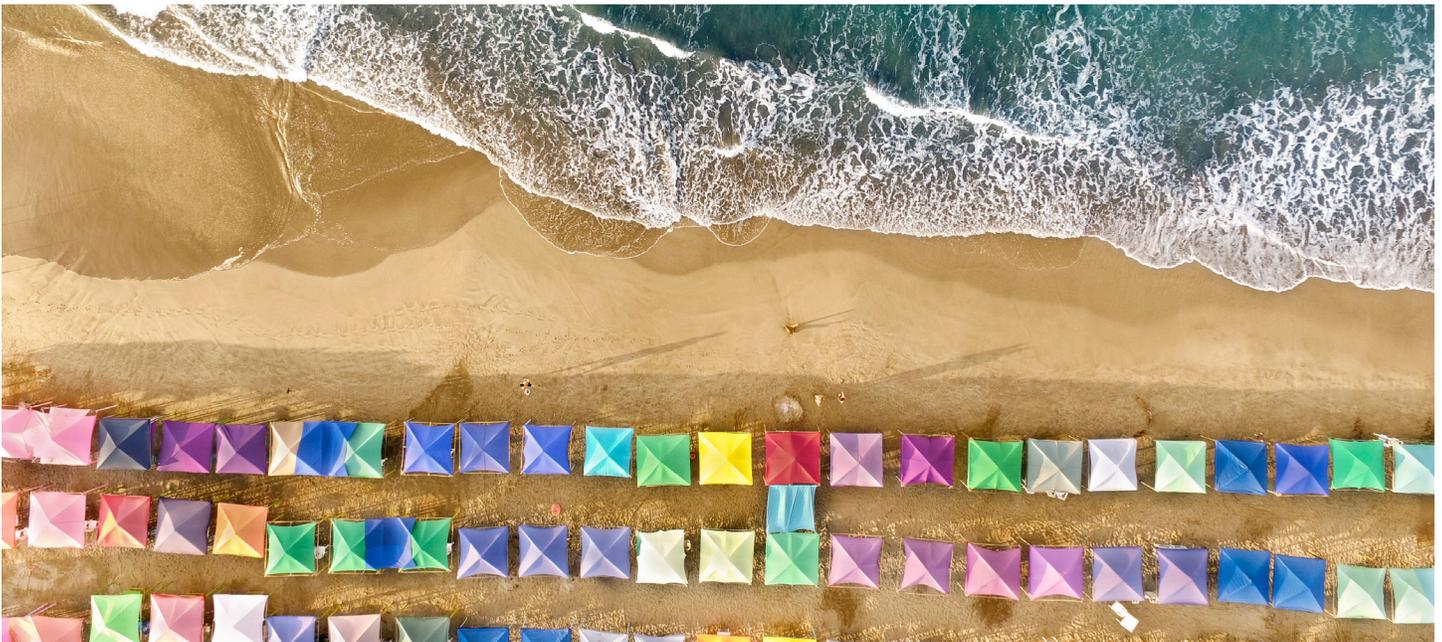


Do it Well

Easy ways to achieve health and wellness

QUARTER
03
2017



IN THIS ISSUE

- Keep Your Cool in Hot Weather
- Think About Air Quality
- Mediterranean Diet and Cancer Prevention
- **Conscientious Cuisine:** Greek Veggie Balls with Tahini Lemon Sauce
- **Get Going:** Cobra

Keep Your Cool in Hot Weather

This summer, take measures to stay cool, remain hydrated and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. Your best defense against heat-related illness is prevention. The main things affecting your body's ability to cool itself during extremely hot weather are:

- **High humidity.** When the humidity is high, sweat won't evaporate as quickly, which keeps your body from releasing heat as fast as it may need to.
- **Personal factors.** Age, obesity, dehydration, heart disease, poor circulation, sunburn, and prescription drug and alcohol use can play a role in whether a person can cool off enough in very hot weather.

Everyone should take these steps to prevent heat-related illnesses, injuries and deaths during hot weather.

Stay Cool.

