

CUGWell Connection

June/July 2018

Upcoming Wellness Happenings

- **Summer Fruit Campaign—Peaches**
Dates & Times TBA
- **Red Cross Blood Drive--- BET**
(Barnes Ebron Taft Ctr)
8/8 from 10:30 am-3 pm
- **FPL (Fitness Performance Life)**
Recruitment begins in July
- **FitBit Versa sales** will be available
to qualified employees in July.
Email promos will be sent out when
available



Your Guide to Healthy Websites

www.nhlbi.nih.gov

***This government-sponsored site provides global leadership, research, training and education to prevent and treat heart, lung, blood and sleep disorders.

<https://www.nutrition.gov/>

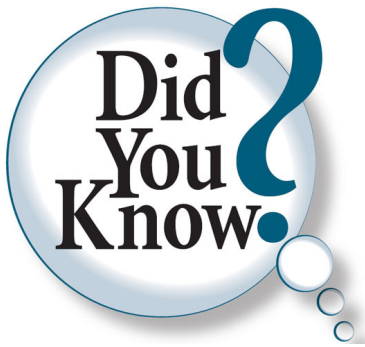
*** Nutrition.gov is a USDA-sponsored website that offers credible information to help you make healthful eating choices.

www.familydoctor.org

***Visit the American Academy of Family Physicians' consumer site for an excellent Drug Database that provides precise information about specific drugs and general information about how to take medications safely.

<https://healthfinder.gov/>

***Get information to help you and your loved ones stay **healthy**. ... A Federal Government **website** managed by the U.S. Department of **Health** and Human Services

