



live well, work well

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Brought to you by: Holmes Murphy & Associates

Getting to Your Getaway

You've taken the week off from work, reserved a hotel room in your favorite vacation spot and maybe even booked a flight. Now all that's left is to get there. Whether you're road tripping or flying, follow these tips for a smooth journey.

By Land

- Get a tune-up before you leave, that way you can avoid spending a chunk of your vacation on the side of the road.
- Clean your car before, during and after your trip. After a full day on the road, a clean car may keep you sane.
- Have a loose plan before you leave. Following a schedule is great, but account for traffic and closed roads.
- Use your cruise control. Not only will this save your leg, it will save you money on gas.
- Bring your own music. You'll be thankful for some tunes when there's only static on the radio.
- If travelling with children, plan for extended rests and bathroom breaks. Consider bringing activities or a "goody bag" with small prizes you can reveal at different intervals during the trip.



By Air

- Select your seats ASAP. If you wait too long, you may end up spending eight hours between two strangers in row 65.
- If possible, pack in a carry-on suitcase. Depending on climate and length of stay, you could save money by not checking a bag. But if you need to check some baggage...
- Weigh your bags before you go to the airport. Overweight bags could cost you anywhere from \$50 to \$500 round trip.
- Always dress in layers. It may be sweltering in the cabin before takeoff, but once you get in the air it will cool down quickly.
- Be ready for security. Metal in your clothes, jewelry, keys, change and belt buckles will set off the metal detectors, so leave them in your carry-on.

Organ Donation

More than 114,000 Americans are currently on the waiting list for an organ donation, but last year only 14,147 organs were donated.

There are two systems for organ donation: opt-in and opt-out. Most European countries operate on an opt-out system, which assumes that a person is willing to donate their organs, though individuals are free to opt-out.

The United States uses an opt-in system for organ donation, so people are required to designate in advance that they are willing to donate their organs. If a person is not a registered donor, that person's organs cannot be given to people on the organ donor list.

A single organ donor can save up to eight lives, so consider registering as a donor at www.organdonor.gov.

DID YOU KNOW

More than 80 percent of people on the organ donation list are waiting for a kidney, but most children under the age of 5 on the list are waiting for a liver transplant.



Fit Foods for Swimsuit Season

Summer is in full swing and whether we're at the beach or by the pool, the best foods to cool us off are often the least healthy. Here are few healthy options that will keep you feeling cool, even when it's hot.

- **Frozen grapes or cherries** – When the temperature soars, there's nothing better than a frozen treat to cool you down. Instead of ice cream, have a bag of frozen grapes or cherries in the freezer to satisfy your sweet tooth and keep you cool.
- **Raspberries** – Ripe all summer long, raspberries are perfect sprinkled over cereal, blended in smoothies or tossed in a summer salad.
- **Mangos** – If you're craving something creamy, try making a mango smoothie. This tropical treat is high in fiber and will thicken up any blended beverage.

- **Watermelon** – This thirst-quencher is a great substitute for soda, or the perfect afternoon snack after a day in the sun. Since it's mostly water, it contains very few calories.
- **Unsweetened, iced green tea** – Stay cool by the pool while sipping this long-time favorite. It can lower your cholesterol while boosting your metabolism.



Inexpensive Summer Fun

From theme parks to baseball games, and from grilling out to eating out, there is no shortage of ways to spend money during the summer. For some inexpensive summer fun, here's a list of things to do that are cheap, too:

Go to the beach or public park – Set out for an afternoon of fun in the sun at a local beach or public park.

Pack a picnic – The nearest community park or even your own backyard is an ideal place for a laid back summer feast with your family or a few friends.

Go watch the fireworks – Attending your community's fireworks display is a great way to celebrate the Fourth of July. Make it an all-day event with a picnic before the show.

Attend a clothing swap – Organize or attend a community clothing swap. Trade in your old clothes that don't fit—for items that do.

Go to a festival – Many festivals offer free or discounted admission on certain days or with a donation. Consider pre-ordering tickets to get a discounted rate.

Rent a movie – When the weather isn't cooperating, rent a movie from your local library, or sign up for a free video trial.

Read a book – Rain or shine, inside or outside, there's never a bad time or place to read. Put your local library to good use this summer.

Travel to a national park – Pick one of the 400 national parks around the country and spend the day there for a very small admission fee. Or if you're feeling more adventurous, consider camping there for the weekend.

Garden Potato Salad

Perfect for an afternoon picnic or a cookout with your friends and family, this tasty potato salad cuts down on the cholesterol and fat by substituting low-fat cottage cheese for mayonnaise.

3 pound potatoes, boiled in jackets, peeled and cubed

1 cup celery, chopped

½ cup green onion, sliced

2 tbsps. parsley, chopped

1 cup low-fat cottage cheese

¾ cup skim milk

3 tbsps. lemon juice

2 tbsps. cider vinegar

½ tsp. celery seed

½ tsp. dill weed

½ tsp. dry mustard

½ tsp. white pepper

Combine the potatoes, celery, green onion and parsley in a large bowl. Meanwhile, in a blender or food processor, blend the cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard and white pepper until smooth. Chill for one hour. Next pour cottage cheese mixture vegetables and mix well. Chill at least 30 minutes before serving.

Yield: 10 servings. Serving size: 1 cup. Each serving provides 151 calories, less than 1g total fat, less than 1g saturated fat, 2mg cholesterol and 118mg sodium.

Source: www.nhlbi.nih.gov.

