

LIVE WELL WORK WELL



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

Shop for Seasonal Produce This Summer

The U.S. Office of Disease Prevention and Health Promotion recommends that you consume at least two servings of fruit and three servings of vegetables each day. Although this varies by age, sex and level of physical activity, it is a good recommendation to live by to build a healthy dietary base.

One great way to add variety to your diet and to make sure you are eating enough fruits and vegetables is to look for seasonal produce. Additionally, choosing in-season produce can help save you money, as the abundance of the fruit or vegetable typically makes it less expensive.

This summer, be mindful of what fruits and vegetables are in season near you. Fruits & Veggies—More Matters, a health initiative focused on helping Americans increase fruit and vegetable consumption for better health, has made it easy to figure out which produce is in season. On its website, you can view year-round, winter, spring, summer and fall produce options.

Click [here](#) to see what's in season this summer.

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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Tick and Tick-borne Disease Season is Here

Experts are warning that this year's tick season could be worse and more widespread than ever due to milder winters, booming mice and deer populations, and the 2015 abundant acorn crop. Unfortunately, with the projected increase of ticks, the threat of tick-borne disease, including the most common, Lyme disease, also increases.

The best way to avoid contracting a tick-borne disease is to practice proper preventive measures, which include the following:

- Wear light-colored clothing, including long-sleeved shirts and pants when in wooded areas, and tuck pant legs into socks or boots. Keep long hair tied back.
- Wash your body and clothing after all outdoor activities.
- Look periodically for ticks if you have been outdoors, especially if you have been in wooded areas or gardens.
- Remove ticks within 24 hours to greatly reduce the risk of contracting disease.
- Talk with your veterinarian about tick repellent for your pet.
- Check your pet's coat if it has been in a possible tick-infested area.

For more information on ticks and tick-borne disease, click [here](#).



Chicken and Veggie Salad

- 1 Tbsp. olive oil
- 2 skinless boneless chicken breasts
- 1 head of romaine lettuce (chopped)
- 1 red onion (thinly sliced)
- ½ cup black olives (halved)
- 2 tomatoes (seeded, chopped)
- ⅓ cup sunflower oil
- 1 tsp. garlic salt
- ⅓ cup grated Parmesan cheese

PREPARATIONS

1. In a large nonstick skillet, warm the oil over moderate heat. Add the chicken and cook for 6 minutes per side, or until cooked through and golden brown. Remove from heat, let cool, then dice or shred the chicken.
2. In a large salad bowl, combine the lettuce, chicken, onion, olives and tomatoes. Add the sunflower oil and toss to coat. Add the garlic salt and Parmesan cheese, toss well and serve.

Makes: 4 servings

Nutritional Information (per serving)

Total Calories	443
Total Fat	28 g
Protein	37 g
Carbohydrates	12 g
Dietary Fiber	7 g
Saturated Fat	5 g
Sodium	527 mg
Total Sugars	4 g

Source: USDA




National Fireworks Safety Month: June 1 to July 4

Fireworks are a staple at festivities for many Americans during the summer months. Unfortunately, many people do not realize just how dangerous fireworks and sparklers can be—which is a primary reason that injuries occur.

In honor of National Fireworks Safety Month, which occurs from June 1 to July 4, take some time to familiarize yourself with the following safety suggestions to avoid accidents when using fireworks.

- Do not shoot fireworks off if you are under the influence of alcohol.
- Always have a hose or water bucket handy.
- Keep spectators a safe distance away.
- Show children how to properly hold sparklers, how to stay far enough away from other children and what not to do.
- Never try to relight a firework that didn't properly ignite.
- Soak all firework debris in water before throwing it away.
- Do not carry fireworks in your pocket or shoot them from metal or glass containers.

An estimated 7,000 INJURIES were treated in hospital emergency rooms during the one-month period (June 20-July 20) surrounding the Fourth of July.

 **MALES** accounted for **74 PERCENT** of all injuries.

 **CHILDREN UNDER 15** accounted for **40 PERCENT** of all injuries.

 **SPARKLERS AND FIRECRACKERS** together accounted for **40 PERCENT** of all injuries.



Source: The U.S. Consumer Product Safety Commission