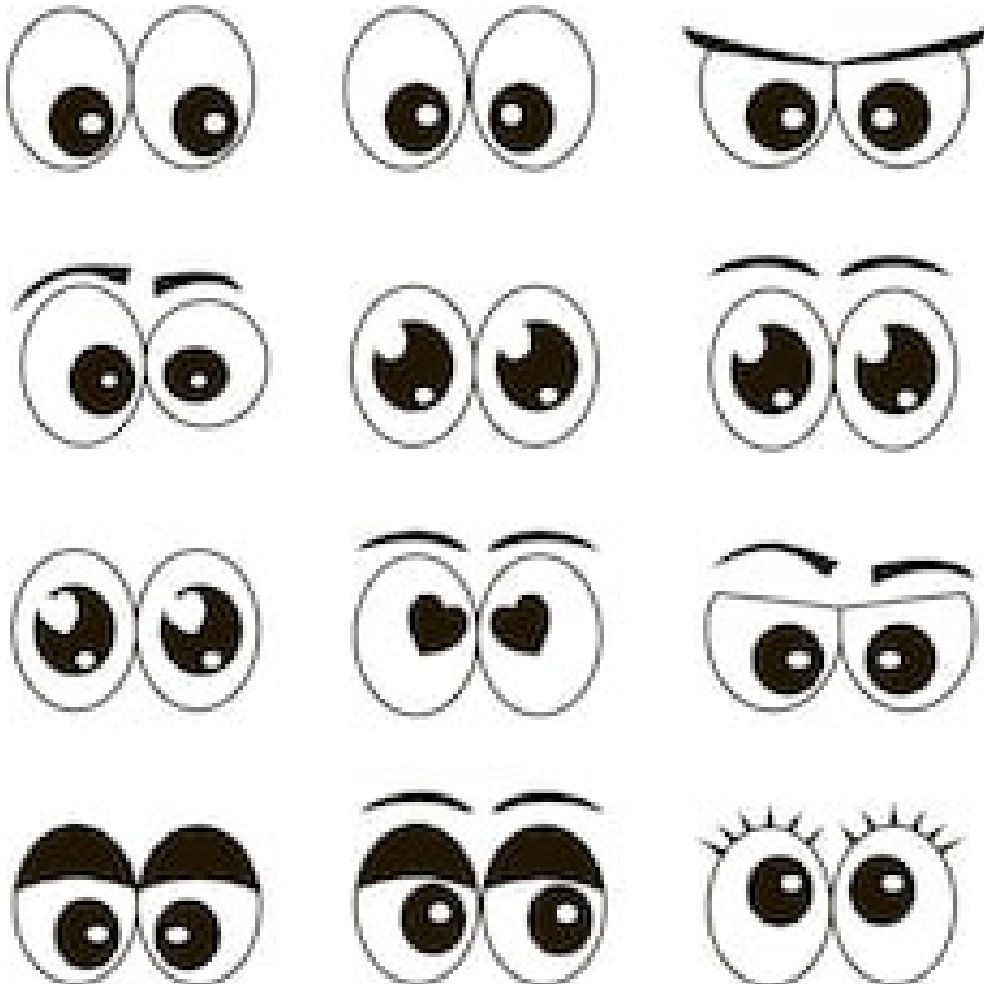


The average American spends 7.5 hours in front of a screen every day.

Screens can put a lot of strain on your eyes from blue light and glare. Screen time has increased drastically, but our eyes have not adapted as quickly. It is important to be aware of eye strain from the overuse of digital devices.

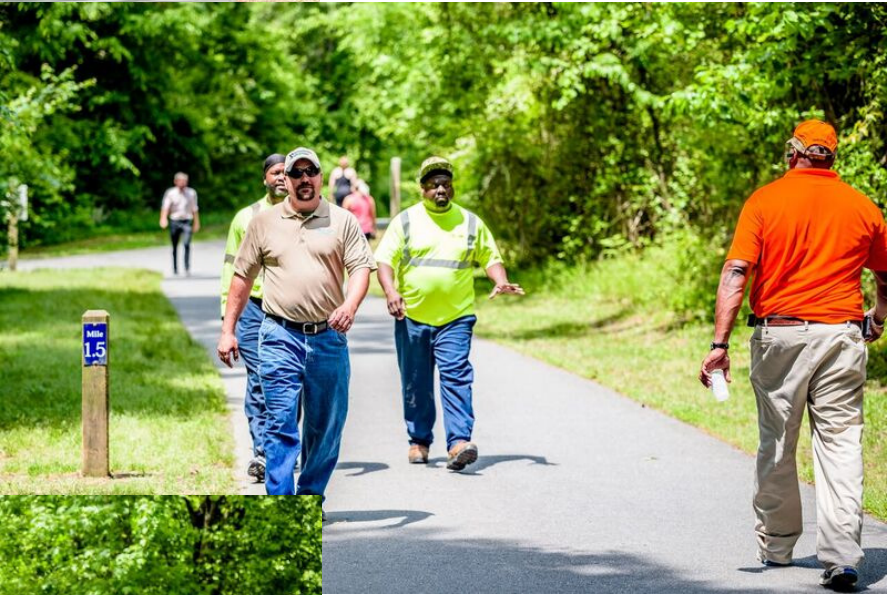
To help ease the strain on your eyes, you can try a few things:

- *Take a screen break every once in a while. Simply look away from your screen every 20 minutes for just 20 seconds.*
- *Turn the brightness down on your devices.*
- *Change the color scheme on your devices to a yellow setting to reduce blue light.*





Spring 2018 Wellness Walk



Exercise

FITNESS MYTHS

1. You need to work out an hour a day.

Absolutely not. Even a half-hour walk three or more times a week will significantly reduce your risk of a heart attack and stroke, lower your blood pressure, relieve stress, and boost your energy and immune system.

2. The best time to exercise is in the morning.

In reality, the best time to exercise is when you'll do it and only you can decide. A morning routine will get you energized for the rest of the day. In the afternoon you're more flexible, your reaction time is quicker, and strength is at its peak. One word of caution: an intense workout before going to bed can interfere with sleep.

3. Exercising the same body part every day is the fastest way to strengthen it.

This is the fastest way to cause an injury. Your muscles need at least 48 hours to recover after a weight-training session.

4. If I'm not sore the next day, I didn't work out hard enough.

Soreness is normal for only the first few days of a new workout routine. If you feel sore beyond that, you've overextended yourself.

5. Sweating gets you in shape.

It's okay to sweat as long as you replace lost fluids by drinking enough water. But sweating doesn't mean you're getting a better workout. In fact, sweat glands use energy to cool the body down, and this means you'll have a little less energy to devote to your workout.