Keep your body temperature cool to avoid heat-related illness.

- Stay in air-conditioned buildings as much as possible.
- Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.



"Keep Your Cool in Hot Weather" continued

- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk twice a day.

Stay Hydrated.

Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat.

- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink from 16 to 32 ounces of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.

Stay Informed.

Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

Check local news for extreme heat alerts and safety tips

Source: Centers for Disease Control. www.cdc.gov. Accessed May 22, 2017.

Heat Exhaustion

- Heavy sweating
- Weakness
- Cold, pale and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

What You Should Do

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Heat Stroke

- High body temperature (above 103°F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do

- Call 911 immediately — this is a medical emergency.
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do NOT give fluids.

Think About Air Quality

Learn how air quality can affect your health. Pay attention to the **Air Quality Index (AQI)**. The AQI is a tool that tells you when high levels of air pollution are predicted and tells you how air pollution affects your health. Finding the AQI is easy. It's on the Web, on many local TV weather forecasts, or you can sign up for free **email tools and apps**.

Let's say that the ozone level where you live is predicted to be Code Orange tomorrow. If you're a runner – even if you're healthy – that air quality could hurt you. Using the AQI, you can plan your run for when ozone levels will be lower, shorten your run (or walk instead), or run on a treadmill indoors.

Particle pollution has been linked to heart attacks and strokes, and even death in people with heart disease. On a day when particle pollution will be at Code Orange, do something less intense. Walk instead of run or weed your garden instead of doing heavier work.

Source: Centers for Disease Control. www.cdc.gov. Accessed May 22, 2017.



Mediterranean Diet and Cancer Prevention

If you're trying to eat healthy, there's a good chance you've come across (or tried) the Mediterranean diet. Nutrition experts consistently rank the Mediterranean diet among the best eating patterns, and it's well recognized for its role in heart health. But did you know this colorful and plant-packed diet also boasts powerful cancer-preventive benefits?

Most research on this diet focuses on the heart health benefits, but a few studies have looked at whether the Mediterranean diet might reduce cancer risk. Because the diet focuses on plant foods, fish, moderate amounts of dairy and limited red meat, it mirrors much of what we know about a diet that reduces cancer risk. So far, there are some promising results, but more research is needed to know if there is a clear link.

The traditional Mediterranean diet is drawn from Greece, Italy and its neighbors. But other cuisines have also influenced today's Mediterranean diet.

There are plenty of familiar foods in this diet, but you'll also discover some surprising additions to boost flavor, texture and variety.

- **Build your plate around vegetables and fruit:** Start building your plate with vegetables like tomatoes, corn and potatoes that are inexpensive and easy to find. Fruits are also a key part of a Mediterranean cancer-fighting plate.
- **Think beyond meat proteins:** In the Mediterranean diet, the main proteins are fish, eggs and plant proteins, with just moderate amounts of chicken and smaller portions of lean red meat. That fits into a cancer-protective diet, because too much red meat is linked to increased colorectal cancer risk. And even small amounts of processed meats – such as ham and bacon – eaten regularly increase stomach and colorectal cancer risk.



- **Add budget-friendly staples like chickpeas, lentils and other beans** to your day. These Mediterranean diet foods are packed with fiber, which lowers the risk of colorectal cancer. Add them to your soups, salads and one-pot meals for a plant protein boost along with cancer-fighting fiber and other plant compounds.
- **Cook with commonly used Mediterranean herbs and spices.** Basil, marjoram, oregano, rosemary, tarragon, mint and thyme, or a spice mixture like Harissa can pump up flavor. Many of these spices are studied for their

cancer-protective compounds.

- **Keep portions moderate:** That's part of the Mediterranean dietary pattern and it will help you with weight management. Keeping to a healthy weight is one of the key steps you can take to reduce your risk of many of the most common cancers. For healthy desserts, keep it light. Think fresh fruit salad with mint and honey, creamy yogurt or simply a platter of meaty dates, pistachios, apricots, figs and other fruit.

Source: American Institute for Cancer Research. www.aicr.org. Accessed May 9, 2017.

