

RESULTS FOR LIFE

Monthly tips and topics for a healthier lifestyle

Workplace Wellness

The average adult is awake for 16 hours a day, amounting to 112 hours per week. Of those weekly hours, 40 to 60 are likely spent at work with an additional 10 committed to a commute.

With up to 62 percent of our time spent in the workplace and on related travel, it is important to create daily habits for balance. This month's newsletter and webinar provide practical tips to help you commit to your well-being, wherever the day may take you.

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Wellness on the Go

If you're a frequent traveler for business or pleasure, you *can* make wellness a priority. Read these three tips that can help you avoid some common challenges while traveling with only a bit of preparation.

1. **Know your non-negotiables.**
Traveling to a new destination without a routine can be stressful. To feel well on your trip, it's important to plan for the most important things you want to commit to. For starters, you may need at least seven hours of sleep each night, or a mid-day walk for fresh air to feel that you are functioning at your best – both physically and mentally. Once you've identified your wellness needs, review your trip itinerary and meeting schedule and ensure you've penciled in enough personal time to meet those needs.
2. **Make a plan for healthy eating on the go.**
Before your trip, think about how to make healthy food choices when dining out.

Fit Tip of the Month

"Deskercise"

If a mid-day slump starts to hit, try these easy and discreet workplace exercises for a quick pick-me-up!



1. **Desk Pushups** – Place both hands on desk, walk feet back to 45 degrees, lower body toward desk, and push yourself back up
2. **Book Press** – Take a heavy book and hold it overhead with both hands. Keep your elbows forward, slowly lower the book behind head to 90 degrees, and raise it back up
3. **Shoulder Blade Squeezes** – Pretend to squeeze a pencil between your shoulder blades, hold for 10 seconds before releasing
4. **Chair Squats** – Stand six inches in front of a chair, lower yourself down until rear touches the chair making sure that your knees do not extend past your toes, and slowly stand back up
5. **Calf Raises** – Stand with one hand on the back of a chair for balance, raise up on toes, hold 10 seconds, and then lower heels back down to floor
6. **Back Arch & Twist** - Raise arms overhead, stretch upward and gently bend backwards. Straighten and stretch side to side. Lower arms to your sides, slowly twist to one side and hold for

Research restaurant menus online and have a game plan for your order before you arrive. You can also use your meal plan to make a list of foods you want to seek out during catered lunches or continental breakfasts. Don't forget to pack your favorite snacks in your carry-on, such as instant oatmeal packets, a refillable water bottle, and whole-grain, fiber-rich granola bars so you'll have a nutritious option when in a pinch. Stay fully nourished and hydrated to help your body adjust to a new time zone and keep you energized throughout the day.

3. **Create a go-to fitness routine.**

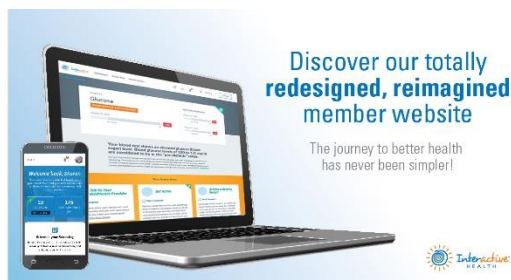
Download your favorite workout videos to your phone or computer before your trip or find a new fitness app that provides workouts. Commit to workout times like you would any other meetings. Add a resistance band, jump rope, and workout clothes to your packing list so that they aren't forgotten at home. If you prefer outdoor exercise, take advantage of exploring a new location by researching scenic running paths or sightseeing walking tours. You could even make your physical activity social by walking to a restaurant with your colleagues instead of driving.

By making strong commitments to yourself, you will boost your chances of having a healthy, enjoyable trip.

Jessica Moore, MPH

Resources: [Healthy Dining Finder](#), [TrailLink](#), [Interactive Health](#)

Have you seen your new wellness website?



We've taken the online wellness experience to a whole new level. Tap into a concierge-like web experience that will assist you on your journey to better health. Fresh, modern and easy-to-use, the website includes interactive guides, pin-able content, personalized action steps and much more!

Log on today at www.myinteractivehealth.com (or at your company-provided web link) to see more.

10 seconds. Repeat on the other side.

