

Summer Fitness, Family Style

Exercising together as a family can help keep you strong physically and emotionally, especially when the activity involves fun in the sun.

Children and adults alike need daily exercise. To make it happen, plan. First, if you can, set aside at least 30 minutes 2 or 3 times a week for family exercise, perhaps after work or dinner. Discuss it as a family and list a variety of fitness activities and sports. Use your imagination:

- » Start in the backyard. Play badminton in pairs or singles. It's a fun way to keep moving for 1 to 2 hours.
- » Play catch, soccer or pool volleyball.
- » Most young children are delighted to simply walk hand in hand to the park with their grown-ups.
- » Be adventurous — plan exploratory hikes. Pack a map and a picnic; carry a bird or plant guide.
- » For a muscle workout, explore nearby waterways by canoe or kayak. A calm river or pond is good for beginners.
- » Walk or bike everywhere you can — nearby shops, a library, your kids' school or sports events.



An active childhood leads to lifetime habits of exercise and good health.

Just leave the TV, game console and smart devices behind and enjoy the outdoors.

Safety Corner: Road Construction Readiness

Take 10 precautions to stay safe in the zone.

Highway work zones are hazardous for motorists who drive through signs, barrels and lane changes; for workers who build, repair and maintain roads and bridges; and for emergency responders, cleanup, utility and demolition personnel. Follow these safety precautions:

- 1 Stay alert, minimize distractions and be patient.
- 2 Dedicate your full attention to the roadway. Avoid changing the radio station, using a mobile phone, eating, or other distractions that can affect your concentration.
- 3 Keep headlights on.
- 4 Pay attention to the road. Heed signs and watch brake lights on vehicles ahead. Keep an eye on traffic around you, and be prepared to react.
- 5 Be mindful of merging. Merge well before you reach the lane closure. And remember that traffic patterns can change daily.
- 6 Don't tailgate. Follow other vehicles at a safe distance.
- 7 Obey the posted speed limit. Workers may be present just feet away. Also, be aware that fines may be doubled for moving traffic violations in work zones. Be prepared to slow down further, depending on conditions.
- 8 Change lanes safely. Change lanes only where pavement markings indicate and only when traffic conditions permit.
- 9 Follow instructions from flaggers.
- 10 Expect the unexpected. Workers, work vehicles, or equipment may enter your lane without warning. Also, other vehicles may slow, stop or change lanes unexpectedly.

QuikRisk™ Assessment: How's Your Emotional Health?

By Eric Endlich, PhD

When was the last time you had a mental health checkup?
This quick assessment can help you get an idea of your emotional health.

Yes No When I consider this past month overall:

10	0	I have a good balance between work and play.
10	0	I have close, fulfilling relationships with others.
10	0	I feel able to handle the current stress in my life.
10	0	My life has a sense of meaning or purpose.
10	0	I feel good about myself.
10	0	I am able to adapt to change.
10	0	I feel content with my life.
10	0	My energy level is adequate most of the time.

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Medications: Rules for Safety

Medication errors are all too common. Misuse of medicine in the U.S. has led to nearly 700,000 emergency visits and 100,000 hospitalizations per year.

Keep a close watch on what you're taking:

Know what each drug does. When your health care provider prescribes a new medicine, *ask what it does and how it will help you.* Learn how to use it and what to expect. Read and save the information for every prescription or over-the-counter (OTC) medicine you use.

Regularly review all of your medications and supplements with your provider. Discuss any alcohol or tobacco use. They may affect your medicines.

Ask about side effects. Many medicines and dietary supplements produce some degree of side effects, which your provider and pharmacist should explain. Call your provider promptly if you have a serious reaction.

Keep a formal, updated medications record. Include prescription and OTC medicines, as well as any supplements or herbs you use. Review this record each time you meet with each of your providers or go to the hospital. Be sure what you get at the pharmacy matches what your provider ordered.

Shop smart if you buy medicine online. Buy only from (a) licensed pharmacies in the U.S. that (b) require your provider's prescription and (c) have a pharmacist available for questions. To locate safe and legal online pharmacies, go to fda.gov and search for **FDA BeSafeRx**.

