

Do it Well

Easy ways to achieve health and wellness

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Eat Right When Money's Tight

Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting and making smart food choices.

BEFORE Shopping

- Plan your weekly meals and snacks. Preparing in advance will help you know what you need and also help you put leftovers to good use.
- Use store circulars and go online to look for coupons, sales and store specials. Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.
- For added savings, sign up for the store discount card or bonus card at your local supermarket.

DURING Shopping

- Eat something before you go shopping. It's easier to stick to your shopping list when you aren't hungry.
- Try store brands. They're the same quality and cost less.
- Compare products for the best deal. Use unit pricing and also the Nutrition Facts labels to get the best product for your money.
- Check "sell by" or "use by" dates. Buy the freshest food possible.



“Eat Right When Money’s Tight” *continued*

AFTER Shopping

- Store food right away in the refrigerator or freezer to keep it fresh and safe.
- If you buy a large amount of fresh food, like meat, poultry or fish, divide it into meal-size packages, label the food and freeze it for later use.
- Use foods with the earliest expiration dates first.

Source: United States Department of Agriculture. www.usda.gov. Accessed Feb. 14, 2017.

Plan Ahead!

- Plan to prepare and eat foods you already have at home first.
- Know how much money you have to spend on food.
- Make a shopping list based on the money you have to spend and what foods you will need.
- Buy only the amount of food you can use before it spoils. Remember, frozen, canned or shelf-stable foods last longer!

Five Surprising Facts About High Blood Pressure

What you don’t know about high blood pressure could hurt you. High blood pressure affects one in three Americans, yet many people with the condition don’t know they have it.

Uncontrolled high blood pressure raises the risk for heart disease and stroke, which are leading causes of death in the United States. Fortunately, high blood pressure is treatable and preventable. To lower your risk, get your blood pressure checked regularly and take action to control your blood pressure if it’s too high.

1. High blood pressure may be linked to dementia.

Recent studies show that high blood pressure is linked to a higher risk for dementia and/or a loss of cognitive function. Timing seems to matter: Some evidence suggests having uncontrolled high blood pressure during midlife (age 45 to 65) creates a higher risk for dementia later in life. The takeaway? It’s never too early to start thinking about your blood pressure and taking steps to manage it.

2. Young people can have high blood pressure, too.

High blood pressure doesn’t just happen to older adults. About one in four men and nearly one in five women age 35 to 44 has high blood pressure.

High blood pressure is a leading cause of stroke, a condition that is on the rise among younger people. Experts think the increased risk for stroke among young adults is a direct result of the rising rates of obesity, high blood pressure and diabetes — conditions that are preventable and treatable.

Younger people should get their blood pressure checked at least once each year. You can get your blood pressure checked at a doctor’s office, a pharmacy or at many grocery stores.

3. High blood pressure usually doesn’t have any symptoms.

High blood pressure is sometimes called the “silent killer.” Most people with high blood pressure don’t have any symptoms, such as sweating or headaches. Because many people feel fine and don’t think they need to get their blood pressure checked. Even if you feel normal, your health may be at risk. Talk to your doctor about your risk for high blood pressure.

4. Many people who have high blood pressure don’t know it.

About 11 million U.S. adults with high blood pressure aren’t even aware they have it and are not receiving treatment to control their blood pressure. Most people with uncontrolled blood pressure have health insurance and visit a health care provider at least twice a year, but the condition remains undiagnosed, hidden from the doctor and patient. Ask your provider what your blood pressure numbers mean and whether they are too high. Stick to your treatment plan and follow your provider’s advice if you are diagnosed with high blood pressure.

5. Women and minorities face unique risks when it comes to high blood pressure.

Women with high blood pressure who become pregnant are more likely to have complications during pregnancy than those with normal blood pressure. High blood pressure can harm a mother’s kidneys and other organs, and it can cause low birth weight and early delivery. Certain types of birth control can also raise a woman’s risk for high blood pressure. Women with high blood pressure who want to become pregnant should work with their health care team to lower their blood pressure before becoming pregnant.

African American men and women have higher rates of high blood pressure than any other race or ethnic group. These individuals are also more likely to be hospitalized for high blood pressure. Experts think this is related to higher rates of obesity, diabetes and stroke among this group. Lifestyle changes, such as reducing sodium in your diet, getting more physical activity and reducing stress, can help lower blood pressure.

Source: Centers for Disease Control. www.cdc.gov. Accessed Feb. 2, 2017.



FYI: A brisk, half-hour walk on most days can reduce your blood pressure.



