



live well, work well

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Fit Physical Activity Into Your Routine

One of the best things you can do for your health is get regular physical activity. It can help you reduce your risk of disease, control your weight and reduce stress. However, exercising regularly is easier said than done. These tips can help you work physical activity into your daily routine.

At home:

- Clean the house, wash the car or do yard work, rather than hiring someone else to do it.
- Stand up or walk around while talking on the phone.
- Get the whole family involved! Play with your kids or plan family hikes, bike rides and other activities.
- Lift weights or do other exercises while watching television.
- Walk the dog or push your baby's stroller around the neighborhood.

At work:

- Take the stairs instead of the elevator.
- Walk over to someone's office rather than calling them.
- Take walks at lunch or break time and ask a coworker to join.
- Schedule walking meetings for short chats or brainstorm sessions.

- Join a company sports team.

On the go:

- Park in the back of parking lots to increase your walking time.
- Get off the bus one stop early and walk the rest of the way.
- Walk or bike to nearby destinations instead of driving.
- Make plans to do physical activities with friends, such as play tennis, hike, go swimming or join a recreation sports league.
- When golfing, walk instead of using a cart.



Save for Their Future

College may seem a long way off for your children, but the sooner you start saving, the more you'll be able to help your child fund his or her education. Consider these tips:

- Open a savings account the day your child is born.
- Put money away on a consistent basis, such as an automatic payroll deduction. Adjust this amount as your salary increases.
- Save windfalls such as tax refunds and bonuses.
- Ask other relatives to contribute in lieu of gifts.

DID YOU KNOW?

Saving just \$50 a month beginning at your child's birth will yield \$20,000 by age 17 (with a 7 percent return on your money).





Protect Your Vision

Eye health can become an afterthought, particularly for people who have never had vision problems. However, getting regular eye exams and protecting your vision is important to help avoid eye conditions and discover problems early so you can seek proper treatment.

The most important step for maintaining eye health is getting regular eye exams. Often, people don't realize their vision has decreased and that glasses or contacts could help them see better. In addition, eye exams can help diagnose diseases such as glaucoma and diabetes, which may have no obvious symptoms. Don't forget to take your kids in for regular eye exams as well; vision problems can decrease performance at school and make daily activities harder for your child.

Other steps to protect your vision include always wearing sunglasses when out in the sun, wearing protective eyewear when performing dangerous work and resting eyes periodically when at a computer for extended periods of time.



Stress Relief at Work



Do you often feel stressed or overwhelmed at work? Strive to reduce your stress with these suggestions:

- Plan your tasks. Create a to-do list each day, set realistic deadlines for yourself and prioritize tasks by importance.
- Recognize when you're feeling stressed and address it. Take a short break and meditate, go for a quick walk, switch tasks or turn on some relaxing music.
- If a task or problem is overwhelming you, take a break and return to it later. Also consider asking for assistance, advice or tapping into other available resources.
- Consistently communicate with your manager about your workload and to clarify expectations and deadlines.
- Find healthy ways to cope with stress, such as physical activity, meditating, reading a book or chatting with a friend.

Banana Yogurt Shake

- 1-1/2 cup fat-free milk
- 4 small bananas, peeled
- 1 cup low-fat plain yogurt
- 1 tsp. vanilla
- 1/2 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1 cup ice cubes

Combine all ingredients except ice cubes in blender; process until thick and creamy. Add ice cubes and process until smooth. Makes 4 servings (160 calories each).

Source: www.cdc.gov





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Vision Care: UV Protection

Keeping your eyes safe from the sun

The sun releases energy, called radiation, in various forms: in the sunlight you see, the heat you feel and the invisible ultraviolet (UV) rays that cause you to get sunburned. UV rays from the sun can also damage your eyes and hurt your vision.

Dangers of UV Rays

There are two types of UV radiation – UVA rays and UVB rays. UVB rays are more likely to cause sunburn, but UVA rays penetrate deeper. Exposure to either can damage your eyes. Long-term exposure to UV rays can result in eye problems that may lead to vision loss from conditions like cataracts or macular degeneration. Other dangers include skin cancer (around the eyelids) and corneal sunburn. Long hours at the beach or ski slope without proper eye protection can cause corneal sunburn, which can be very painful and may cause temporary vision loss.

