



live well, work well

August 2012

Brought to you by: Holmes Murphy & Associates

Eat Sensible, Eat Seasonal, Eat Local

Are you a locavore? If you eat seasonal produce and meat sourced locally, you are. If not, below are six good reasons to “eat local,” and tips on how to do it:

Seasonal, local food is fresher and tastes better. Local farms don’t need to cultivate produce or breed livestock suitable for long-distance travel; instead, they can focus on producing the tastiest food possible.

Local produce is more nutritious than food that is out of season. As soon as a fruit or vegetable is harvested, its nutrients start breaking down. The longer it takes to get to your table, the fewer nutrients it has.

You get to know your farmer and where your food comes from. When you buy local, you get the opportunity to meet the person producing your food, and confirm that you are comfortable with how they do it.

Local food is often less expensive. Because transportation costs are minimal when you buy local and in-season, farmers are often able to sell their goods at reduced prices.

You support local farmers. When you buy directly from local farmers, you ensure that they get a fair price for their products and you stimulate your local economy.

Eating local is good for the environment. When you eat food that doesn’t require a diesel-powered semi to transport it across the country, you reduce your carbon footprint.



Tips for Eating Local

- Know what’s in season
- Ask grocery store managers about the origins of their products
- Shop at farmers markets and farm stands
- Participate in community supported agriculture
- Dine at restaurants that source their food locally
- Visit locally owned food producers regularly

Adult Immunization

August is National Immunization Awareness Month—the perfect time to make sure you and your loved ones are up to date on your vaccinations.

Many people mistakenly believe that vaccinations are most beneficial for children; however, immunizations are just as important for adults. In fact, the Department of Health and Human Services reports that 50,000 adults die from vaccine-preventable diseases each year.

Check with your health care provider today to confirm that you are up to date on the following vaccinations:

- Tetanus, diphtheria and pertussis
- Measles, mumps and rubella
- Pneumococcal pneumonia
- Influenza
- Hepatitis A and B
- Varicella (chickenpox)

DID YOU KNOW

Some people believe that immunizations aren’t safe, but the CDC cites that vaccines undergo years of testing before they can be used, making them both safe and effective.



Five Summer Activities to Get You Fit While Having Fun

Looking to mix up your boring fitness routine? Consider swapping your usual run or workout at the gym with one of the following outdoor summer activities that will make you break a sweat while still having fun.

Beach volleyball: If you're headed to the beach, try starting a pickup game of volleyball, or consider joining a rec league team. A 155-pound person can burn up to 550 calories in 60 minutes!

Inline skating: For a fun way to burn 490 calories in an hour, dust off your old inline skates and take them for a spin. Be sure to wear all the necessary protective gear when you do.

Ultimate Frisbee: A combination of Frisbee and football, this game is a great way to shed pounds with some friends. A 155-

pound person can spend 240 calories in just an hour.

Tennis: If you want a great workout, grab a friend for a game of tennis. During an hour long match you'll burn 560 calories.

Swimming: On those especially hot days, head to the nearest body of water and go for a swim. Doing laps for an hour will have you burning up to 560 calories!



Health Care Reform Upheld

Recently, the U.S. Supreme Court upheld the entire health care reform law as constitutional. The controversial "individual mandate," a clause that requires most individuals to have coverage or pay a penalty, was deemed constitutional when the penalty is administered as a tax. This has far-reaching consequences now and in the future, but here are a few ways the individual mandate directly affects you:

- You are now likely to be eligible for preventive services at no out-of-pocket cost to you.
- Health plans are no longer able to cancel your coverage if you become sick, unless you committed fraud when you applied for coverage.
- Insurers can no longer deny coverage to children with pre-existing conditions.
- Insurers now have to provide rebates to consumers if they spend less than 80 to 85 percent of premium dollars on medical care.
- If you already have employer-sponsored coverage, you will likely not have to change your plan. However, as before health care reform, your employer is allowed to change its plan.
- In 2014, carriers will no longer be allowed to reject you based on any pre-existing condition you may have.
- Currently, you aren't required to have coverage, but as of 2014 most individuals will be required to purchase health insurance or pay an additional tax. If you can't afford coverage, you may be eligible for Medicaid or government subsidies to help you pay for private insurance.

