

Hooked on Health

Fishing for Better Employee Health

Fourth Quarter
2017
Twentieth Edition

'Tis the Season – Be Proactive!

Five Ways to Cut Cold and Flu

Winter is here, and it is time for the annual battle of the bugs. You can bundle up against cold temperatures and snow, but what are the best ways to fight off colds and the flu? Here are a few tips to help you win that war:

1. WASH YOUR HANDS

Washing your hands is the single most important way to stop the spread of colds and flu. According to the Centers for Disease Control and Prevention (CDC), about 80% of infectious diseases are spread through touch alone. Germs get on your hands, and from there enter your body through the mouth and eyes. When you wash your hands, make sure to do it thoroughly. Scrub with soap and water for at least 20 seconds. Hand sanitizer containing at least 60% alcohol is a good substitute if soap and water are not available.

2. COVER UP WHEN YOU SNEEZE AND COUGH

Many of us were taught to cover our mouths and noses with our hands when sneezing and coughing; however, a better option is to use the crook of your elbow or a tissue when available. This way the germs won't get onto your hands and spread through contact with others.

3. DISINFECT OFTEN

Cold and flu germs can live on surfaces for hours. Disinfecting items like remote controls, doorknobs, table tops, keyboards, phones, and toys can kill the germs and stop them from spreading. Don't go overboard trying to disinfect every single household item because there is no way to keep your home completely sterile.

4. DON'T SHARE YOUR GERMS

Take steps to stop the spread of colds and flu at home and work. Stay home from work when you know you're sick. Your coworkers will thank you for not spreading germs through the confines of the office. The same goes for sending sick children to school. Keep them home. Do everyone a favor, and try to limit unnecessary contact with others. If you have the flu, be sure to stay home until you have been fever-free without medicine for at least 24 hours to avoid making others sick.

5. LIVE HEALTHY

Help yourself win the battle of the bug by eating healthy, getting a good night sleep, exercising, and reducing stress. These things can help strengthen your immune system and potentially make your body more capable of fighting off a cold or virus.

- Health Matters

A Great Exercise for You!

Squats are highly effective because not only will they hit every muscle group in the lower body as well as the core and muscles running up and down the back, but they'll get your heart rate up in a hurry.

This strength booster is also great for burning body fat and is one of the best ways to entirely reshape your lower body.



Milestones...

Congratulations!

We are very glad to have you on our team. Wishing you a very Happy Anniversary!

Jaime Betances 15 years on 10/21
Carlos Guzman 10 years on 12/10
Mike Zook 5 years on 12/18

Positive Quote

"Champions aren't made in gyms. Champions are made from something they have deep inside them, a desire, a dream, a vision. They have to have the skill and the will. But the will must be stronger than the skill." – Muhammad Ali

Healthy Living Tip

Have you laughed today? Researchers have found that laughter might just be the best medicine. Laughing reduces stress, lowers blood pressure, and boosts your immune system. It can even improve relationships. Take some moments each day to look at the lighter side of things and your mood and health will benefit.

Exercise Your Brain!

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