Choosing Digital Fitness

Your new training partner?

Technology is a major force in America's pursuit of fitness. Mobile apps and wearable gauges offer versatile, convenient ways to pursue exercise and nutritional goals. For example, you can digitally:

- ✓ Track activity, calories, heart rate and other fitness goals.
- ✓ Compete and network with fellow exercisers via social media.
- ✓ Take streaming exercise, nutrition or weight-loss classes.
- ✓ Synchronize exercise with music on your smartphone.
- ✓ Burn up the miles with a smartphone cycling app with audio instructions.



Your primary goal in using any technology should be to spur you into action. Will it motivate you enough to change your health habits? You still need to exercise and eat nutritiously.

List the features you think will help you the most, such as a food tracker to lose weight, a diet plan with recipes or a fitness app with interactive coaching. Check app stores for ratings and customer reviews. Ask about product accuracy, interface and ease of use.

Check that exercise apps meet American College of Sports Medicine guidelines (acsm.org). Digital apps can potentially help improve your health, but they can't replace the knowledge of a medical, fitness or nutrition professional.

From Smoking to Extra Pounds?

Fear of gaining weight is often a barrier to quitting smoking and a major cause of relapse after quitting. And while some quitters lose weight, most gain a few pounds in the early months after quitting.

What causes the weight gain?

- ❖ Smoking suppresses appetite; smokers often eat less and weigh less than non-smokers.
- ❖ Without using tobacco, your appetite might increase so you eat more.
- ❖ Nicotine is a stimulant that increases the body's metabolism at rest; when you stop smoking, you may burn fewer calories, which can lead to weight gain.
- ❖ Nicotine cravings, boredom and stress can trigger overeating.

To keep your weight in check:

- 1 **Eat 4 to 5 small meals** and healthful snacks throughout your day for steady energy and appetite control.
- 2 **Avoid alcohol and sugary drinks**, which often contribute to weight gain. Options: sparkling water with citrus slices, and herbal tea.
- 3 **Exercise aids withdrawal.** Get up, do some chores or take a pleasant walk whenever you can.
- 4 **Sleep well.** Lack of sleep can lead to eating more and weight gain.
- 5 **See your health care provider for quitting advice.** There are several options for easing the effects of nicotine withdrawal.



Final thought: Take time to adjust to your lifestyle. Quitting is an important part of your future.

Conquer Fear of Public Speaking

People often say they are more afraid of public speaking than nearly anything else. You can learn to be a good public speaker with **preparation and practice**:

» **Visualize yourself giving a successful speech or presentation.** Imagine how the audience reacts, what you say, where you stand and how the venue looks.

» **Write down and memorize how you will open and close your speech, and create notes for the rest of it.** Memorize as much as you can and use bullet points or an outline to follow. This can reduce nervousness about speaking off the cuff or forgetting what you need to say.

» **Do a dry run.** Use your visuals, put on the clothes you plan to wear and stand in the right position. Make your rehearsals as realistic as possible.

» **Tell a personal story to ease your anxiety.** Find a way to relate the information to your own experiences, rather than simply imparting dry content.

» **Loosen up.** Breathing deeply and slowly before you begin speaking will help calm your mind. Stretching your arms, neck and chest will help expand your breathing and help you speak more naturally.

» **Pause to collect your thoughts.**

Experienced speakers build breaks into their speeches and presentations, so they have time to refocus.



TIP of the MONTH

Summer Berries

When summer berries are at their peak of freshness (and the best price), stock up and freeze some for the winter. It's easy: Rinse and dry berries, arrange them on parchment-lined baking sheets and freeze. Store frozen berries in containers labeled **freezer-safe** for up to 1 year. Enjoy with oatmeal, yogurt and more.



No Heat Required: Summer Meals

By Cara Rosenbloom, RD

You know those days when it's too hot to cook dinner? If the temperature is soaring, consider a nutritious supper without your stove. Here are some ideas:



Start with salad. Farm-fresh fruits and vegetables are abundant in the summer and are delicious without any heat required. Tomatoes, cucumbers, leafy greens, peppers, carrots and fresh herbs are available at grocery stores, farmers markets or from your own garden. They form the base for easy salads and side dishes. Round out the vegetables with no-cook protein options, such as canned tuna or salmon; canned chickpeas or lentils; nuts; seeds; cheese; or store-bought rotisserie chicken.

