

Hooked on Health

Fishing for Better Employee Health

Third Quarter
2017
Nineteenth Edition

Create a Better Life!

Fact: Your physical health impacts your mental health.

Fact: Your mental health impacts your physical health.

The interaction between the mind and the body is so pervasive, it's difficult to say which one is influencing which. If it's all connected, then it's all important.

The way to total health is through Complete Generosity: it's about taking care of your mind, your body, and your spirit.

Healthy In Body

When you are generous to your body, you nourish your body with physical activity, good foods, water, and sleep, so that you have plenty of energy to meet life's daily challenges.

Healthy in Mind

When you are generous to your mind, you care for your mental and emotional health so you feel less stress, more peacefulness, and experience greater focus.

Healthy in Spirit

When you are generous to your spirit, you connect with yourself and others in meaningful ways.

- Sharon Lipinski

Take a Walk

New research from the George Washington University School of Public Health has shown that the simple act of taking a walk after a meal could reduce the risk of developing type 2 diabetes in older people. A walk after eating reduces spikes in blood sugar that follow a meal.

Exercising is a great way to combat the development of many diseases. This study shows that it might be beneficial to spread out the time you spend exercising instead of having one burst of activity—as long as that exercise is timed correctly. Instead of relaxing, sitting, and watching television after eating, which researchers found was the worst thing you can do, older people can get the most bang from their exercising buck by heading outdoors. In the study, it was found that three short walks after meals were as effective as one 45-minute daily walk.

The research showed that the benefits of this type of exercise were especially helpful for those in their 70s and 80s. Often people in this age range find long periods of exercise too difficult. It may be easier to incorporate intermittent physical activity in this way. Older people also are less able to control blood sugar after meals. The effects of taking short walks after eating were significant in reducing blood sugar for up to three hours after a meal. So, next time you get up from the dinner table, tie on your shoes and take a jaunt around your neighborhood instead of crashing in front of the TV.



Milestones...

Your contribution to the company is greatly appreciated. Happy Anniversary!

James Matt Horner	10 years on	07/23/17
Wilbur Villon	5 years on	08/20/17
Francisco Martinez	5 years on	09/04/17
Oscar Rodriguez	5 years on	09/06/17
Carlos Cabezas	5 years on	09/17/17



Flu Prevention Tips

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

- Centers for Disease Control and Prevention