

Live Well, Work Well

February 2014



Presented by Holmes Murphy & Associates

Keep Your Heart Healthy

This time of year, with Valentine's Day approaching, you might associate hearts with romance and red roses. But there are two kinds of hearts—in addition to hosting Valentine's Day, February also serves as Heart Health Month. Take some time this month to think about the blood-pumping kind of heart and what you can do to keep yours healthy.

Risk factors for heart disease include related health conditions, unhealthy behaviors and hereditary factors. Health conditions that can increase your chances of heart disease include high blood pressure, high cholesterol and diabetes. Cigarette smoking and tobacco use, poor diet, physical inactivity and excessive alcohol consumption are some behaviors that can adversely affect your heart health. Also, for some people, family health history can predict your risk of heart disease.

While you can't change bad genes or eliminate

all risks, there are a few choices you can make to lessen your susceptibility to heart disease. According to the Centers for Disease Control and Prevention (CDC), you can engage in a few simple preventive measures to help ward off heart problems.

- Eat at least five servings of fruit and vegetables every day. Whole grains and low-fat dairy are also good for you.
- Reduce your consumption of foods high in fat, cholesterol and salt.
- Maintain a healthy weight.
- Even if you're busy, try to include at least 30 minutes of moderately intense exercise, such as biking or shoveling snow, into your daily routine.
- Monitor your blood pressure and

cholesterol levels, and, if you have diabetes, manage it as recommended by your doctor.

- Don't start smoking, or, if you already smoke, consider quitting.
- Recognize the signs of a heart attack, and call 911 immediately if you think that you or someone else is suffering a heart attack. The symptoms of a heart attack typically include the following:
 - Pain or discomfort in the jaw, neck or back
 - Feeling weak, lightheaded or faint
 - Chest pain or discomfort
 - Pain or discomfort in arms or shoulder
 - Shortness of breath

When you know the risks of heart disease and the symptoms of a heart attack, you can help protect your heart for you and your loved ones.

Cellphones emit radiofrequency electromagnetic fields that extend approximately 6 inches.

Danger: Cellphones Ahead

While it's impossible to ignore the messages that point out the dangers of texting and driving, many people remain blissfully unaware of the studies that point out the possible health hazards of cellphone radiation, which may cause DNA damage, cancer, reduced fertility and cognitive impairment.

How could a little phone be responsible for all this? Cellphones work by transmitting radio waves. When it is turned on, a cellphone emits a radiofrequency electromagnetic field that extends approximately 6 inches, and these radio waves can be absorbed by body tissues. Based on evidence from 13 countries, the World Health Organization's International Agency for Research on Cancer classified these radiofrequency electromagnetic fields as "possibly carcinogenic to humans." U.S. studies vary in their findings: The Federal Communications Commission argues that there is no firm evidence to prove adverse effects, while the American Cancer Society and the U.S. Food and Drug Administration urge further research before offering a definitive answer.

If you are concerned about the possible health risks associated with cellphone radiation, here are a few tips to consider: 1) use a wired headset or speakerphone and place the phone at least 6 inches from your body; 2) reduce the amount of time you spend talking on a cellphone; and 3) don't carry your phone in a pocket—instead, stash it in a purse, bag or backpack.

Provided by:

 HOLMES MURPHY.

One Step at a Time

Whether meandering from the couch to the refrigerator for a snack or cruising around the block as part of an exercise routine, almost everyone includes some walking into their day. Walking is a great form of exercise for achieving better health and burning calories. But do you know the recommended amount of walking to achieve optimum benefits?

Studies show that walking 10,000 steps, or about 5 miles, is an excellent daily goal for most people. But you don't have to do endless laps around the local high school track; steps throughout your day all add up to a healthier you. Try wearing a pedometer to help you monitor how close you are to reaching your goal—whether you start by aiming for 5,000, 10,000 or 20,000 steps a day. Here are some ways to incorporate more steps into your daily life:

- Climb the stairs instead of awkwardly staring down strangers in the elevator.
- Park a few spots farther from the door and stretch your legs with long strides before shuffling through a crowded store.
- If you sit at a desk all day, drink a lot of water. Your body will periodically remind you to get up for a stroll to the restroom.
- Window-shop downtown or at the mall instead of surfing online stores.
- Give in to those puppy eyes and take your dog for a walk.

Every step counts, so keep walking! Although a vigorous walk of at least 30 minutes has additional benefits, reaching 10,000 steps every day is a great start toward better health.

Protect Your Health



When you're sick, you have to deal with visits to the doctor's office or the hospital, bottles of medications and days in bed recovering. Wouldn't it be easier to just stay healthy in the first place? If you're not a fan of medication schedules and wasting days weakly lying in bed, you should consider the powerful role that prevention care can play in keeping you healthy.

The most important part of preventing disease and illness is healthy habits, including a balanced diet, sufficient sleep and enough exercise. Going to the doctor for recommended checkups and screenings is also a key factor in identifying and treating potential health problems before they develop or worsen. Recommendations vary depending on your age and gender, and sources such as the U.S. Centers for Disease Control and Prevention (CDC) offer guidelines for various preventive screenings and tests.

Due to recent health care reform, you may be able to receive many preventive services at no cost. Non-grandfathered health plans are required to cover a variety of preventive services. Check out what is covered by your insurance and take advantage of preventive care that can keep you and your family healthy.

Live Well, Work Well



Lemon Chicken

After a brisk walk in the winter air, satisfy your appetite with this deliciously healthy baked chicken. With the delightful tang of lemon, this dish is sure to impress your whole family.

1½ pounds chicken breast, skinned and fat removed
½ cup fresh lemon juice
2 tbsp. white wine vinegar
½ cup fresh sliced lemon peel
3 tsp. chopped fresh oregano or 1 tsp. dried oregano, crushed
1 medium onion, sliced
½ tsp. paprika
salt and black pepper to taste

Place chicken in 13x9x2-inch glass baking dish. Mix lemon juice, vinegar, lemon peel, oregano and onions. Pour over chicken, cover and marinate in refrigerator several hours or overnight, turning occasionally. Sprinkle with salt, pepper and paprika.

Cover and bake at 325 F for 30 minutes. Uncover and bake 30 minutes more or until done.

Yield: 4 servings. Each serving provides 154 calories, 5 g total fat, 2 g saturated fat, 63 mg cholesterol and 202 mg sodium.

Source: U.S. Health and Human Services