

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



Do You Know the Signs of a Kidney Stone?

A recent study published in the Mayo Clinic Proceedings journal found that the prevalence of kidney stones has increased more than fourfold in women and more than twofold in men over the past 30 years.

If treated in a timely fashion, kidney stones usually don't cause permanent damage. Seek immediate medical attention if you experience any of the following:

- Pain so severe that you can't sit still or find a comfortable position
- Pain accompanied by nausea, vomiting, fever or chills
- Blood in your urine
- Difficulty passing urine



5 Healthy Snacks to Satisfy Your Workday Hunger

Snacking can be an important part of a healthy diet. Healthy snacks can provide midday energy boosts and fuel for exercising, and can help decrease your hunger and the odds of overeating at mealtime. Try incorporating these five simple snacks into your meal plan.

1. **Almonds**—1.5 ounces of almonds (about 35 nuts) provides enough fiber, protein and good fats to keep you feeling full until your next meal.
2. **Greek yogurt parfait**—1 cup of Greek yogurt with berries is a great way to get protein, calcium, fiber and antioxidants.
3. **Blueberries and mini Babybel cheese**—1 cup of fresh blueberries has only 80 calories. When paired with two mini Babybel cheeses, you get a high dose of fiber, antioxidants, protein and calcium.
4. **Apple and ½ cup roasted chickpeas**—Apples are fat-, sodium- and cholesterol-free. What's more? One medium-sized apple has less than 100 calories. When paired with ½ cup roasted chickpeas, you get a snack that provides protein, and good fats and carbs.
5. **Veggies with hummus**—Snacking on raw, fiber-rich vegetables during the day can help keep you full between meals. For extra protein, eat your veggies with hummus. Be sure to check the serving size on your hummus container to keep your portion size in check.

Apple Sage Wild Rice Stuffing

4 ounces pecans (chopped)
4 tsp. canola oil (divided)
1 ½ cups celery (diced)
1 ½ cups onions (diced)
1 medium-sized red apple (peeled, diced)
2 cups brown rice (cooked)
1 cup wild rice (cooked)
½ cup cranberries (dried)
1 jalapeno pepper (finely chopped)
1 ½ Tbsp. fresh sage (chopped)
¾ tsp. salt

PREPARATIONS

1. Heat a large skillet over medium-high heat. Add the pecans and cook 2-3 minutes or until beginning to brown, stirring frequently. Set aside on separate plate.
2. Heat 1 tsp. of the oil over medium heat. Cook the celery and onion 8 minutes or until beginning to lightly brown on edge, stirring occasionally.
3. Add the apples and cook 4 minutes or until fork-tender.
4. Stir in the pecans and the remaining ingredients and cook 3-4 minutes or until the rice mixture is heated, stirring occasionally.

Makes: 12 servings

Nutritional Information (per serving)

Total Calories	160
Total Fat	9 g
Protein	3 g
Carbohydrates	20 g
Dietary Fiber	3 g
Saturated Fat	1 g
Sodium	160 mg
Total Sugars	7 g

Source: USDA

Save Lives: Don't Be a Distracted Driver

According to the Centers for Disease Control and Prevention, nine people are killed and over 1,000 others are injured every day in accidents that involve a distracted driver in the United States. The National Safety Council observes April as Distracted Driving Awareness Month to draw attention to this epidemic.

Distracted driving is driving while doing another activity that takes your attention away from the road, and can greatly increase the chance of a motor vehicle crash. While there is little you can do to control other people's driving, there is plenty you can do to reduce your own distractions.

There are three main types of distractions:

1. Visual: taking your eyes off the road
2. Manual: taking your hands off the wheel
3. Cognitive: taking your mind off of driving

By practicing safe driving techniques, you can significantly reduce your chances of being involved in an auto accident. In addition to avoiding distractions, it's important to be aware of other drivers around you and make adjustments to your driving accordingly.

Don't Be Distracted. Just Drive.

Get to your destination safely by not doing the following:

