



Wellbeing

Insights

Living a Better, More Vibrant Life



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H2Go!

Water is your body's beverage of choice! It hydrates without the detrimental effects of caffeine, sugar or additives. Adequate hydration is essential to every system in your body. It helps:

- regulate your body temperature
- lubricate and cushion your joints
- protect your spinal cord and other sensitive tissues
- fight disease
- improve energy level
- aid waste elimination

Added bonus: Replacing one 12-ounce soda with water per day

can help you lose up to 15 pounds per year and save you up to \$100 per month!

We've all been taught to drink eight glasses of water a day, but the glass-counting is not the point. Simply put, the amount of water needed varies for each person. Unfortunately, very few of us are getting enough. Don't rely on thirst to decide when to drink water. If you feel thirsty, you are already mildly dehydrated. Aim to drink water throughout the day, starting with a large glass first thing in the morning to offset a night without fluid. Pale yellow or clear

urine with little to no odor is a good indicator that you are adequately hydrated. Here are some tips to help you get more water:

- **Set some rules for yourself.** Here are three great policies to adopt:
 - Have a glass of water first thing in the morning.
 - Have a glass of water before and/or after every meal.
 - Replace one soda or sugary drink with water every day.
- **Invest in a nice, large water bottle and take it with you everywhere you go.** Oftentimes we don't drink

enough water simply because we don't think about it until we are thirsty. If you keep water in your line of sight you can drastically increase how much you drink.

- **Try it carbonated.** Many people prefer sparkling water or club soda; just make sure you get one with no artificial flavoring or sweeteners. (La Croix and Perrier are both good options.) Or, you may want to buy plain sparkling water and add your own flavors with fresh fruit, veggies and herbs.
- **Infuse your water to give it added flavor and nutrients.** You can freeze fresh fruit to use as flavorful ice cubes. Also take a look at our water infusion guide for some of our favorite water add-ins.

Flavor Booster

Citrus

Try lemons, oranges or limes



Use wedges, slices or just the juice – whatever you prefer. In the morning, add citrus to lukewarm water for best absorption. If you are using the rinds you may either want to buy organic or make sure to properly clean fruit before adding it to your water. Stick to fresh juice instead of bottled.

Aids digestion, boosts immune function, fights infection, balances pH, aids in weight loss and can help clear skin.

Ginger



For hot ginger tea: Slice or grate a teaspoon of fresh ginger root into a cup and add boiling water. Steep for two to three minutes and enjoy! Ginger powder will work as a substitute. You can add a slice of lemon for extra flavor and nutrients. **For chilled ginger water:** Bring a couple of inches of peeled, sliced fresh ginger and three cups of water to a boil. Turn off the stove and allow the mixture to cool. Add about one more quart of water and refrigerate or serve over ice.

Helps relieve colds, flu, headaches, motion sickness, nausea/vomiting (including morning sickness), indigestion and bloating.

Herbs

Try mint, rosemary or basil



For hot herbal tea: Pour boiling water over a few sprigs of fresh herbs and allow to steep two to three minutes. For a more intense flavor, muddle the herbs before adding water. **For chilled herbal water:** Add a handful of herbs to two quarts of water. For a stronger flavor and maximum health benefits, muddle the herbs or allow mixture to sit for six to eight hours before serving.

Fights cellular damage from free radicals. High nutrient content in various herbs guarantees a nutritional boost.

Cucumber



Slice or dice a cucumber and add to ice water. For maximum health benefits add a whole sliced cucumber to two quarts of water and refrigerate overnight. No need to peel, but make sure you wash the cucumber before adding to drinking water. If you battle acne or redness, you can try washing your face with cucumber water, as well.

Soothes muscle and joint pain. Promotes strong, shiny hair and nails and clear skin. Boosts kidney and bladder function. Freshens the mouth and helps with gum disease. Regulates blood pressure.

