

**INSIDE
THIS ISSUE:**

Hidden Ways |
to Help Your
heart

Warm |
Weather
Safety Tips for
Adults

How to | 2
Boost Your
Brain power

Finding Time | 2
to Feel Great

Eating | 2
Healthy at
Work

When it comes to protecting your skin from the sun do you think about your hands? Unless you always wear gloves, your hands receive a tremendous amount of sun exposure over time. This can cause visible skin changes linked with ageing including wrinkles, brown spots, and leathery skin. So don't forget to apply sunscreen on your hands when you are out in the sun.



Hidden Ways to Help Your Heart

The good news about heart disease, America's No. 1 killer, is that healthy heart is within everyone's reach. You know some of the rules: Eat less fat; eat more fruits and vegetables; and keep blood pressure and blood cholesterol levels in check. But there are more ways to boost heart health.

1. Get off the couch!

Sedentary living, not high cholesterol, is one of the greatest risk factors is heart attack deaths. Just 30 minutes of moderate physical activity a few days a week can deliver fitness benefits similar to traditional exercise.

Warm Weather Safety Tips for Adults

Hello sunshine! The warm weather is here so we would like to share a few tips to keep you safe and healthy this summer:

Drink plenty of water.

Wear light colored, loose-fitting clothes made of natural fiber such as cotton.

2. Kick Tobacco

Smoking affects more than your lungs. Within a few years of quitting you will cut



your risk of heart attack by at least half.

3. Don't skip breakfast

Most heart attacks occur between 7 am and noon,

possibly because the cells that help blood to clot, called platelets, are stickiest then. Eating breakfast appears to make platelets less tacky and less likely to clump together to block a vital artery

4. Stop Stressing

People who overreact to stressful situations are more likely to have heart problems.

5. Antioxidant's

You may have heard about antioxidants— vitamins A, C, and E, and beta-carotene — that appear to slow plaque formation in the arteries.

Cool the home with fans or air conditioning and remember electrical safety. Some studies have shown that a cool bath or shower is more effective for cooling down than a fan.

Don't forget the sunscreen! Make sure to reapply after swimming or physical activity.



Simply by adding a small amount of "Super Brain Foods" like blueberries, wild salmon, avocados, citrus fruits, colorful vegetables, beans, or dark chocolate to your diet you can slow the aging process, provide continued brain strength, and keep your brain functioning at more youthful levels.



Here is a quick way to relieve wrist pain

and strain from typing and other repetitive motions: rest your elbow on a desk with your hand hanging over the edge. Stretch your fingers as far back as you can with your other hand and hold for five seconds. Repeat for the other hand.

We feel lethargic mid afternoon because our blood sugar levels fall and insulin levels swing wildly. In order to end the mid-afternoon slump snack on foods high in protein and fiber like a handful of nuts, an apple, cottage cheese, or some veggies and hummus.



How to Boost Your Brainpower

Do you sometimes feel as if your brain is running on empty? Here is how to help keep it in shape and pump up your problem solving abilities.

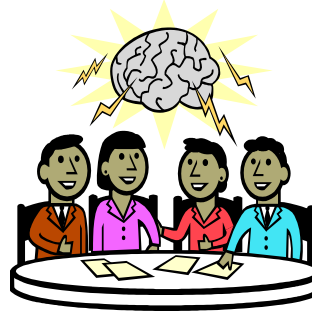
Practice mentally:

Mental rehearsals may build mental "muscle" by sparking the brain

Use it or lose it:

Research suggests that as you age, you can reverse a decline in thinking abilities by becoming more mentally active.

Learn a new language, play games like checkers, and do crosswords and other puzzles.



Focus your attention:

To help remember where: tell yourself where you placed something when you put it away. To help remember when: note the weather, the day's headline news, or even what your wearing at the time of performing the task.

Keep fit:

Keep physically active, manage stress, and maintain a positive and you will be able to expand your brainpower!

Finding Time to Feel Great

Here are some helpful hints on how you can squeeze fitness into your day:

Try the timing trick. Estimate the time for a task then double it to allow for interruptions. If you finish sooner than you guessed, you will feel as if you have found some free time. You can use those extra minutes for a stretch session that will help you boost your

circulation and recharge.

Manage memos in minutes.

Instead of writing or calling to reply to short correspondence, jot down your comments in the margin of the memo. Whenever you finish a task involving handwriting, flex your wrists by gently bending back the fingers on each hand.

Put

things away. It is estimated that people spend up to an hour a day searching for misplaced things. Keeping files, tools, and supplies organized can help you get that hour back. Use some of the extra time to breathe deeply and relax. You will always feel calmer in your nice, neat



It's very simple to make all the excuses in the world for not eating healthy, just because you are "busy". Healthier eating is something that can help you live longer.

Don't let yourself get "starving" at any point throughout the day. Keep dried fruit, unsalted nuts, dry cheerios, or any other semi-

Eating Healthy at Work

healthy snacks at your desk. Every time you feel hunger kicking in, grab a handful. Soon, you will notice you don't have to eat as much at lunch, and you won't be starving when you leave the office.

Peer pressure can make you pack on extra pounds. Nearly everyone can fall victim to this ugly scenario. The office is ordering a high-fat lunch to eat-in today. Instead of just giving in and eating

pizza and wings, make a healthy eating choice. Plan a call during lunch, take a walk, or head out on your own to grab your own lunch.

Today's lunch decision will be televised. Get in the habit of always feeling your food choices are going to be televised for everyone to see. Because you are constantly trying to find the best choice on a menu- always look for smart ways to cut a few calories.