most adults.

Ask the Trainer by Erin Long, B.S., NSCA-CPT

Question: Hi, Erin! I've lost between 55-60 pounds over the last 9 months. I am struggling to lose that last 5-10 pounds. I have only lost 1 pound this last month. I am still working out 4-5 days a week. Two of those days are light strength workouts and the others are cardio. I am eating what I consider a good diet and staying around 1200-1300 calories per day. I would love suggestions on how to lose the last 5-10 pounds! Thanks!

Answer: Congratulations on losing that amount of weight! That is a wonderful accomplishment and you should be very proud of yourself for all of your hard work and dedication. I would love to help you if I can. First off, one of the biggest things that you should do is to start to increase your calories. Yes, I said, "You need to eat more!" I would start by increasing your calorie intake by 100 calories or so and go from there, and remember these are still good healthy calories. On days you do intense workouts, add a little more. The reason behind this is since you are so close to your goal weight and staying active, your body may not be getting enough nourishment. I have dealt with this a lot as a trainer and my clients always think I'm crazy

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Ask the Trainer, continued...

when I tell them to eat more, but it works. Another thing with your food is to make sure you are eating enough protein. With all your working out, you need to make sure you are fueling your muscles with proper amounts of protein. So when you look to increase your calories, look to increase protein first. Secondly, I would start to use heavier weights when working out or add a heavy lifting day during the week. Don't worry. You will not "BULK" up. Adding a heavy lifting day will challenge your muscles and body differently than the lights weights and aid in losing those last few pounds. I would also try to change as much of your workouts as you can. If you are doing the same type of cardio all the time, try something new. By adding new and different routines to your workout regimen, it helps you from hitting that dreadful plateau that many people hit. You also need to remember it may take your body a little longer to lose those last few pounds so don't get frustrated! Keep on working hard, eating clean, and pushing yourself; it will come off soon enough. It might not be as quickly as you want it, but you will get there, Good luck and congratulations again!

Want to know more?

Contact TCU Insurance Agency for information on wellness programs. We can help you reduce healthcare costs and improve employee well being.