7. **Shoulder Shrugs and Rotations** – Raise shoulders towards ears, release, and then rotate shoulders forward and backward
8. **Neck Rotations** - Gently rotate neck in small circles, and then side to side by slowly lowering your ear toward each shoulder

Suzanne Toon MS, CPT

Health Coach

Resources: [American Council on Exercise](#)

Always consult your physician before beginning this or any exercise program. For more exercises or ideas, visit www.myinteractivehealth.com.

Preventive Focus: Eye Exams

When planning for your health, it's important to "keep an eye" on your vision health. Vision loss is one of the top 10 causes of disability in the United States, and early detection and treatment of eye disease is critical to prevent vision loss.

What can you do?

Schedule an eye exam.

Over 11 million Americans over the age of 12 need vision correction. An eye exam can help determine if you'll need contact lenses or glasses. Also, ask your eye doctor if you're due for a comprehensive dilated eye exam. This exam will check for diseases that may not have warning signs including glaucoma, diabetic eye disease, and age-related macular degeneration.

During the visit, inform the physician of your health history (as well as your family's) to help determine if you're at an increased risk. Contact your doctor if you have any changes in your vision, drainage from your eye, or eye pain.

Engage in healthy habits.

Engaging in everyday preventive actions can help to protect your eyes.

1. Eat a nutritious, balanced diet, including dark leafy greens and fish high in omega-3 fatty acids.
2. Maintain a healthy weight to reduce your risk of developing conditions, such as diabetes, that can increase your risk of eye disease.
3. Refrain from smoking, as it has been linked to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage.
4. Wear protective eyewear when playing sports or doing work around the house that may cause eye injury.
5. Prevent infection by washing your hands prior to taking care your contact lenses.

Leanna Rocks, RN, BSN

Health Management Specialist

Resources: [Interactive Health](#), [National Eye Institute](#), [Centers for Disease Control](#)



Be Well at Work

There can be a lot of competing priorities between meetings, projects and managing a full inbox at work. This webinar will explore healthy habits that when practiced regularly can contribute to less stress and more balance while at work (and even at home!).

Date: Thursday, April 20, 2017

Time: 12 pm - 12:45 pm (Central)

[Register Now](#)

After registering you will receive a confirmation email containing information about joining the webinar.

A recorded version of the webinar will be available for viewing within 7 business days on the [Interactive Health](#) member website.

Recipe of the Month

Southwest Mason Jar Salad

Having healthy lunches during the day doesn't have to take a ton of time. Plan your grocery list for the week on Sunday and prepare these salad jars for the week ahead.

Serving size: Makes 5 mason jar salads

Ingredients:

1 cup tomatoes, chopped
1 cup bell pepper, diced
½ cup red onion, chopped
1 cup yellow corn kernels
2 cups cooked chicken
8 cups romaine lettuce

Dressing:

2 limes, juiced
5 TB olive oil
1 TB agave syrup
Pinch of garlic powder
Pinch of salt
Pinch of cumin



Directions:

1. Wash and dry a large, wide mouth mason jar.
2. Combine all ingredients for the salad dressing in a small bowl and mix. Pour the dressing into the bottom of an empty mason jar.
3. Next, layer the ingredients for the salad in the jar in the order they are listed: tomatoes, bell pepper, red onion, yellow corn, chicken, and lettuce.
4. Screw on the lid and refrigerate.
5. When ready to eat, shake the jar to mix the salad ingredients and pour out onto a plate. Enjoy!

Nutritional Information per Serving

Calories: 317
Total Fat: 16.5g
Cholesterol: 52mg
Protein: 23g
Total Carbohydrates: 22g
Dietary Fiber: 5g
Sugars: 6g
Sodium: 126mg

Recipe created by:

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Registered Dietitian

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Wellness Works Hub

Stay up to date with the latest wellness news and trends with [Wellness Works Hub](#).

If you haven't visited lately, here's what you've missed:

[Five 'Risk Factors' Workplace Wellness Can Address](#)

"Healthcare Trends Institute offers five "Important Risk Factors" that workplace wellness programs can address."

[Exercise, Diet, Productivity: Where Does Your State Rank?](#)

"Gallup recently released its annual 'State of the States' poll that measures, among other factors, well-being in each state."

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.

