

# LIVE WELL WORK WELL



Health and wellness tips for your work and life—  
presented by Holmes Murphy & Associates

## Spring Allergy Alleviation

Springtime allergies are an annual nuisance for many people. Mold growth increases due to rain and many plants begin releasing pollen. Likewise, spring-cleaning activities can stir up dust mites. To reduce your allergies, be sure to take the following steps:

- Wash your bedding every week in hot water to help keep pollen under control.
- Wash your hair before going to bed, since pollen can accumulate in your hair.
- Wear an inexpensive painter's mask and gloves when cleaning, vacuuming or painting to limit dust and chemical inhalation and skin exposure.
- Vacuum twice a week.
- Limit the number of throw rugs in your home to reduce dust and mold.
- Make sure the rugs you have are washable.
- Change air conditioning and heating air filters often.

## A Breath of Fresh Air

Cigarette smoking is a life-threatening habit, decried by every major health organization across the globe. The tobacco epidemic is so pervasive that the World Health Organization (WHO) supports World No Tobacco Day, held annually on May 31. This day is meant to “demonstrate the threats that the tobacco industry poses to the sustainable development of all countries,” according to the WHO website.

The largest threat comes from preventable deaths, with about 6 million people dying each year from tobacco use. Do your part to help curb tobacco consumption with these cessation tips:

- Think of the innumerable benefits to quitting, like saving more money, lowering your cancer risks and feeling healthier overall.
- Put other things in your mouth instead of cigarettes. Try carrots, pickles, sunflower seeds, apples, raisins or sugar-free gum.
- Think about when you smoke and why you smoke—keep track of when you light up. Identifying your triggers can help you prepare to quit.
- If you are using medication to help you quit, make sure to follow the instructions carefully.

Quitting smoking is not easy. Talk to your doctor, friends and family to develop a support network for the journey. The sooner you begin, the sooner you can quit for good.

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## REFRESHING WATERMELON SALAD

- 1 cup fresh spring greens
- 1 cup fresh cilantro
- 1 cup fresh watermelon (cubed)
- ½ cup red grapes (halved)
- ¼ cup walnuts (chopped)
- ¼ cup feta cheese

### PREPARATIONS

- Using a large salad bowl, toss all the ingredients together. Enjoy!

Makes: 4 servings

#### Nutritional Information (per serving)

Total Calories	215
Total Fat	11 g
Protein	6 g
Carbohydrates	27 g
Dietary Fiber	4 g
Saturated Fat	3 g
Sodium	281 mg

Source: USDA

## Age Well in the Workplace

One in every 5 American workers is over 65, and by 2020, 1 in 4 American workers will be over 55, according to the U.S. Bureau of Labor Statistics.

As the average lifespan increases, people will likely be working beyond the typical retirement age. This means it is critical to stay healthy throughout your life.

If you are over the age of 50, consider being screened for the following life-threatening conditions:

- Colorectal cancer
- Diabetes
- High blood pressure
- High cholesterol
- Obesity

Likewise, if you are over the age of 60, consider being immunized annually for the flu, shingles and pneumonia. Prioritizing health now will allow you to live a longer, healthier life well into retirement.

## CRITICAL HEALTH CHECKS FOR WORKERS OVER 50



#### GET SCREENED FOR:

- Breast cancer
- Cervical cancer
- Colorectal cancer
- High cholesterol



#### GET IMMUNIZED FOR:

- Influenza
- Pneumonia



#### YOU'RE AT RISK IF YOU:

- Smoke
- Binge drink
- Overeat
- Have high blood pressure

