

June 2017

The Stall Street Journal

National Safety Month

Stay Safe In and Out of the Water – Drowning is the leading cause of death in children ages 1 to 2. It's the second leading cause of death for children ages 3 to 6, but people of any age can be at risk.

While many are aware of the importance of safety around pools and at the beach, parents also need to supervise their children near bathtubs. Most drowning and near-drowning incidents happen when a child falls into a pool or is left alone in the bathtub.

According to an American Red Cross survey, only 56% of adults who say they can swim are able to perform five critical water-safety skills that could save their lives. These skills include:

- Floating or treading water for one minute without a flotation device
- Stepping or jumping into water over your head and returning to the surface
- Treading water or floating in a full circle and then finding a way out of the water
- Exiting a pool without using a ladder
- Swimming 25 yards without stopping



Source: www.nsc.org

Enjoying Yoga Outdoors

Millions of yoga lovers around the world know that the series of movements is known for decreasing anxiety, increasing blood flow, lowering blood pressure, not to mention tightening and toning those hard to target regions of the body. Yoga is not only a healthy practice, but it's also an eco-healthy one – an action that supports your personal health while also promoting the health of the environment.



Source: justenergy.com

June is Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

HYPERTENSION: is one of the chronic conditions, along with obesity and high cholesterol that results in **heart disease**, the #1 threat to men's health.

For more information please visit www.menshealthmonth.com

Which Is Healthier?

Frozen Yogurt vs. Ice Cream

Ice cream and frozen yogurt are both frozen treats made from dairy, but there is a significant difference that sets them apart. In order for a frozen treat to be legally labeled as ice cream, it must contain at least 10 percent milkfat. This requirement is usually met through the addition of cream, and premium ice cream can contain as much as 16 percent milkfat. Frozen yogurt is not made with cream and does not have a fat requirement. Instead it is made with cultured milk such as yogurt though probiotics do not survive the freezing temperatures.



Tips for Healthy Choices

If you choose to eat frozen yogurt, remember to still moderate your portion size and choose the healthier toppings. Choose toppings such as fresh fruit, granola and nuts to get the antioxidants, protein and fiber. These toppings will also likely be lower in calories, fat and sugar than other toppings. If you prefer ice cream, try decreasing your fat intake elsewhere in your diet to make up for the higher fat content. Another alternative is to choose reduced-fat ice cream.

Source: healthyeating.sfgate.com



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