



WEDNESDAY WELLNESS



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BREAKING AWAY

How do you spend your break time while at work?

For many, it's either skipping a meal to catch up, eating at your desk, or stopping one task to finish another without interruption.

But where's the break time there?

Physically removing yourself from the work area during your day to enjoy time for you is another way of taking better care of yourself.

Not taking breaks can lead to mental and physical exhaustion, and an inability to concentrate, which ends up being counter-productive.

You could end up with fatigue, chronic headaches, or even have your sleep pattern disturbed because of stress.

Stress causes an inflammatory response in the body which can lead to disease. Stress is a factor of smoking, or increased food and alcohol intake, which in turn become risk factors for disease.

Taking a walk, phoning a friend, reading or just resting and daydreaming are all ways to reduce stress, which in turn will reduce your risks of high blood pressure and heart disease.

Chances are when you leave work, other activities will occupy your time that may not allow you a break until your bedtime.

So be good to yourself for 15 to 30 minutes of your work day!

Break time means just that...for **A Better Way To Stay Well!**



MONDAY

It takes about 3 weeks to form or break a habit.

Success is likely!

TUESDAY

TAKE A BREAK!!



WEDNESDAY

Protect your skin and eyes from UV rays. Don't forget the kids!!



THURSDAY

Eat more natural and raw foods than processed.



FRIDAY

Catch a sunrise or a sunset over the weekend!



FITNESS FACTS

Getting fit doesn't necessarily mean you have to become a gym rat. If you don't like the gym, find another way to get your exercise. Losing weight and keeping fit is more about your mind than your body. View yourself as the healthy person you want to be, and remind yourself often that you're worth it. Remember, there is no best program, only the program that's best for **YOU!**

Source: 'Living Healthy' Magazine, BCBS of MI



NOW YOU KNOW

Here are some totally useless facts related to summer for your amusement!

~ July is the official National Ice Cream Month, as proclaimed by Ronald Reagan. More of the creamy stuff is sold this month than any other.

~ During one summer, a single toad can eat up to 10,000 insects.

~ Lemons have more sugar than strawberries.

~ Watermelon is actually a vegetable! It's in the botanical family related to cucumbers, squash and pumpkin. It contains about 92% water.

~ 1893 was the year the Supreme Court ruled on the difference between fruits and vegetables!

~ Mosquito's have sensors that can detect mammals 100 feet away. They can search out warm blooded creatures with their heat sensors and identify contrast in color and movement with their visual sensors.

Too bad they can't be trained!



Source: Community.scholastic.com

WEEKLY RECIPE

White Bean Dip

- 1 can 15oz white beans, rinsed & drained
- 8 garlic cloves, roasted
- 2 Tbs olive oil
- 2 Tbs lemon juice

In blender or food processor add ingredients.

Blend until smooth. Serve on thin slices toasted French bread, pita triangles or spread on top of red sweet bell pepper chunks. Serving size = 2 Tbs.

Calories: 109 Fat: 4G
Carb: 15G Protein: 5G
Fiber: 3G

Source: Mayo Clinic



WEEKLY QUOTE

"You can't put a limit on anything. The more you dream, the farther you get."

~ Michael Phelps