



for health and living

August 2012

quikRisk Assessment:

Work-Life Balance

Do you live a balanced life?

Choose **true** or **false**:

1. **T F** I don't usually rush from one commitment to another.
2. **T F** I feel positive most of the time.
3. **T F** My home and work space are organized.
4. **T F** I unplug regularly from mobile devices.
5. **T F** I use my annual vacation time.
6. **T F** I eat a well-balanced diet.
7. **T F** I get 7-9 hours of sleep daily.
8. **T F** I spend time with people I care about.
9. **T F** I take at least 15 minutes daily to do something I enjoy.
10. **T F** I exercise almost every day.

If you answered "true" to fewer than half of the statements, it's time to tune up your work-life balance. Three tips to try:

1. **Drop unnecessary activities.** Try to let go of one commitment per month until your time is more manageable.
2. **Put personal time on the calendar,** just like you would a work or an exercise commitment.
3. **Focus on one major goal.** Examples: Start a hobby or have one sit-down family dinner a week.

Remember that old "all work and no play" adage.

Place too much emphasis on one area of your life and you miss out on other areas. *Your goal:* a well-rounded, healthy lifestyle. That's balance.

city events

Taking Sleep Seriously

Tuesday, August 21
12 noon - 1:00 pm
SMT 4050

Women and Investing 101 - Deferred Compensation

Thursday, August 23
12 noon - 12:45 pm
SMT 4080
Register at 206-447-1924

Big Day of Play

Saturday, August 25
10:00 am - 3:00 pm
Warren G. Magnuson Park
7400 Sand Point Way NE 98115

Blood Pressure Screening

Wednesday, August 29
Stop by 10:30 am - 1:30 pm
SMT 4096

Long-Term Care Information - For Those Without Insurance

Tuesday, August 28
8:00 am - 9:30 am
Bitter Lake Community Center,
13035 Linden Avenue North 98133
12 noon - 1:30 pm
Bertha Knight Landes Room,
City Hall 600 4th Avenue 98104

August is Immunization Awareness Month –

time to get all the vaccinations you need. Shots aren't just kid stuff. Regardless of your age, getting vaccinated is essential for protecting you, your family, friends and community against serious, life-threatening infections. ➔ Learn about immunization at www.cdc.gov/vaccines/.



"Life is not merely to be alive,
but to be well."
~ Marcus
Valerius Martial

Want to enjoy summer fun in the sun?

Turn to page 3. ➔



STRESS Research Roundup

Stress seems to be a hot research topic these days. **There's increasing evidence for the link between stress and health:**

- Chronic stress may accelerate aging.
- High levels of stress appear to increase mortality rates.
- Depressed individuals, who tend to respond poorly to stress, are at higher risk for heart disease.



Other studies have shown several strategies and factors that may protect your health:

- **Yoga** seems to help treat stress-related conditions including depression, anxiety, high blood pressure and heart disease. Other calming practices, such as **meditation** and **tai chi**, seem to be beneficial as well.
- **Acupuncture** may help reverse the effects of stress. Many people imagine this might be uncomfortable, but in fact it tends to be relaxing.
- Being more **optimistic** or having a sense of mastery may reduce your risk of heart disease. So make a list of things you are successful at, and look for more opportunities to feel skilled and fulfilled.



Take time to care for yourself and develop your coping strategies - what's good for your mind is good for your body.

changing needs

Garden Together



Gardens are for discovery. You and your children can enjoy learning the names, characteristics and growing patterns of plants and trees, including those that flower and those that bear fruit or vegetables. As the garden flourishes, everyone can witness the amount of time it takes to develop. You'll learn patience, a sense of nurturing and an appreciation of nature.

Enjoying the fruits of your labor can also bring a sense of accomplishment.

Be creative with your garden's harvest throughout the seasons — spring flower arrangements,

summer tomato salad and fall pumpkins. Pick fruits and vegetables together and use them to cook a meal. Encourage your children to share gifts from the garden with friends and neighbors.

Gardening is also good exercise. Best of all, it leads to family bonding. It's a good time to talk and listen to each other, work together, communicate as a team with a common goal and, of course, have fun.

Tip: Plant a tree to celebrate a birth — watch its growth parallel your child's growth.



safety sense

Summer Wildfire Prevention

A spark. A smoldering ember. A lit match. All of these can have a devastating and sometimes deadly result in the summer. How? Summer heat and dryness increase the chance of wildfires. Always remember fire safety when you're camping, grilling or even doing yard work.



