

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



Your solution for a healthier workforce.



Think All Exercise is the Same? Think Again.

Commitment to a regular physical activity program is more important than the intensity of your workouts. Choose exercises you are likely to pursue and enjoy, but keep in mind that each type of exercise burns a different amount of calories.

Consider the following:

- Jogging briskly (5 mph) for 30 minutes burns 275 calories.
- Swimming laps for 30 minutes burns 240 calories.
- Walking leisurely for 30 minutes burns 85 calories.
- Doing water aerobics for 30 minutes burns 150 calories.
- Gardening for 30 minutes burns 135 calories.

Staying physically active will not only make you healthier, it will also make your quality of life better. So get out there, and work up a sweat!



Strawberries Named Dirtiest Produce for 3rd Year in a Row by EWG

Every year, the Environmental Working Group (EWG) releases a Shopper's Guide to Pesticides in Produce report that details which fruits and veggies are the least—and most—contaminated by pesticides. The guide is designed to help you make healthy and informed choices and reduce your exposure to toxic pesticides.

For the third year in a row, strawberries top the “Dirty Dozen” [list](#) of the most pesticide-tainted produce, with one-third of all conventional strawberry samples containing 10 or more pesticides. One sample even contained 22 pesticide residues.

The other fruits and vegetables on the Dirty Dozen list are:

- Spinach
- Apples
- Peaches
- Pears
- Celery
- Sweet bell peppers
- Nectarines
- Grapes
- Cherries
- Tomatoes
- Potatoes

While pesticides boost crop yields, multiple studies have linked pesticides in produce to conditions like asthma, cancer, fertility issues and brain conditions. The Connecticut Agricultural Experiment Station recommends rinsing produce under water for 30 seconds to get rid of pesticide residues. For more information, visit EWG's [website](#).

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.

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Grilled Asparagus & Shrimp Quinoa Salad with Lemon Vinaigrette

2 cups fresh asparagus, large spears (cut into 1" pieces)
1/2 yellow or red bell pepper (cut into 1/2" pieces)
1 clove garlic (minced)
1 14 oz can quartered artichoke hearts (drained)
12 ounces fresh or frozen large raw shrimp (peeled and deveined)
1 1/2 cups dry quinoa (cooked according to package directions)

For the Lemon Vinaigrette:

1 teaspoon grated lemon peel (optional)
3 tablespoons fresh or bottled lemon juice
3 tablespoons olive oil
1 teaspoon Dijon mustard
1/2 teaspoon dried thyme leaves
1/2 teaspoon ground black pepper

PREPARATIONS

1. Place vinaigrette ingredients in a small bowl and whisk; set aside.
2. Cut vegetables as directed.
3. Heat grill and grilling tray.
4. Place vegetables and shrimp in a large bowl; add about 1/3 of the vinaigrette (about 3 tbsp) and toss.
5. Spread shrimp-vegetable mixture over hot grilling tray.
6. Grill, turning shrimp and vegetables, until the flesh of the shrimp is an opaque color (about 5-6 minutes); remove from grill.
7. Serve grill mixture over cooked quinoa, and drizzle with vinaigrette

Makes 4 servings

Nutritional Information (per serving)

Total Calories	460
Total Fat	16
Protein	29 g
Carbohydrates	51 g
Dietary Fiber	7 g
Saturated Fat	2 g
Sodium	420 mg
Total Sugars	6 g

Source: USDA

Intermittent Fasting: What it is and Why People Are Doing it

Intermittent fasting is one of the latest health trends that has been gaining traction quickly. Intermittent fasting can look very different from person to person, but the two most popular approaches are:

1. **5:2 approach:** In this approach, you restrict your calorie consumption to 25 percent of your daily needs twice a week, and eat normally the remaining five days of the week.
2. **Eight-hour approach:** In this approach, you fast for 16 hours a day, eating only during an eight-hour time period.

Studies have shown that intermittent fasting can have powerful benefits on your body and mind, and for weight control. Other studies state that it can also protect against Type 2 diabetes, heart disease and cancer.

As with any diet plan, it's important to talk with your doctor before you start. For more information on intermittent fasting, or its benefits and drawbacks, click [here](#).

3 Tips for Intermittent Fasting Success

If you and your doctor decide that intermittent fasting is right for you, keep these three tips in mind to help you succeed.



1. Stay hydrated.



2. Avoid temptations like junk food and sugary beverages.



3. Get plenty of sleep.