Summertime Exercise Safety Tips

The long-awaited summer months are finally upon us, and we are all anxious to move our workouts outdoors. Everything is so much more fun outside – running, rowing, swimming and cycling. Yet exercising in the hot weather puts extra stress on your body. If you don't take care when exercising in the heat you can risk serious illnesses such as heat cramps, heat syncope, exercise-associated collapse, heat exhaustion and heatstroke. Use these precautions to prevent heat-related illnesses while enjoying the summer weather.

Drink up. Ensure you are replacing all of the fluids you sweat out. It is recommended that you consume 16 to 24 ounces of

water an hour before exercising in hot temperatures. Continue the momentum by drinking another 6 to 8 ounces of fluids every 15 to 20 minutes of exercise. For intense workouts, you may want to consider sports drinks that can replenish carbohydrates and electrolytes, but beware of too much added sugar.

Be smart about timing. Humidity is a huge factor to take into account. The primary way the body cools itself during exercise is by sweating. Sweat on the skin's surface evaporates to cool the body, but in a humid environment sweat evaporation is limited due to high levels of moisture in the air. Consider moving activities indoors on days that are extremely hot

and humid or planning workouts early morning or evening when temperatures tend to be cooler.

Dress smart. Wear loose, light-colored clothing. The lighter color will help reflect heat, and cotton will help the evaporation of sweat. You also may also want to try the specially designed technical fabric running shirts and shorts. They are designed to keep you cool. If you can, choose shaded pathways that keep you out of the sun.

Most importantly, listen to your body. Stop immediately if you are feeling dizzy, faint or nauseous.



On the Menu

Pineapple Time

Nothing says summertime like a slice of fresh pineapple! This tropical treat is second only to the banana as America's favorite fruit. Each pineapple is actually 100 to 200 individual fruitlets fused together, each identifiable by a brown eye spot. Contrary to popular belief, the pineapple's roots are traced to South America, not Hawaii. A combination of very high levels of Vitamin C and an enzyme called bromelain gives pineapple its unique health benefits.

- Vitamin C:** One cup of fresh pineapple touts 131 percent of your daily dose of Vitamin C. (Note: This is diminished in canned pineapple which contains only about 32 percent of your daily dose in one cup.) This makes pineapple a great immune booster and promotes healthy skin. In addition, it offers relief from coughs and colds because it delivers the Vitamin C in combination with a powerful anti-inflammatory – bromelain.
- Bromelain:** Pineapple is the only known source of this unique enzyme. Bromelain's main function is breaking down protein, making pineapple an ideal dessert after a high-protein meal. In fact, bromelain is so efficient at breaking down protein that it is sold as a meat tenderizer. Undigested proteins not only wreak havoc on your digestive system, they also contribute to joint pain and inflammation. The bromelain in pineapple discourages inflammation, joint pain, swelling and bruising in addition to aiding in digestion. There

has also been very promising research on the effects of bromelain on slowing the progression of cancer.

Keep It Fresh

When selecting a pineapple, the bottom of the fruit should have a distinctive sweet pineapple smell. Some green coloring is ok, but the bottom of the fruit should be golden, and it should have a slight give when you squeeze it. Pineapple stops ripening once it's picked, so although you may store your pineapple at room temperature for one to two days to help it become softer and juicier, don't expect it to become any sweeter. Once cut, store pineapple in the refrigerator for up to four days. Freezing fresh pineapple is not recommended as it greatly affects the flavor and texture.

Cutting Your Pineapple

Cut off the crown and base of the fruit and then stand it up on one of the flat ends. Slice the skin off in strips, cutting from top to bottom. Slice thinly, as the sweetest part of the fruit is close to the skin. Next, cut out the brown circles or the 'eyes.' Eye spots will line up in diagonal rows on the pineapple. Cut a V-shaped groove on each side of each row of the eyes to remove them. If you have some stray eye spots left over, the tip of a peeler works well for scooping them out. Now you can slice the pineapple. The core is edible and contains the highest concentration of bromelain; however, if you prefer to remove the core you may do so.

