

# LIVE WELL WORK WELL



Health and wellness tips for your work and life, presented by:



Your solution for a healthier workforce.

## Exercise With Your Family

Physical activity is an essential part of a healthy lifestyle. It can help prevent chronic diseases, control weight, build muscle and decrease the risk of obesity. Engaging in physical activity as a family can be a fun way to get everyone moving.

Being active as a family increases opportunities for kids and families to be physically active. Below are some activities you and your family can consider to get started on a path to a healthier lifestyle.

- Give children toys that encourage physical activity, such as balls, kites and jump ropes.
- Encourage children to join a sports team or try a new physical activity.
- Take the stairs instead of the elevator.
- Facilitate a safe walk to and from school several times a week.
- Walk around the block after a meal.
- Find time to spend together doing a fun activity, like family bike day or swim day.
- Make a new house rule of no sitting still during television commercials.
- Issue a family challenge to commit to physical activity five days a week for six weeks.

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.

## Prevent Heat Illness

There were 7,415 heat-related deaths in the United States from 1999 to 2010, according to the Centers for Disease Control and Prevention (CDC). These preventable deaths illustrate how important preparation is during extreme temperatures. Whether you are swimming at the beach or lounging in the park, you should be prepared for extreme heat conditions.

### Stay Prepared

The CDC provides three easy steps to prevent heat-related illnesses: stay cool, stay hydrated and stay informed. This summer, make sure you have shade wherever you are going and have attire, like a sun hat or a thin, long-sleeved shirt, to avoid direct contact with the sun. Be sure to drink lots of water—more than you usually do. Your body quickly loses fluids in the summer more quickly, which can lead to illness. Finally, stay informed by monitoring the local weather forecast and prepare accordingly for outdoor activities.

### Know the Signs

The two most dangerous heat-related illnesses, besides dehydration, are heat exhaustion and heat stroke. Heat exhaustion is exhibited through cold, clammy skin, heavy sweating and nausea. If you or someone shows these symptoms, move to a cooler location and sip water. If you or someone has a rapid pulse, hot and red skin, and losses consciousness, this could mean heat stroke, and you should call 911 immediately. In this latter scenario, do **not** give fluids to the person showing the symptoms. **Do**, however, move them to a cooler location and lower their temperature with cool cloths.



## BROCCOLI STRAWBERRY ORZO SALAD

¾ cup orzo pasta (uncooked)  
2 cups fresh broccoli (chopped)  
2 cups fresh strawberries (diced)  
¼ cup sunflower seeds

### Lemon Dressing:

1 Tbsp. lemon juice (fresh or bottled)  
2 Tbsp. apple cider vinegar  
2 Tbsp. olive oil  
1 tsp. sugar (or honey)

## PREPARATIONS

1. Cook pasta. Drain and rinse in cold water.
2. In a large bowl, combine orzo pasta, broccoli, strawberries and sunflower seeds.
3. For the lemon dressing, combine ingredients. Next, drizzle on top of the mixture in the other bowl.
4. Season with salt and pepper. Chill in refrigerator until ready to serve.

Makes: 6 servings

### Nutritional Information (per serving)

Total Calories	153
Total Fat	8 g
Protein	4 g
Carbohydrates	18 g
Dietary Fiber	3 g
Saturated Fat	1 g
Sodium	33 mg

Source: USDA

## Have a Responsible Summer

This Aug. 18 to Sept. 4, law enforcement will be stepping up their “Drive Sober or Get Pulled Over” campaign. This means police officers will be focused on spotting impaired drivers and pulling them over.

There were nearly 10,000 people killed in alcohol-impaired motor vehicle crashes in 2014, according to the CDC. This accounts for nearly 33 percent of all traffic-related deaths in the United States. Keep this sobering statistic in mind when attending gatherings with alcohol, like barbecues, beach parties or work events.

The National Highway Traffic Safety Administration (NHTSA) created a [smartphone app](#) to help drivers who cannot safely drive home. The app can help tell you where you are, help you call a taxi or help you call a friend. Other useful apps include [Uber](#) and [Lyft](#), as both can get you home if it’s not safe for you to drive.

For more information on the Drive Sober or Get Pulled Over campaign, visit the [NHTSA website](#).

## DRIVE SAFE

EACH DAY, **28 PEOPLE DIE** IN ALCOHOL-RELATED MOTOR VEHICLE CRASHES IN THE UNITED STATES. THIS MEANS ONE DEATH EVERY **53 MINUTES**.

THE ANNUAL COST OF ALCOHOL-RELATED CRASHES TOTALS MORE THAN **\$44 BILLION**.



SOURCE: CDC

