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The Stall Street Journal

Spring into Fitness

Research has shown that exercising outdoors presents us with so many benefits such as increased energy and enjoyment, positive engagement and decreased tension, anger and confusion. A study conducted by the U.S. National Library of Medicine National Institutes of Health has also shown that people who exercise outdoors tend to exercise longer and more often than those who only exercise indoors.



Here are a few ideas as to what you can do outdoors:

- Walking, jogging and cycling are all great activities for people of all fitness levels because you can vary the intensity.
- Playing different sports, like tennis or basketball, or even walking a round of golf course are all excellent ways to get outside and moving.
- Heading to your local playground is a great way to get some exercise in as there are multitudes of different body weight exercises that can be performed.

Source: www.oaoa.com

Eating Well on a Road Trip

Long hours of sitting in the car and eating fast food at every rest stop can derail a diet faster than you can say "road trip." How can you break the cycle? First, take McDonald's off the menu. Before you set forth on your journey, fill a cooler with healthy snacks like fruit, raw veggies and sandwiches from home, and then restock your stash along the way with offerings from local grocery stores. Don't forget the bottled water!

Bypass rest stops and seek out independent cafes and restaurants -- not only will you eat better, but you'll also meet locals and get a better flavor of the town you're in.

On particularly long car trips, be sure to stop at least once a day for an exercise break. Check your road map or GPS for nearby national, state or local parks where you can go for a hike, or spend some time exploring a new town or city by foot.

Source: www.independenttraveler.com



Hay Fever Season

Allergies can occur seasonally or year-round. The fancy name for seasonal allergies is seasonal allergic rhinitis, but it's most commonly known as hay fever.

Hay fever can occur in conjunction with the release of pollen by different trees or grasses during certain times of the year — most commonly in the spring.



Help us help you by reducing the amount of allergens in your home with these tips:

- Try cleaning frequently and keeping clutter to a minimum.
- Keeping air ducts clean can reduce dust in your home.
- Using an air purifier in your home helps reduce allergens, too. Consider a HEPA (high-efficiency particulate air) filter or an electrostatic precipitator. They can help clean pollen and mold from the air.
- If possible, avoid outdoor activities in the morning, when pollen count is highest.

Source: allerga.com

Alcohol Awareness Month

Alcohol is the most commonly used addictive substance in the United States: 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems.



More than half of all adults have a family history of alcoholism or problem drinking, and more than 7 million children live in a household where at least one parent is dependent on or has abused alcohol.

Alcohol abuse and alcoholism can affect all aspects of a person's life. Long-term alcohol use can cause serious health complications, can damage emotional stability, finances, career, and impact one's family, friends and community.

For more information please visit: www.ncadd.org

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