

# LIVE WELL WORK WELL



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

## Simple Summer Activities Your Kids Are Sure to Love

Summer is often filled with outdoor parties, warm weather and no school. Unfortunately, the arrival of summer can bring stress for many parents as they search for ways to keep their kids happy, healthy, engaged and safe without breaking the bank.

Listed below are a few simple—and inexpensive—summer activities that you and your children can do together this summer.

- **Make homemade frozen treats.** Cooking together is a great way to create memories that will last a lifetime and to instill healthy habits in your children. Click [here](#) for some recipes to get you started.
- **Go berry picking.** Many berries are in season in the summer. Take your children to your local berry farm to pick your own delicious strawberries, blackberries and raspberries.
- **Go hiking.** Enjoy the summer weather and your state's scenery, and get some exercise by taking a family hike at your nearest trail.

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.

© 2017 Zywave, Inc. All rights reserved.

## Do You Know Seizure First Aid?

According to the U.S. Centers for Disease Control and Prevention (CDC), 1 in 10 people may have a seizure in their lifetime. A seizure is a change in the brain's electrical activity that can cause a variety of symptoms, including violent shaking, falling and losing bodily control. However, because there are [different types of seizures](#), symptoms can vary.

Knowing proper seizure first aid is important so that you can help keep a person who is having a seizure safe and prevent further injury. General seizure first aid includes the following:

- Clear the area immediately to prevent possible injury.
- If the person is standing, gently guide them to the floor. Roll them on their side and cushion their head.
- Time the seizure. If the person has epilepsy and the seizure lasts longer than three minutes, call 911.
- Call 911 if any of the following apply:
  - The person is pregnant.
  - The person has never had a seizure before.
  - The person does not regain consciousness after the seizure.
  - The seizure lasts longer than five minutes.
- Do not attempt to hold the person down or put anything in their mouth while they are seizing. Doing so could cause injury.

For other seizure first-aid tips, please visit the CDC's [webpage](#).



## Turkey Burgers

- 1 pound ground turkey (85 percent lean, 15 percent fat)
- 2 medium onions
- 3 Tbsp. lemon juice
- ¼ tsp. Worcestershire sauce
- ¼ tsp. parsley

### PREPARATIONS

1. Chop onions.
2. Combine onions, turkey, lemon juice, Worcestershire sauce and parsley in a bowl. Mix well.
3. Shape mixture into four patties.
4. Cook in a frying pan over medium heat or grill until internal temperature reaches 165 F.

Makes: 4 servings

### Nutritional Information (per serving)

Total Calories	224
Total Fat	14 g
Protein	20 g
Carbohydrates	6 g
Dietary Fiber	1 g
Saturated Fat	4 g
Sodium	74 mg
Total Sugars	3 g

Source: USDA

## Grilling Safety Reminders for Your Summer BBQ

Though grilling is an extremely popular way to prepare food in the summer, it can also be dangerous. According to the U.S. Fire Administration, gas and charcoal grills account for an average of 10 deaths and 100 injuries annually. Additionally, the National Fire Protection Association reports that an average of 8,900 home fires are caused by grilling each year.

This year, keep the following safety suggestions in mind when you go to fire up your grill:

- Make sure your grill is at least 3 feet away from other objects including your house, trees and outdoor seating.
- Remember that starter fluid should only be used with charcoal grills and never with gas grills.
- If you suspect that your gas grill is leaking, turn off the gas and get the unit fixed before lighting.
- Do not bring your grill into an unventilated or enclosed space such as the garage or inside of your home.
- Do not let children and pets play near the grilling area when cooking until the grill is completely cool.

## GRILL YOUR FOOD THOROUGHLY!

Prevent foodborne illnesses this summer by grilling your meat to the proper internal temperature.

