

## Benefits of Eating Yogurt

Yogurt is highly nutritious and is an excellent source of protein, calcium and potassium. It provides numerous vitamins and minerals and is relatively low in calories. The Dietary Guidelines for Americans recommend that individuals ages 9 and older consume 3 servings of milk, cheese or yogurt each day; children 4-8 years should consume 2-1/2 servings. One serving of yogurt is one 8-ounce cup or container.

Probiotics are often added to yogurt for their health effects. Some common ones are Lactobacillus acidophilus, Lactobacillus casei and bifidus. These probiotics can help maintain the balance of bacteria necessary for a healthy digestive system; boost the immune system, shortening the length and severity of sickness; and may reduce eczema in babies.



Source: [healthyating.org](http://healthyating.org)

## Using a Stability Ball

Normal office chairs are notorious for negatively impacting your posture, especially if you are sitting in them improperly. Slouching in your chair may also lead to a decrease in your core strength. The solution? It may be replacing your office chair for a stability ball.

On a stability ball, you spend your time actively balancing, so your body automatically forms a more correct posture. This can alleviate any back or core strain that you may have previously experienced sitting in a chair.



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



There are many reasons why you should be vaccinated. Below are just a few.

### 1. Vaccines will keep you healthy

The Centers for Disease Control and Prevention (CDC) recommends vaccinations from birth to adolescence to adulthood to provide a lifetime of protection against many diseases and infections, such as meningitis, whooping cough, influenza, HPV (a virus that causes cancer), measles, mumps, rubella, and hepatitis A and B.

### 2. Vaccines are safe and effective

Vaccines are among the safest medical products available and can prevent the suffering and costs associated with infectious diseases. The potential risks associated with the diseases that vaccines prevent are much greater than the potential risks from the vaccines themselves.

### 3. Vaccines won't cause the disease they are designed to prevent

People cannot "catch" the disease from the vaccine. Some vaccines contain "killed" virus, and it is impossible to get the disease from them. Others have live, but weakened, viruses designed to ensure that you cannot catch the disease.

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



## Exercise While at Work

- Skip the elevator, take the stairs.
- Walk over to talk to a co-worker instead of sending an email.
- Take a break and jog in place or pace while talking on the phone.
- Turn your next meeting into a walking meeting. You can walk and talk just as productively.



Brought to you by:



Source: [healthyating.org](http://healthyating.org)