

Live Well, Work Well



November 2019

Health and Wellness Tips for Your Work and Life



It's That Time of the Year Again: Flu Season Is Here

The arrival of the fall and winter months signals many things, including the beginning of flu season. According to the Centers for Disease Control and Prevention (CDC), flu activity peaks between December and February.

Flu Symptoms

Seasonal influenza can cause serious complications for people of any age, but children and the elderly are more vulnerable. The flu is most often associated with the sudden onset of fever, headache, fatigue, muscle aches, congestion, cough and sore throat. Most people recover within a few days to less than two weeks. Occasionally, complications such as pneumonia, bronchitis or other infections can occur.

Flu Prevention

The flu vaccine is your best chance of preventing the illness. Currently, the CDC recommends that anyone over 6 months of age receive an annual flu vaccine.

While there are many different types of flu viruses, the vaccine protects you against the viruses that experts believe will be most common that year.

In addition to getting your annual vaccine, here are some other tips to stay healthy this season:

- Avoid close contact with people who are sick, and stay away from others when you feel under the weather.
- Wash your hands often using soap and warm water to protect against germs.
- Get plenty of sleep, stay physically active and drink plenty of water to keep your immune system strong.
- Manage your stress and eat a nutritious diet rich in healthy grains, fruits, vegetables and fiber.

Trail Mix Bars

3 cups crispy rice cereal
3 cups toasted oat cereal
1 ½ cups raisins
1/2 cup sunflower seeds
1 cup honey
3/4 cup granulated sugar
1 jar chunky peanut butter (16 ounces)
1 tsp. pure vanilla extract

Preparations

1. Combine dry ingredients in a bowl.
2. Combine honey and sugar in a saucepan and bring to a boil.
3. Add peanut butter and vanilla. Stir mixture until peanut butter melts. Remove from heat.
4. Carefully pour mixture over dry ingredients and mix well.
5. Spread into a 9-by-13-inch pan and allow to cool. Cut into 28 bars.

Nutritional Information (per serving)

Total Calories	225
Total Fat	11 g
Protein	6 g
Carbohydrates	30 g
Dietary Fiber	2 g
Saturated Fat	2 g
Sodium	83 mg
Total Sugars	22 g

Source: USDA

An Apple a Day May Help Keep the Doctor Away

You've heard the saying, but it turns out there's truth in the statement. Apples are rich in flavonoids, which can help you reduce your risk of disease, according to a recent [study](#) published in the Nature Communications journal.

Flavonoids are a diverse group of naturally occurring plant chemicals that pack a powerful punch of antioxidants and anti-inflammation properties. There are a wide variety of foods that are considered flavonoids, including strawberries, blueberries, green and black tea, onions, kale and celery.

The research found that those who consumed at least 500 milligrams (mg) of flavonoids per day had the lowest risk of developing cancer or heart disease. Additionally, the health-boosting effects of flavonoids appeared to be strongest for smokers and those who drank more than two alcoholic beverages per day.

The study's authors note that flavonoid consumption shouldn't be used as a quick fix to remedy poor habits, but that when combined with living an overall healthy lifestyle, it could be useful for keeping disease at bay.

Get Your Fill of Flavonoids

It's easier than you might think to consume 500 mg of flavonoids.

Here are three simple ways to get your daily dose:



Drink 1 cup of green tea



Eat 100 g of blueberries



Eat 100 g of broccoli

Tips for Recognizing When You Are Full

"Eat when you're hungry, stop when you're full." It sounds so simple, yet countless people struggle with putting this principle into practice. Use these tips to recognize when you are full:

- Slow down. It takes between 15 to 30 minutes for food to digest and for the brain to receive signals that you are full.
- Avoid buffets and large portions. Studies have shown that the more that is on your plate, the more you will eat whether you are hungry or not.
- Limit your fat intake. Fat is very satisfying, but is not good at signaling to the body when you are full. Therefore, chances are not only will you be consuming high-calorie foods, but you will eat more of them as well.
- The best method for staying on track with your diet is to eat a meal consisting of lean protein, an assortment of fruits and vegetables, some whole grains and a small amount of fat.

