



# live well, work well

June 2011

Brought to you by: Holmes Murphy & Associates

## Home Safety Month

June is Home Safety Month and it's the perfect time for you to make sure your home is as safe as possible for you and your family. The Home Safety Council provides the following tips to help you avoid various hazards in your home:

- Put a non-slip mat in your shower.
  - Keep stairs clear of clutter and ensure proper lighting at the top and bottom. Use safety gates if you have young children.
  - Make sure you have sturdy handrails on all stairs (indoors and outdoors).
  - Wipe up spills when they happen.
  - Keep the Poison Control phone number (1-800-222-1222) by each telephone and programmed into your cell phone.
  - Install smoke and carbon monoxide detectors and regularly check the batteries.
  - Read labels of all products you use in your home. Any that say "caution," "warning" or something similar should be stored away from children, either locked up or on a high shelf.
  - Keep all medications out of reach of children. Make sure they are not in purses, pockets or drawers where children could easily access.
- Keep original label on all medication and cleaning supplies.
  - Always stay by the stove or grill when cooking.
  - Keep grills at least 10 feet away from your house, garage and any trees or bushes. Keep children and pets away.
  - Only light candles when an adult is in the room, and never leave candles burning unattended.
  - Have a fire escape plan and hold a fire drill with your family. Make sure all adults in the house know how and when to use a fire extinguisher.
  - If you have a pool or hot tub, install a fence around it.
  - Always watch children carefully when in the bathtub or pool, even small, child-sized pools.



## Easy Calorie Burning

Looking for an easy way to increase the number of calories you burn each day? Try tapping your foot or twiddling your thumbs! Research shows that people who consistently fidget while sitting burn more calories than those who sit still.

Other ways to boost calorie burning while at your desk or on the couch include:

- Standing up while talking on the phone
- Focusing on maintaining good posture
- Bouncing your leg or tapping your fingers
- Doing neck, arm or leg stretches

### DID YOU KNOW?

A study conducted by Dr. James A. Levine, a researcher at Mayo Clinic, revealed that people who do more fidgeting and gesturing can burn as many as 350 extra calories per day. This would add up to 36 pounds lost in one year (assuming consistent food intake).





## Email Precautions You Need to Know



Did you know that emails sent at work could be grounds for termination or create legal problems? It is essential you take precautions when using email, to protect your job and company.

- Avoid jokes and sarcasm in an email. You may unintentionally offend someone or a recipient may misread your tone. Instead, be professional and clear.
- Remember that emails are permanent and you do not own

your email - your company does. Do not send anything in an email that is inappropriate. The company may monitor your email and may use it as grounds for discipline, if appropriate.

- Always proofread your email and double check recipients and attachments before sending.
- Use care when using "Reply All." Do all of the recipients need the information you are sending? Should all recipients be privy to the information?
- Consider using the phone or face-to-face conversations for sensitive or complex information.
- Do not send an email in anger. Give yourself time to cool down from the situation. You cannot "unsubscribe" an email!

## Healthy Eating on a Budget

Grocery shopping on a budget can be difficult – especially when trying to make healthy choices. Sometimes it can seem easier and less expensive to buy a cheap, processed meal (or swing through your local drive-through) than to plan a healthy, quality meal. But with these tips, you can balance health and budget.

- Set aside time to clip coupons and plan weekly meals and snacks. This allows you to take advantage of items on sale and make the most of what you buy so nothing goes to waste.
- Always have a list when you grocery shop and don't go when you're hungry!
- Buy nonperishable items in bulk (especially when they're on sale) and buy generic. This can add up to a lot of savings.
- Cook larger portions of healthy dinners and freeze the leftovers for another day.
- Experiment with marinades and spices to add variety to easy, inexpensive dishes like chicken, potatoes, soup, pasta or rice.
- Make it a priority to keep fresh fruits and vegetables in the house and incorporate them into your meals.



## Baked Spicy Cod



Serve this tasty entrée with brown rice and vegetables for an easy, balanced meal. Makes 4 servings (140 calories each).

1 lb. cod fillets	1/8 tsp. ground oregano
1/4 tsp. paprika	1/8 tsp. ground thyme
1/4 tsp. garlic powder	1 tsp. lemon juice
1/4 tsp. onion powder	1½ tsp. melted margarine
1/8 tsp. pepper	

Preheat oven to 350 degrees F. Separate fish into four fillets or pieces. Place fish in ungreased, 13x9x2-inch baking pan. Combine paprika, garlic and onion powder, pepper, oregano and thyme in a small bowl. Sprinkle lemon juice and seasoning mixture evenly over fish. Drizzle margarine evenly over fish. Bake 20-25 minutes (until fish flakes easily with fork).

Source: [www.nutrition.gov](http://www.nutrition.gov).



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Health and wellness tips for your work, home and life—brought to you by the insurance and health care specialists at Holmes Murphy and Associates, Inc..

## Men's Health: Tips for a Healthy Life

The leading cause of death for males in the U.S. is heart disease – followed closely by cancer. Combat this statistic by adhering to a healthy lifestyle.

### Watch What You Eat

What you eat and drink can make a significant difference in your overall health. Eating five or more fruits and vegetables a day, little saturated fat and avoiding trans fats can improve health, reducing the risk of cancer and other chronic disease.

### Know Your Risks

Your parents, grandparents, work and home habits, environment and lifestyle all contribute to your health and health risks. These factors may put you at an increased risk for certain diseases or conditions. Since you can't change many of those factors, focus on addressing any negative behaviors you do have control over, such as your diet, activity level or quitting smoking. Make as many healthy changes for your body as you can.

### Get Moving

More than 60 percent of American men and women do not get enough physical activity to provide health

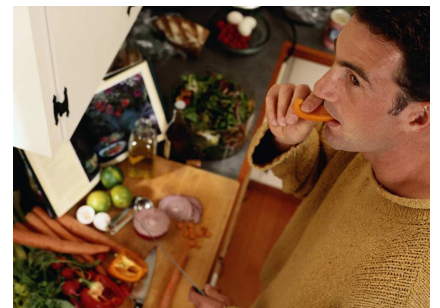
benefits. For adults, 30 minutes of moderate physical activity on most days of the week is recommended. It does not take a lot of time or money, but it does take commitment. Start slowly, work up to a satisfactory level, and do not overdo it. Develop one routine or try something different every day. Find fun ways to stay in shape and feel good, such as dancing, gardening, cutting the grass, swimming, walking or jogging.

### Manage Your Stress

Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to your employer and your family can be challenging. Protect your mental health by engaging in activities that help you manage your stress, both at work and home, such as spending time doing your favorite hobby, exercising, reading or doing something else you enjoy. This will also help reduce stress and keep you mentally healthy.

### Get Routine Exams

Routine exams and screenings can help save lives. Based on your age, health history, lifestyle and other important issues, you and your health care provider can determine how often you need to be examined and screened for certain diseases and conditions. These include high blood pressure, high cholesterol, diabetes, sexually transmitted diseases and cancers of the skin, prostate and colon. When problems are found early, your chances for treatment and cure are significantly greater, so getting routine checkups can save your life.



### Did you know...?

Health is not merely the absence of disease, it's a lifestyle. Whether it's getting enough sleep, relaxing after a stressful day or enjoying a hobby, it's important to take time for yourself. Take steps to balance work, home and play. Pay attention to your health, and make healthy living a part of your daily life.