Pineapple Salsa



Ingredients:

- 2 cups diced fresh pineapple
- 1 cup diced peppers (any combination of red, orange or yellow sweet peppers)
- ½ cup diced red onion
- ¼ cup minced fresh cilantro
- ¼ cup lime juice
- Salt and pepper to taste
- Optional: 1 diced jalapeño

Directions:

Combine all ingredients in a large bowl and stir together. For best taste, let it marinate for at least one hour prior to serving. Try it with tortilla chips. Also pairs nicely with fish or shrimp. Serves 6.

Nutrition Info	
Per Serving (1/6 of recipe)	
Calories	36
Carbohydrates	9.1g
Fiber	1.3 g
Protein	0.6g
Sodium	10mg

SPF Unveiled

What is SPF? SPF stands for Sunburn Protection Factor. It measures protection against only ultraviolet radiation B (UVB), which causes burning. It does NOT measure protection against ultraviolet radiation A (UVA), which causes your skin to age. Both UVA and UVB rays can cause cancer, but not all sunscreens protect against both. Look for sunscreen labeled “broad spectrum” to get the best protection.

Which SPF should I use? SPF 15 blocks 94 percent of UVB rays while SPF 30 blocks 97 percent and SPF 45 blocks 98 percent. Most professionals recommend that adults use SPF 30 because the extra one percent in SPF 45 usually isn't worth the difference in price. However, for small children and adults particularly sensitive to the sun, a higher SPF may be worth the investment.

How often should I apply sunscreen? 20 minutes before sun exposure and reapply every two hours or after swimming or excessive sweating.

What key ingredients should I look for to protect against UVA? Avobenzone (aka Parsol 1789), ecamsule (aka Mexoryl), titanium dioxide and zinc oxide.

Can anything keep my sunscreen from working properly? Yes!

- **DEET:** Insect repellents containing this ingredient can lower the SPF of sunscreen.
- **Time:** For every SPF level, the protection fades drastically after two hours.
- **Age:** Sunscreen should be thrown away after two years if stored in a cool place or after one year if it is stored in a hot place.

How do I protect my eyes? It's important to invest in quality sunglasses. Your eyes are particularly vulnerable to the sun's rays, and overexposure can greatly increase your risk of many types of eye disease along with skin cancer, wrinkling and aging of the skin around your eyes. Look for complete UVA/UVB protection. The label will say one of the following: “Lenses block 99% (or more) of UVB and UVA rays,” “Lenses meet ANSI Z80.3 blocking requirements,” or “UV 400 protection.” Although polarized lenses are great if you're on the water (they protect against glare), they do nothing to shield you from UVA/UVB rays. Opt for larger or wrap-around glasses that sit close to your face for maximum protection.

Bug-Bite Relief to the Rescue!

Itchy bug bites are often the price we pay for summertime fun outdoors despite our best efforts to ward off pesky insects. The next time you need some relief, try these natural home remedies:

- **Ice.** Ice constricts the blood vessels and numbs the area of the bite. Try an ice cube or ice pack on the bite for 15 minutes when you start to itch for immediate relief.
- **Menthol and camphor.** Both of these create a cooling effect to stop itching. You probably have these sitting around your home in the form of peppermint (leaves, oil or toothpaste), basil leaves or Vicks VapoRub. Apply any of these to the bite for relief.



- **Lemon.** In addition to easing the itch, lemons have natural anti-inflammatory and anti-bacterial properties that will decrease your chance of infection. Simply cut a lemon and place it on the bite.
- **Aloe.** Aloe is not just for sunburn relief; it's a natural antiseptic agent which makes it an ideal remedy for bug bites. It will help reduce pain, swelling and itching and aid in faster healing. Aloe is a good option for more severe bites.
- **Baking soda.** Make a paste by mixing baking soda with a little bit of water and apply to bug bites to neutralize the pH of the skin and provide relief.