Baked Trout Olé

Fresh and summery with a slightly spicy kick, this light dish won't weigh you down—even in extreme heat. To keep it equally delicious and nutritious, remember to bake the fish with only a small amount of oil.

2 pounds trout fillet, cut into six pieces (other fish may be used)
 3 tbsp. lime juice (about two limes)
 1 medium tomato, chopped
 ½ medium onion, chopped
 3 tbsp. cilantro, chopped
 ½ tsp. olive oil
 ¼ tsp. black pepper
 ¼ tsp. salt
 ¼ tsp. red pepper (optional)

Preheat the oven to 350 degrees F. Rinse fish fillets, pat dry and place in baking dish. In a separate bowl, mix remaining ingredients together and pour over fish. Bake for 15 to 20 minutes or until fish is fork-tender.

Yield: 6 servings. Serving size: 1 piece of fish. Each serving provides 230 calories, 9g total fat, 2g saturated fat, 58mg cholesterol, 162mg sodium, 60 mg of calcium and 1 mg of iron.

Source: www.nhlbi.nih.gov.



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

Fitness First: Avoiding Dehydration

Stay healthy by getting enough water

Dehydration may seem like a minor ailment, but it can be quite dangerous. In fact, millions of people worldwide—many of them infants and older adults—die of dehydration each year.

Get the Facts

In the simplest terms, dehydration occurs when you lose more water than you take in and your body does not have enough water to carry out its normal functions. What's more, even mild dehydration—as little as a 1 to 2 percent loss of body weight—can cause symptoms such as weakness, dizziness and fatigue, and may have a negative effect on long-term health.

Water Loss

On average, adults lose about 2.5 liters (more than 10 cups) of water a day, simply by doing everyday tasks such as sweating, breathing and going to the bathroom. Also lost are electrolytes—minerals such as sodium, potassium and calcium—that maintain the balance of fluids in your body. This is before you may even think about mowing the lawn on

a humid afternoon, working out at the gym or rearranging the living room furniture—all of which cause much higher water loss.

Symptoms

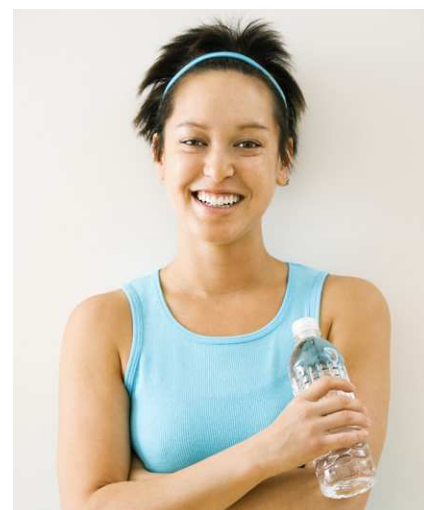
Mild to moderate dehydration is likely to cause the following symptoms:

- Excessive thirst
- Sleepiness
- Dry mouth
- Few or no tears when crying
- Muscle weakness
- Headache
- Dizziness or lightheadedness

Prevent Dehydration

Preventing dehydration sounds easy enough: consume plenty of fluids and foods high in water content, like fruits and vegetables. However, how much fluid do we really need? Determining your appropriate water intake is not an exact science, as much depends on age, physical condition, activity level, environment and individual physiology.

The best recommendation is to simply make a conscious effort to stay hydrated. In addition, make water your beverage of choice! Try drinking water with every meal and between meals. Take water breaks instead of coffee or tea breaks, and substitute sparkling water for alcohol.



Did You Know...?

In hot or humid weather, it is essential to drink additional water to help lower your body's temperature and to replace what you lose through sweating. Staying well-hydrated is one of the most important things you can do to beat the heat!