



# live well, work well

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Brought to you by: Holmes Murphy & Associates

## Getting to Your Getaway

You've taken the week off from work, reserved a hotel room in your favorite vacation spot and maybe even booked a flight. Now all that's left is to get there. Whether you're road tripping or flying, follow these tips for a smooth journey.

### By Land

- Get a tune-up before you leave, that way you can avoid spending a chunk of your vacation on the side of the road.
- Clean your car before, during and after your trip. After a full day on the road, a clean car may keep you sane.
- Have a loose plan before you leave. Following a schedule is great, but account for traffic and closed roads.
- Use your cruise control. Not only will this save your leg, it will save you money on gas.
- Bring your own music. You'll be thankful for some tunes when there's only static on the radio.
- If travelling with children, plan for extended rests and bathroom breaks. Consider bringing activities or a "goody bag" with small prizes you can reveal at different intervals during the trip.



### By Air

- Select your seats ASAP. If you wait too long, you may end up spending eight hours between two strangers in row 65.
- If possible, pack in a carry-on suitcase. Depending on climate and length of stay, you could save money by not checking a bag. But if you need to check some baggage...
- Weigh your bags before you go to the airport. Overweight bags could cost you anywhere from \$50 to \$500 round trip.
- Always dress in layers. It may be sweltering in the cabin before takeoff, but once you get in the air it will cool down quickly.
- Be ready for security. Metal in your clothes, jewelry, keys, change and belt buckles will set off the metal detectors, so leave them in your carry-on.

## Organ Donation

More than 114,000 Americans are currently on the waiting list for an organ donation, but last year only 14,147 organs were donated.

There are two systems for organ donation: opt-in and opt-out. Most European countries operate on an opt-out system, which assumes that a person is willing to donate their organs, though individuals are free to opt-out.

The United States uses an opt-in system for organ donation, so people are required to designate in advance that they are willing to donate their organs. If a person is not a registered donor, that person's organs cannot be given to people on the organ donor list.

A single organ donor can save up to eight lives, so consider registering as a donor at [www.organdonor.gov](http://www.organdonor.gov).

### DID YOU KNOW

More than 80 percent of people on the organ donation list are waiting for a kidney, but most children under the age of 5 on the list are waiting for a liver transplant.



## Fit Foods for Swimsuit Season

Summer is in full swing and whether we're at the beach or by the pool, the best foods to cool us off are often the least healthy. Here are few healthy options that will keep you feeling cool, even when it's hot.

- **Frozen grapes or cherries** – When the temperature soars, there's nothing better than a frozen treat to cool you down. Instead of ice cream, have a bag of frozen grapes or cherries in the freezer to satisfy your sweet tooth and keep you cool.
- **Raspberries** – Ripe all summer long, raspberries are perfect sprinkled over cereal, blended in smoothies or tossed in a summer salad.
- **Mangos** – If you're craving something creamy, try making a mango smoothie. This tropical treat is high in fiber and will thicken up any blended beverage.

- **Watermelon** – This thirst-quencher is a great substitute for soda, or the perfect afternoon snack after a day in the sun. Since it's mostly water, it contains very few calories.
- **Unsweetened, iced green tea** – Stay cool by the pool while sipping this long-time favorite. It can lower your cholesterol while boosting your metabolism.



## Inexpensive Summer Fun

From theme parks to baseball games, and from grilling out to eating out, there is no shortage of ways to spend money during the summer. For some inexpensive summer fun, here's a list of things to do that are cheap, too:

**Go to the beach or public park** – Set out for an afternoon of fun in the sun at a local beach or public park.

**Pack a picnic** – The nearest community park or even your own backyard is an ideal place for a laid back summer feast with your family or a few friends.

**Go watch the fireworks** – Attending your community's fireworks display is a great way to celebrate the Fourth of July. Make it an all-day event with a picnic before the show.

**Attend a clothing swap** – Organize or attend a community clothing swap. Trade in your old clothes that don't fit—for items that do.

**Go to a festival** – Many festivals offer free or discounted admission on certain days or with a donation. Consider pre-ordering tickets to get a discounted rate.

**Rent a movie** – When the weather isn't cooperating, rent a movie from your local library, or sign up for a free video trial.

**Read a book** – Rain or shine, inside or outside, there's never a bad time or place to read. Put your local library to good use this summer.

**Travel to a national park** – Pick one of the 400 national parks around the country and spend the day there for a very small admission fee. Or if you're feeling more adventurous, consider camping there for the weekend.

## Garden Potato Salad

Perfect for an afternoon picnic or a cookout with your friends and family, this tasty potato salad cuts down on the cholesterol and fat by substituting low-fat cottage cheese for mayonnaise.

3 pound potatoes, boiled in jackets, peeled and cubed

1 cup celery, chopped

½ cup green onion, sliced

2 tbsps. parsley, chopped

1 cup low-fat cottage cheese

¾ cup skim milk

3 tbsps. lemon juice

2 tbsps. cider vinegar

½ tsp. celery seed

½ tsp. dill weed

½ tsp. dry mustard

½ tsp. white pepper

Combine the potatoes, celery, green onion and parsley in a large bowl. Meanwhile, in a blender or food processor, blend the cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard and white pepper until smooth. Chill for one hour. Next pour cottage cheese mixture vegetables and mix well. Chill at least 30 minutes before serving.

Yield: 10 servings. Serving size: 1 cup. Each serving provides 151 calories, less than 1g total fat, less than 1g saturated fat, 2mg cholesterol and 118mg sodium.

Source: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).



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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 10 a.m. to 4 p.m. Children less than one year of age should never be exposed to intense, direct sunlight, as they are especially sensitive to UV radiation and heat. Here are some helpful tips for UV protection:

- Try to ensure 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 or evening. It is important not to reduce your child's overall exercise in doing so, however.
- 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

- When out in the sun for any length of time, children should use a sunscreen lotion with an SPF of 30 or more with UVA protection.
- For best results, sunscreen should be applied 15 minutes before exposure to the sun, so it is absorbed by the skin and less likely to rub or wash off. Reapply it 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 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.