Facts on Nutrition and Lead Exposure

Did you know that a healthy diet and safe food preparation can combat lead exposure? That's right. You can help reduce the lead in your body with three simple steps:

1. Eat foods rich in iron, calcium and vitamin C.
2. Keep your stomach full by eating 4 - 6 small meals a day. Your body absorbs lead faster when your stomach is empty.
3. Cook and wash your food with safe water.

Eat These Foods To Limit Lead Absorption

Iron: Helps block lead from being absorbed. Good sources of iron include:

- Red meats
- Poultry
- Seafood
- Beans
- Iron-fortified cereals
- Dark leafy greens

Calcium: Helps replace lead levels in bone, brain and nervous system. Good sources of calcium include:

- Low-fat milk and milk products, including cheese and yogurt
- Broccoli
- Dark leafy greens
- Calcium-fortified orange juice
- Canned fish

Vitamin C: Helps absorb calcium and iron. Good sources of vitamin C include:

- Citrus fruits (oranges, grapefruit)
- Berries
- Broccoli
- Dark leafy greens
- Bell peppers
- Tomatoes

Why Is Lead Harmful?

Lead is toxic to humans. It blocks important vitamins and minerals that you need to grow and function properly. It's especially bad for pregnant women and children 6 and under. Children absorb lead in higher amounts, which can cause learning, behavior and developmental problems.

Lead Sources

- Lead-based paint and toys
- Lead-contaminated dust and soil
- Living in a home built before 1978
- Storing food in lead-glazed dishware
- Contaminated drinking water

Source: United States Department of Agriculture. www.usda.gov. Accessed Feb. 14, 2017.

Conscientious Cuisine: Grilled Vegetable Kabobs

Ingredients

- 2 medium zucchini
- 2 medium yellow squash
- 2 red or green bell peppers, seeded
- 2 medium red onions
- 16 cherry tomatoes
- 8 ounces fresh mushrooms
- 2 medium ears sweet corn
- Nonstick vegetable oil spray

Sauce

- ½ cup balsamic vinegar
- 2 tablespoons mustard
- 3 cloves garlic, minced
- ¼ teaspoon thyme

Directions

1. Rinse all the vegetables.
2. Cut zucchini, squash and bell peppers into two-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
3. Cut the corn into one-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.

**You can cook the vegetables in foil instead of using skewers. Divide the vegetables in half and wrap them in foil. Grill for about 30 minutes or until tender.*

If you use wooden skewers, soak them in water for 30 minutes before using.

Note: One serving equals 1 kabob on a 16" skewer.

Yield: 8 servings | Serving Size: 1 kabob

Nutrition: Calories 73, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 107 mg, Total Fiber 4 g, Protein 4 g, Carbohydrates 4 g, Potassium 515 mg

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



4. Mix the vinegar, mustard, garlic and thyme for the sauce.
5. Toss vegetables in the sauce and thread vegetables into skewers.*
6. Before starting the grill, spray it with vegetable oil spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
7. Grill 20 minutes or until tender.



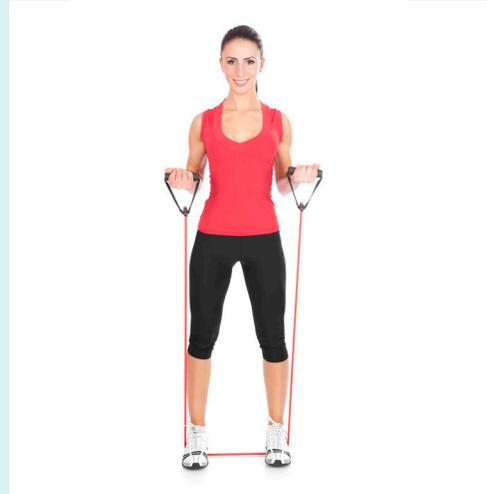
Get Going: Standing Biceps Curl

Skip the weights and try a resistance band. Resistance bands are a great addition to any strength training routine or rehabilitation program and come in a variety of sizes, lengths and strengths/tensions. Resistance bands are lightweight, easily portable and great for exercise when you exercise alone.

Here's a move you can do at your desk:

Stand with feet shoulder-width apart with your feet placed over the middle of the band. Grab a handle in each hand, starting with your arms down at your sides. With palms facing in front of you, pull your arms toward your shoulders by bending at the elbow until you get a good bicep contraction. Slowly lower back down and go for a total of 12 to 15 curls.

Sources: www.livestrong.com and *Health Guidance for Better Health*. www.healthguidance.org. Accessed Feb. 15, 2017.



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