Exposure Risk Factors

Everyone is at risk for eye damage from UV radiation. The risk of sun-related eye problems, however, is higher for people who:

- Spend long hours in the sun

- Have had cataract surgery or have certain retina disorders
- Are on certain medications, such as tetracycline, sulfa drugs, birth control pills, diuretics and tranquilizers that increase the eye's sensitivity to light.

Proper Eye Protection

Adequately protecting your eyes from the sun, and other elements like wind or water, is crucial to maintaining your vision and eye health.

- **Use everyday eyewear that absorbs UV rays.** All types of eyewear, including prescription and non-prescription glasses, contact lenses and lens implants, should absorb UVA and UVB rays. For UV protection in everyday eyewear, there are several options like UV-blocking lens materials, coatings and photochromic lenses.
- **Select the right sunglasses.** Sunglasses help in two important ways: they filter

light, and they protect the eyes from damaging UV rays. Look for labels that state they block 99-100 percent of UVA and UVB rays. They should also reduce glare, protect your entire eye area, be comfortable to wear and don't distort color. Be aware that if you are at the beach or on the ski slope, you should wear sunglasses with a darker tint to block more light. Your risk of eye damage from the sun is greater because of reflection off the water and snow.

- **Wear a brimmed hat or cap.** A wide-brimmed hat or cap will block about half of UV rays, and also limit UV rays that hit the eyes from above or around glasses.



Did You Know...?

UV rays can come from many directions. They radiate directly from the sun, but they are also reflected from the ground, from water, snow, sand and other bright surfaces.



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Children's Health: UV Protection

Most exposure to ultraviolet (UV) rays happens before age

18. This is why experts strongly recommend that children, toddlers and infants receive the same level, or higher, of UV protection as adults.

Limiting Exposure

Protect a child's skin from the sun every day, especially during the peak hours of 11 a.m. to 3 p.m. Children less than 1 year of age should never be exposed to *any* intense, direct sunlight as they are especially sensitive to UV radiation and heat. Here are some helpful tips for UV protection:

- Try to make sure that children's preschool or school schedules keep them indoors as much as possible during peak hours.
- Schedule sports and other outdoor activities early in the morning or late in the afternoon/evening. However, it is important not to reduce your child's overall exercise.
- Don't overlook natural shade. Is there a play area in a shady spot?
- Keep children covered with clothing that provides protection from the sun. Closely-woven materials, long-sleeved shirts and pants are best. Broad-brimmed hats are

also recommended – but avoid caps that do not shade the ears or the back of the neck.

- Remember to protect children on cloudy days. Most damaging UV rays penetrate light cloud cover and haze.

Sunscreen/Sunblock

- When out in the sun for any length of time, children should use a sunscreen lotion with an SPF (Sun Protection Factor) of 30 or more with UVA protection.
- For best results, sunscreen should be applied 15 to 30 minutes before exposure to the sun, so it is absorbed by the skin and less likely to rub or wash off. Reapply lotion every couple of hours.
- For children wearing bathing suits, make sure that sunscreen is applied up to and under the edges of the suit to protect sensitive areas like the upper thighs and chest. Pay particular attention to the tops of feet and the backs of the knees.
- Note that sunscreens, like many other products, become less effective over time. Check expiration dates before using

old sunscreen and replace if outdated.

Sunglasses

The same UV rays that harm the skin can also cause injury to the eyes. Most brands are effective at screening or reflecting at least some UV light. Here are some tips for picking the right pair for your child:

- Look for lenses providing a minimum of 90 percent protection from UVA and 95 percent protection from UVB light.
- Look for large-size lenses, glasses that fit snugly or a wraparound design to help cut down on damaging UV rays that can easily leak in around the edges of poorly fitting sunglasses.



Are Your Kids "Sun Smart"...?

As UV rays continue to get stronger, teaching kids "sun smart" habits now can help keep them safe into the future. Sunscreen is *not* intended to increase sun exposure time, but rather to provide protection during periods of unavoidable sun exposure.