

HealthyFreeborn County

A Health and Wellness Newsletter

May 2012

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May Health Observances

- Arthritis Awareness
- Employee Health and Fitness
 - Healthy Vision
- Better Hearing and Speech
 - Melanoma Prevention
 - Asthma and Allergies
 - Celiac Disease
- Blood Pressure Education
 - HIV Awareness

More health observances can be found at:
<http://healthfinder.gov/nho/nho.asp#m5>

Wondering how you can feel great, be a star employee...save money and...be more productive? Stay healthy!

Increasingly, companies are providing incentives for employees to pay attention to their health. This focus on prevention recognizes that costly health care expenses can often be avoided by improving wellness. And wouldn't you rather be healthy anyway? Celebrate Employee Health and Fitness Month by pledging to add these healthy habits to your routine:

- ✓ **Get active!** Regardless of your weight, activity is important for your cardiac health. Move more and you may add years to your life!
- ✓ **Eat right:** more fruits, veggies, whole grains and minimally processed food.
www.choosemyplate.gov
- ✓ **Kick the habit:** www.quitplan.com
- ✓ **Build resiliency to handle stress**
www.webmd.com/hw-popup/resiliency-quiz
- ✓ **Get regular check ups**
- ✓ **Know your numbers:** Blood pressure, lipids and BMI
www.youtube.com/watch?v=kkps4XwvxK4
- ✓ **Be proactive - tackle problems early**
- ✓ **Demonstrate a positive attitude**
- ✓ **Embrace change:** Do one thing every day that scares you.
- ✓ **Have fun!** De-stress, find a hobby, enjoy a change of scenery.



Five Steps to Safer Biking



Follow all the Rules of the Road. Ride with the traffic flow. Stop at stop signs. Use hand signals.



Be Visible. Ride where cars can see you. Wear bright colors, reflectors and at night use lights in front and back.



Be Predictable. Eye contact and signals let drivers know your intentions.



Anticipate Conflicts. Stay alert, ride defensively and learn techniques to avoid crashes.



Wear a Helmet for every ride.

Celebrate National Bike Month

Second Annual Family Bike Rodeo
Saturday, May 19, 2012
Southwest Middle School
9am-11am

Bike to Work Day
Friday, May 18, 2012

www.bikeleague.org

www.healthyfreeborncounty.org

Ellen Kehr
Phone: (507) 402-5144

Wondering how to use this newsletter? Feel free to post in the staff break room, incorporate into your school, church or agency newsletter, make it part of your wellness program or send it out via email to your friends and family. Use the newsletter in its entirety or cut and paste articles of interest into your current communications.

Email:

ellen.kehr@gmail.com

We're on the Web!

See us at:

[www.healthyfree](http://www.healthyfreeborncounty.org)

[borncounty.org](http://www.healthyfreeborncounty.org)

*Healthy Communities

Spring is here with its warm weather, budding trees and allergy season!

Face allergens head-on with these tips!

Eat your greens and drink your OJ.

Vitamin C-rich foods unblock clogged sinuses.

Avoid touching your face and eyes which offers a free ride to pollen and allergens. Wear sunglasses to help keep pollen (and your fingers) away from your eyes. Wear gloves when working outside to reduce pollen on your hands.

Wash laundry in hot water to kill dust mites, remove pollen and other allergens.

Leave the pollen outside

- Ⓢ Remove your shoes at the door.
- Ⓢ Wipe down your pets paws after walking outside. Bathe pets often.
- Ⓢ Shampoo your hair before going to bed after spending time outside.
- Ⓢ Leave the windows closed, use the A/C.
- Ⓢ If you line dry your clothes, do so inside.
- Ⓢ Enjoy wet, still days when the pollen count is lowest. Avoid being outside or opening windows on windy days.

Don't say it with flowers. Or if you can't resist, opt for allergy-friendly flowers such as begonia, columbine, crocus, daffodil, daisy, geranium, impatiens, iris, lily, pansy, periwinkle, petunia, salvia, snapdragon, sunflower, tulip, verbena, or zinnia.



Garden Safety

Gardening is a great way to enjoy more physical activity! Burn 235 calories or more per hour! Keep it fun, keep it safe!

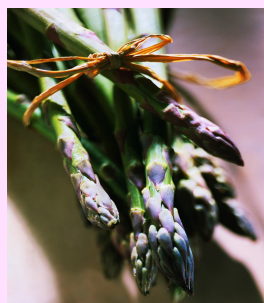
Dress to protect against sun, scratches and stings. Wear sunscreen, shades, gloves and a hat.

Keep a water bottle handy to sip.

Get vaccinated! (Tetanus)

Sharpen tools carefully.

Read and follow labels on all chemicals. Consider effects on children and pets prior to using.



Simply Grilled Asparagus

Serves 4

- 1 bunch fresh asparagus from the local farmers market
- 2 Tbsp olive oil
- Coarse salt and fresh ground pepper
- 2 Tbsp freshly grated Parmesan cheese
- Lemon zest

Prepare the asparagus by rinsing thoroughly and trimming off the white ends. Toss in olive oil, salt and pepper. Soak wooden skewers in water. Preheat grill on high heat. Skewer together about 6 asparagus spears side by side. Place on grill. Grill for 5 minutes or to desired tenderness, turning halfway. Remove skewers. Sprinkle with Parmesan, and lemon rind. Serve warm. (Alternative method: Bake at 400 degrees for 8-10 minutes.)

- ❖ Store raw asparagus in the refrigerator standing upright with the cut stems in a glass of water.
- ❖ Refrigeration dulls the flavor of cooked asparagus. Serve warm or at room temperature.
- ❖ Overcooking will cause the asparagus to turn brown.