6. Abdominal exercises flatten your stomach.

Sit-ups and other "core" exercises strengthen muscles and improve posture. But if you have extra fat around your stomach, you won't be able to see those muscles no matter how many sit-ups you do.

STEP COUNTING

If your goal is to walk 10,000 steps a day, the equivalent of 30 minutes of brisk exercise, here are some counting hints:

- One mile = 2000 to 2100 steps
- Nine holes of golf without a cart = 8000 steps
- One city block = 200 steps
- The average person walks about 1200 steps in 10 minutes (not a brisk pace).

An easy way to check the accuracy of your tracking device is to walk where you know the distance, such as on a track or around a football field. If you walk in a shopping mall, the mall public relations office should also be able to tell you the distance.

Natural High

Planting and tending a garden

---or just looking at one---

can positively affect blood pressure, heart rate, muscle tension, brain activity, and mood.

Charting Your Heart Rate

(220 minus your age = 100% HR)

<u>AGE</u>	<u>MAXIMUM HEART RATE</u>	<u>TARGET ZONE</u> (60%) (80%)
25	195	117 166
30	190	114 162
40	180	108 153
50	170	102 145
60	160	96 136
65+	155	93 132

A heart rate above your target zone (60-80%) generally indicates that the exercise is too vigorous for you; a rate below it shows you are not working hard enough.

Take the "talk test" when you are exercising. If you cannot carry on a conversation without becoming breathless, you're working out too intensely. Slow down!!



Grilling---a summer past time many of us enjoy.



Did you know. . Every year, 7000 Americans are injured while using backyard barbecue grills. For safe grilling this summer, know the Do's and Don'ts of outdoor grilling.



1. Keep your grill at least 10 feet away from your house.

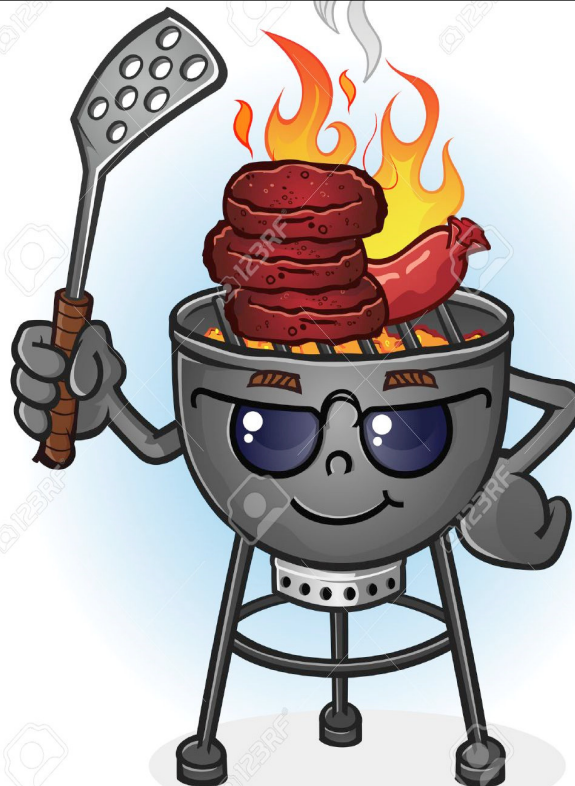
Farther is even better. This includes portions attached to your house like carports, garages and porches. Grills should not be used underneath wooden overhangs either, as the fire could flare up into the structure above. This applies to both charcoal and gas grills.

2. Clean your grill regularly.

If you allow grease and fat to build up on your grill, they provide more fuel for a fire. Grease is a major source of flare ups.

3. Check for gas leaks.

You can make sure no gas is leaking from your gas grill by making a solution of half liquid dish soap and half water and rubbing it on the hoses and connections. Then, turn the gas on (with the grill lid open.) If the soap forms large bubbles, that's a sign that the hoses have tiny holes or that the



4. Keep decorations away from your grill.

Decorations like hanging baskets, pillows and umbrellas look pretty AND provide fuel for a fire.