➔ **Follow these do's and don'ts:**

- ✓ Do comply with local restrictions and regulations concerning burning debris. Best bet: Don't burn leaves, grass or hay. Use this material for compost instead.
- ✓ Do make sure all gas-powered lanterns, stoves, lawn equipment or grills are off and cool before they are refueled.
- ✓ Do keep campfires away from trees and bushes so that ashes and cinders don't ignite any nearby dead branches. Avoid building any fires during a drought. **Important:** Drown your campfire to put it out, and check for stray embers before you leave.
- ✓ Do check that the spark arresters on your ATVs, chainsaws and portable generators are functioning.
- ✓ Don't smoke while hiking on a trail, and don't throw a cigarette butt or a hot match into dry grass.
- ✓ Don't burn aerosols, paint, oil or gasoline cans. They can explode and flying material can spark wildfires (not to mention cause injuries).
- ✓ Don't discard used charcoal without soaking it in water first.
- ✓ Don't park your hot car on dry grass.

Fitness Fun in the Sun

Summer's long, sunny days inspire the athlete in all of us. Now's the time to enjoy some fresh air and exercise.

☀️ Go outside and hit the pavement.

Fast-paced walking provides an all-over body workout. It tones your arm and leg muscles, burns calories and fat, and strengthens bones. *Tip:* Using your arms as you walk will burn more calories.

☀️ Take a leisurely roll on skates around your favorite park, or pick up the pace for a cardio workout.

Skating strengthens your inner and outer thighs and buttocks, improves balance and is very fun. *Tip:* Don't forget the helmet.

☀️ Race the wind on a bike.

Cycling conditions your heart and lungs and strengthens your leg muscles. *Tip:* Save on gas by biking to work.

☀️ Whether you swim laps in a pool or play in a lake, aquatic activity refreshes you in the summer heat.

The water's resistance can help tone your whole body. *Tip:* Never swim alone, no matter how experienced you are.

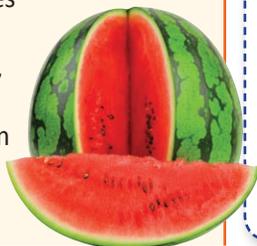
Note: Get your health care provider's OK before significantly changing your level of physical activity. Stay hydrated and wear sunscreen.

Produce Pick of the Month

best bites

Watermelon

Watermelon is the perfect accompaniment to a summer picnic. The earliest known watermelon harvest was about 5,000 years ago in Egypt. People have enjoyed the sweet taste of this colorful fruit ever since. Choose watermelons that are uniformly green with one large yellow or white spot. This indicates they ripened in the sun and will be super sweet. A 2-cup serving of diced watermelon provides a Daily Value of 30% of vitamin A, 25% of vitamin C and 8% of potassium (based on a 2,000-calorie diet).



nutrition watch

Fresh Approach to Vegetables

You can't beat summer for the best variety and quality of vegetables — whether from local supermarkets, farmers' markets or your own back yard. Here are some ways to enjoy this fresh bounty.

■ **Roast 'em.** Mushrooms, asparagus and sweet onion team up well. Place veggies in a roasting pan and sprinkle with walnut or olive oil and garlic powder; lightly salt and pepper. Cook hot and fast, about 410°F for 8-12 minutes, depending on thickness of vegetables. Don't overcook. Roasting brings out the maximum flavors of vegetables.

■ **Grill 'em.** Cut vegetables into thick strips or chunks. Best choices: whole mushrooms and halved tomato and onion and chunks of zucchini or squash. Place a sheet of heavy foil brushed lightly with olive oil on your grill. Arrange vegetables on the foil and cook until tender. Easy cleanup!

■ **Stuff 'em.** Wrap thinly sliced vegetables, such as cucumber, tomatoes, pepper and green onion, in a tortilla; add olive oil.

■ **Create your own fresh approach.** Top with plain yogurt and salsa. Or stuff partially cooked, whole bell pepper shells with a mix of cooked brown rice, minced onion and mushroom, and pine nuts. Heat in the oven, then serve warm.

■ **Toss a pasta salad.** Slice cooked green beans, potatoes and carrots and stir together with grape tomatoes and cooked pasta. *Dressing:* Whisk fresh chopped herbs, lemon juice, Dijon mustard, garlic and hot pepper flakes with olive oil.



Grilled Summer Vegetables With Basil Vinaigrette



EASY | RECIPE

From Personal Best®

Vinaigrette

½ cup basil leaves, chopped
2 tbsp olive oil*
1 tbsp balsamic vinegar
1 tbsp fresh orange juice
1 tsp minced garlic

1 tbsp olive oil*
1 medium eggplant, cut crosswise in ½-inch-thick rounds
2 medium zucchini, cut lengthwise into ½-inch-thick slices
2 medium orange or yellow bell peppers, quartered lengthwise
1 large red onion, cut crosswise in ½-inch-thick slices
1 cup ripe grape tomatoes, halved

*Oil prevents sticking to the grill — much of it will drop off during cooking.