App in a Snap

Name: Calm

Price: Free

Focus: Mindfulness & Meditation

Kelley Spinks, CBIZ Wellbeing Coordinator, uses the app for a daily boost of focus, energy and mood.

Calm's goal is as simple as its name: to increase your sense of calm in life. Through simple week-long modules, this app focuses on calming

anxiety and improving sleep, happiness, gratitude and self-esteem. A soothing voice navigates the user through the process of clearing the mind and relaxing the body to the peaceful sounds and scenery of your choice. If you are looking for an easy-to-use tool to help build your practices of mindfulness and meditation, Calm may be just the app for you.



In moments of anxiety we can find ourselves feeling completely overwhelmed... as if we can't possibly take one moment to tend to ourselves. Our focus becomes set on the goal of alleviating the anxiety as quickly as possible. What if instead we took a moment to turn toward our difficulties and acknowledge this uncomfortable feeling? This month, we have a simple, 30-second practice designed to help you find a sense of calm and refocus during these tense, daily moments. It's called a **mindful pause**. Think of it as a sort of 'spot treatment' for times when you're feeling stressed or overwhelmed but have lots to get done and don't have the option for extended relaxation time.

Here's how it works:

- 1. Take a deep breath.** One deep inhale and exhale will get you started.
- 2. Turn your focus inward.** Observe any physical sensations (temperature, tightness in the stomach or chest, etc.) as well as emotional sensations (feelings of stress or anxiety). Simply allow them to pass without labeling them as good or bad.
- 3. Bring your attention to your breath.** No need to try to change your natural breath; just focus on it. Pay attention to the sensations as you inhale and exhale. Notice the way your nostrils feel or connect to the sensation of the chest or belly rising and falling – whatever makes the most sense to you. Paying attention to the breath will help anchor you in the present moment. This can be as short as two breath cycles or as long as you feel you want to sit with it.
- 4. Refocus and carry on!** Begin to re-engage with the world by asking yourself these two simple questions: "Where am I, right now? What is the smallest step I can take this moment to get me closer to where I need to be?"

Because the mindful pause is quick and discrete you can perform it literally anywhere! The hardest part isn't the mindful pause itself but rather remembering to do it in the first place. You may start by creating prompts for mindful pauses, and once it becomes a part of your daily toolbox you will be more likely to use them in moments of stress.

**“PEACE IS THE RESULT
OF RETRAINING YOUR MIND
TO PROCESS LIFE AS IT IS
RATHER THAN AS YOU
THINK IT SHOULD BE.”
– WAYNE W. DYER**



Financial Focus

Keeping an Energy-Efficient Home in the Heat

Summer has arrived, bringing hefty electric bills along for the ride. Homeowners spend \$11 billion each year to power their air conditioners! With a little planning and some simple changes around the house you can shave dollars off your electricity bill.

- Install and set a programmable thermostat. It could save you up to 10 percent on heating and cooling costs each year.
- Ceiling fans will allow you to raise the thermostat setting about four degrees with no reduction in comfort. Don't forget to turn them off when you leave the room as fans do not cool rooms but rather people by creating a wind-chill effect.
- Insulate your attic and walls and seal cracks and openings to prevent warm air from leaking into your home.
- Insulate and seal all ducts. Air loss through ducts accounts for about 30 percent of a cooling system's energy consumption.
- Don't heat your home with appliances and lighting. Avoid using the oven, purchase efficient lightbulbs (e.g., compact fluorescents), don't leave on hot appliances and consider air drying clothes and dishes.
- Install window coverings to prevent heat gain through the windows.
- Avoid placing lamps or TVs near the thermostat. It senses the heat they give off and causes your AC to run more than necessary.
- Vacuum your air registers regularly and ensure they are not obstructed by furniture for the most efficient cooling.
- Clean your AC filter monthly.
- Unplug electronics when they are not in use or invest in a Smart Strip to cut power costs.

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