5. Keep a spray bottle of water handy.

That way, if you have a minor flare-up you can spray it with the water to instantly calm it. The bonus of this tip is that water won't harm your food, so dinner won't be ruined!

6. Keep a fire extinguisher within a couple steps of your grill.

And KNOW HOW TO USE IT. If you are unsure how to use the extinguisher, don't waste time fiddling with it before calling 911. Firefighters say many fire deaths occur when people try to fight a fire themselves instead of calling for expert help and letting the fire department do its job.

X Don'ts

1. Turn on the gas while your grill lid is closed.

NEVER do this. It causes gas to build up inside your grill, and when you do light it and open it, a fireball can explode in your face.

2. Leave a grill unattended.

Fires double in size every minute. Plan ahead so that all of your other food prep chores are done and you can focus on grilling.

3. Overload your grill with food.

This applies especially fatty meats. The basic reason for this tip is that if too much fat drips on the flames at once, it can cause a large flare-up that could light nearby things on fire.



4. Use a grill indoors.

People often think it will be safe to use a grill, especially a small one, indoors. NOT TRUE. In addition to the fire hazard, grills release carbon monoxide, the deadly colorless, odorless gas. That gas needs to vent in fresh air or it can kill you, your family and pets.



*Grilling---a summer past
time many of us enjoy.*



Just for laughs



MAN VERSES WOMAN

MARRIAGE SEMINAR

While attending a marriage seminar dealing with communication, Tom and his wife, Grace listened to the instructor, "It is essential that husbands and wives know each other's like and dislikes." He addressed Tom, "Can you name your wife's favorite flower?" Tom leaned over, touched his wife's arm gently and whispered, "Its Pillsbury, isn't it?"

WORDS

A husband read an article to his wife about how many words women use a day...30,000 to a man's 15,000. The wife replied, "The reason has to be because we have to repeat everything to men...The husband then turned to his wife and asked, "What?"

WHO DOES WHAT

A husband and wife were having an argument about who should brew the coffee each morning. The wife said, "You should do it because you get up first, and then we don't have to wait as long to get our coffee." The husband said, "You are in charge of cooking around here and you should do it because it's your job and I can just wait for my coffee." Wife replies, "No, you should do it and besides it is in the Bible that the man should do the coffee." Husband replies, "I can't believe that, show me." So she fetched the Bible and opened the New Testament and showed him at the top of several pages, that it indeed says 'HEBREWS.'

THE SILENT TREATMENT

A husband and his wife were having some problems at home and were giving each other the silent treatment. Suddenly, the man realized that the next day, he would need his wife to wake him at 5 am for an early morning business flight. Not wanting to be the first to break the silence and lose, he wrote on a piece of paper, "Please wake me at 5 am." He left it where he knew she would find it. The next morning, the man woke up, only to discover it was 9 am and he had missed his flight. Furious, he was about to go see why his wife hadn't wakened him, when he noticed a piece of paper by the bed. The paper said, "It is 5 am. Wake up." Men are not equipped for these kinds of contests.

How many boxes
of these Thin Mints
do I have to eat
before I start
seeing results?



Exercises for the office

- One of the biggest injury risk factors is static posture.
- Try to spend at least 5 minutes every hour away from your computer.
- Remember to ONLY stretch to the point of mild tension.
- Try to incorporate the stretches into your daily routine.

Hand Exercises

- Tightly clench your hand into a fist and release, fanning out the fingers. Repeat 3 times



Quick Ways to Relieve Tension

Upper Back Stretch: Sit up straight with your fingers interlaced behind your head. Keeping your shoulders down, lift your chest and bring your elbows back as far as you can. Hold for 10 seconds.

Shoulder Rotations: Sit up straight. Bring shoulders up to ears and then back behind you. Then move them forward, making imaginary circles. Do 10 forward rolls, then roll shoulders in the reverse direction 10 times.

Overhead Reach: Raise your arms over your head and interlace your fingers with palms facing up. Keeping your shoulders down, stretch upwards. Hold for 20 seconds.

Waist Bend: Reach arms overhead with fingers laced together. Facing forward with shoulders down, bend to one side from the waist. Hold for 20 seconds. Repeat with the other side.