1. Preheat grill to medium-high. Whisk vinaigrette ingredients.
2. Place vegetables (except tomatoes) in a large bowl and gently toss with olive oil.
3. Grill vegetables 4-6 inches from heat for about 5 minutes per side; remove as they become tender and slightly browned (do not char).
4. Arrange on platter with tomatoes. Drizzle vinaigrette over all.

MAKES ABOUT 5 1 ½-cup servings. Per serving:

134 calories | 2g protein | 9g fat | 1g sat fat | 0mg cholesterol | 14g carbs | 6g sugar | 3g fiber | 8mg sodium

Stay in Touch

Keep those questions and suggestions coming!

Phone: 800-871-9525

Fax: 205-437-3084

E-mail: editor@personalbest.com

Website: www.personalbest.com

Executive Editor: Susan Cottman • Advisors: Charles Stuart Platkin, PhD, MPH; Zorba Paster, MD; Cynthia Gale, MS, RD; Eric Endlich, PhD; Mary P. Hollins, MS, JD; Alice Lockridge, MS

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100 Corporate Parkway, Suite 600, Birmingham, AL 35242
800-871-9525 • fax 205-437-3084

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News and Notes

- **New - Weight Watchers Monthly Pass:** **Starting August 15**, Monthly Pass will be available to you and your adult dependents. You can choose online services or Monthly Pass for meetings and special pricing. Watch for more information at personnelweb/benefits/home.aspx
- **Open Enrollment:** Make your 2013 benefit choices Monday, October 8 through Wednesday, October 31. Look for an open enrollment letter in your home mail.
- **Tobacco Cessation:** You and your covered adult dependents are eligible for free coaching and medication, if appropriate. Enroll by calling 866-784-8454.

Long-Term Care Insurance

All eligible employees* who DO NOT currently participate in the long-term care plan will receive information in mid-August regarding a Special Enrollment Period September 4-21 to enroll with Prudential.

*Includes employees with Most benefits coverage, Local 27 employees and all retirees (excludes SPOG, Local 77, and Fire Chiefs).



Cardio Machine | Basics

Several types of cardio exercise machines can deliver a good workout. Find one that's comfortable and enjoyable for you.

Some options to consider:

- **Treadmills** are good for those who like to walk or run, and tend to work well for those new to exercise.
 - **Stationary bikes** place less stress on joints than some other machines. Recumbent style (your legs are raised to hip level) is good for those with lower back pain.
 - **Ellipticals** offer a good option for those with previous knee or leg injuries and those new to exercise.
 - **Stair climbers** can provide a challenging and effective workout while strengthening the lower body. People with knee problems should opt for a lower-impact option.
- ➔ **Remember, cross training** — using a variety of these machines — will give you the best overall workout, prevent overuse injuries and keep boredom at bay.

top safety

Splish! Splash!

Staying cool in the pool is a popular August pastime. But before you jump in, think safety. Advice from national safety groups:

- Close adult supervision of small children is a must.
- Install four-sided fencing, at least 4-5 feet high, with self-locking and self-closing gates with latches young children can't reach.
- Use a pool cover.
- Install sub-surface pool alarms.
- Keep rescue equipment and a phone poolside. Plus: Get trained in CPR and first aid.

Smart Shift Ideas

Use these strategies to help you get through your shift safely and productively.

- **Stay hydrated.** Dehydration can add to feelings of fatigue. An ice-cold glass of water is a refreshing pick-me-up.
- **Take your time.** Rushing causes accidents and mistakes.
- **Plan your work.** If possible, tackle demanding tasks when you're most alert.
- **Rest when you can.** Take your breaks and use them to relax, exercise or eat.
- **Take the safe route.** Never cut corners just because it's late at night or you're alone.
- **Fuel your body.** Eat nutritious, light snacks to maintain your energy until your shift ends.
- **Keep it clean.** An organized workspace helps you stay safe, productive and focused.



Employees on the night shift are sleepest around 4-5 a.m., according to the National Sleep Foundation. If you're a shiftworker, regardless of your occupation, don't settle for sleep problems being part of your life. If you have trouble staying alert at work (or sleeping during your off hours), talk with your doctor or your health care provider. Sleep disorders are treatable.

The bottom line ➔ Make the right choices to help shiftwork be more comfortable and productive.