Conscientious Cuisine: Greek Veggie Balls with Tahini Lemon Sauce

These delicious vegetarian "meatballs" feature black-eyed peas, flaxseed and Medjool dates for the perfect savory-sweet appetizer. Black-eyed peas and flaxseed pack protein and fiber while dates add extra nutrition and a sweet flavor. This is the perfect way to do Meatless Monday, or fit in more plant-based meals during the week.

Veggie Balls

- 2 (15-oz.) cans black-eyed peas, rinsed, drained (or 3 1/2 cups cooked)
- 1 medium red onion, finely diced
- 3 cloves garlic, minced
- 1/4 cup ground flax seeds
- 1/2 cup whole-wheat breadcrumbs (may use gluten-free)
- 1/2 cup nut meal (i.e., almond meal, hazelnut meal, or peanut meal)
- 5 large Medjool dates, pitted, finely diced
- 1/4 cup finely chopped sun-dried tomatoes
- 1/2 cup chopped fresh parsley
- 1 tsp. fennel seeds
- 1 Tbsp. oregano



- 1/2 tsp. black pepper
- Pinch sea salt (optional)
- 1 large lemon, juiced
- 3 Tbsp. olive oil, divided

Tahini Lemon Sauce

- 1/3 cup tahini
- 2 lemons, juiced
- 2 cloves garlic, minced
- 1/4 tsp. black pepper
- Water, as needed
- Smoked paprika

Directions

1. Place drained black-eyed peas in large mixing bowl and mash with potato masher to achieve a smooth texture with some lumps.
2. Stir in onion, garlic, flax, breadcrumbs, nut meal, dates, tomatoes, parsley, fennel seeds, oregano, pepper, and salt, if using. Mix well.
3. Add lemon juice to moisten and mix well to create a slightly moist mixture.
4. Refrigerate for 30 minutes.
5. Meanwhile, make Tahini Lemon Sauce. Whisk together tahini, lemon juice, garlic, and black pepper. Add enough water to make a smooth sauce, according to your desired texture. (A thicker sauce is preferable served on the side with appetizer veggie balls, while a thinner sauce is preferable served on top of an entrée serving of veggie balls.)
6. Heat 1 1/2 tablespoons of the olive oil in a large skillet over medium heat. Roll veggie balls into 28 golf-size balls with your hands, and place in skillet. Cook balls, turning regularly, so that all sides are browned, for about 15 minutes. Remove, place on paper towels to drain excess oil. Add remaining olive oil to skillet and cook remaining veggie balls using same technique.
7. Serve with Tahini Lemon Sauce garnished with smoked paprika.

Makes: 7 servings | Yield: 28 veggie balls

Nutrition (veggie balls and tahini sauce): 385 calories, 17 g total fat (2 g saturated fat), 50 g carbohydrate, 12 g protein, 11 g dietary fiber, 70 mg sodium.

Prep Time: 60 minutes | Cook Time: 30 minutes

Source: American Institute for Cancer Research. www.aicr.org. Accessed May 9, 2017.



Get Going: Cobra

The Cobra Exercise is a good way for beginners to strengthen their abdominal and lower back muscles and develop greater flexibility.

Step 1

Lie on your stomach with your hands directly under your shoulders and fingers facing forward. Your legs should be straight and your toes pointed.

Step 2

Gently exhale. Engage your abdominal/core muscles to support the spine. Press your hips into the mat or floor. Lengthen your torso and curl your chest away from the ground while keeping your hips stable. Keep the shoulders rolling down and back. Hold this position for 15 - 30 seconds.

Step 3

Gently lower your upper body back to the mat or floor, lengthening your spine as you descend.

Sources: www.acefitness.org and www.realsimple.com. Accessed May 23, 2017.



NFP Corp. and its subsidiaries do not provide legal or tax advice. Compliance, regulatory and related content is for general informational purposes and is not guaranteed to be accurate or complete. You should consult an attorney or tax professional regarding the application or potential implications of laws, regulations or policies to your specific circumstances.