

## Public Health Week

### Environmental Health

- Climate change is a serious risk to human health, impacting our food, water, air, disease risk and mental well-being. It's expected to increase heat-related deaths, exacerbate chronic conditions such as respiratory illnesses and heart disease, increase dangerous asthma events, increase the severity and frequency of natural disasters, and endanger water safety and food security.



### What can I do?

- Environmental health is closely intertwined with policy, from laws that keep our air and water clean to rules that protect us from toxic chemicals to local ordinances that ensure healthy housing. For example, by 2020, the Clean Air Act will have prevented more than 230,000 early deaths. And thanks to policies that removed lead from products like house paint and gasoline, dangerous blood lead levels in children have plummeted (though more than 3 million young kids still live in homes with a lead risk). Smart policies that prioritize health can make a big difference.

For more information please visit [www.nphw.org](http://www.nphw.org)

## Safe and Healthy Business Trip

In 2012, an estimated 5.1 million US residents traveled overseas for business. With the increasingly global economy, this number is expected to increase. Because of the nature of the trip, business travelers may face different health risks than do leisure travelers.



- Business travelers are frequently under a lot of work-related stress, in addition to the stress of traveling. To minimize the negative health effects of stress, eat healthful meals, exercise regularly, avoid alcohol, and get a good night's rest. On longer trips, to maintain your mental health, stay in regular contact with your friends and family at home.
- In developing countries, be careful about what you eat and drink. Bottled water and food that is cooked and served hot are generally safe. Be careful about tap water, ice, and raw fruits and vegetables.

Source: [cdc.gov](http://cdc.gov)

## Yoga

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

### Forms

- Hatha.** The form most often associated with yoga, it combines a series of basic movements with breathing.
- Ashtanga.** A series of poses, combined with a special breathing technique.
- Iyengar.** A type of yoga that uses props like blocks, straps, and chairs to help you move your body into the proper alignment.



### Type

- Flexibility:** Yes. Yoga poses stretch your muscles and increase your range of motion. With regular practice, they'll improve your flexibility
- Strength:** Yes. It takes a lot of strength to hold your body in a balanced pose. Regular practice will strengthen the muscles of your arms, back, legs, and core.
- Low-Impact:** Yes. Although yoga will give you a full-body workout, it won't put any impact on your joints.

Source: [webmd.com](http://webmd.com)

## Easter Celebration

On Easter Day celebrants plan to visit with their family and friends (60%), cook a holiday meal (58%) and attend a church service (51%). Roughly one in 10 also plan to shop either in stores or online. Millennials are the most likely to say they have plans for shopping.

Source: [nrf.com](http://nrf.com)



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