Take the heat off with cool carbs.

Instead of boiling pasta, potatoes or rice, consider ready-to-use corn tortillas, as well as whole-grain breads and crackers. Make simple sandwiches and wraps, or artfully combine crackers, cheese, olives, turkey breast and marinated vegetables for tapas.



Use appliances that don't heat up your kitchen — your freezer, for example.

Serve a frozen shrimp ring at room temperature or use in salads, fresh Vietnamese-style spring rolls or shrimp po'boy sandwiches. Whip up a cold watermelon soup or zesty gazpacho with a blender. And don't forget your can opener. A corn and black bean salad or a simple tuna sandwich is just a twist away.



With a little ingenuity, it's easy to eat well and keep your cool.

COOL CORN AND BLACK BEAN SALAD

easy | RECIPE
From Personal Best®

- 1 can (15 oz.) **no-salt-added black beans**, drained and rinsed
- 1 **mango**, peeled, pitted and diced
- 1 can (15 oz.) **no-salt-added corn niblets**, drained
- 1 **orange bell pepper**, seeded and diced
- 1 medium **tomato**, diced
- 2 **green onions**, chopped

- DRESSING:**
- ¼ cup fresh **lime juice**
 - ¼ cup **olive oil**
 - ½ tsp ground **cumin**
 - ¼ cup chopped fresh **cilantro**
 - ½ tsp **salt**

1. In a serving bowl, combine black beans, mango, corn, peppers, tomato and green onion.
2. Whisk together all dressing ingredients. Combine salad and dressing, and serve.

Makes 4 servings. Per serving:

297 calories | 9g protein | 15g total fat | 2g saturated fat | 10g mono fat | 3g poly fat
38g carbohydrate | 7g sugar | 9g fiber | 298mg sodium



Stay in Touch

Keep those questions and suggestions coming!

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Benefits News & Notes

Retirement Contribution

Retirement contribution for Public Employees Retirement System (PERS) for Plan 2 participants increased, please see chart below. Per standard practice, these rates are scheduled to begin on July 1, 2017 which is the beginning of the new fiscal year for Washington State. PERS Plan 2 participants will see this rate changes on their July 21, 2017 paycheck.

Contribution Rates Effective July 1, 2017 (Employer rates include 0.16% DRS administrative expense rate)				
Public Employees' Retirement System (PERS)	Plan 1		Plan 2	
	Current Rate	New Rate	Current Rate	New Rate
Member Contribution Rate	6.00%	6.00%	6.12%	7.38%
Employer Contribution Rate	11.18%	12.70%	11.18%	12.70%*

Employer rates for Plan 3 are the same as for Plan 2.

Open Enrollment for 2018 Benefits runs Monday, October 2 through Friday, October 27. Mark your calendar and look for more information in the fall!

Safety Corner: Towing Tips



Boating or camping this summer? Brush up on towing safely. Here are some tips.

Before you hit the road:

- » Check the hitch and connection to make sure it's secure. Make sure whatever you are towing is tightly fastened to the trailer.
- » Check the brake lights and signals to make sure they work on the trailer you are towing.
- » Practice maneuvering the trailer in an empty lot – especially turning and backing up.

On the road:

- » Stay aware of your trailer's clearance and plan your trip to avoid places where it can't fit.
- » Slow down. Since you're pulling a trailer, you'll want to decrease your speed, especially when turning. Accelerate slowly, too.
- » Give yourself more room to brake. Pulling a trailer means that you'll need a lot more time to slow down and more space to stop.

QuikRisk™ Assessment: How's Your Emotional Health?

➔ Continued from page 1.

What's your number? If your score was from **40 to 80**, you are more likely to be well-adjusted. If you scored **0 to 30**, think of some changes you can make to feel better.

Take positive steps: Spend quality time with others in person (not just via phone or computer), stay physically active, do something kind for someone, get enough sleep, learn meditation or relaxation techniques, and don't rely on alcohol or drugs to cope. If your score concerns you – or if you have warning signs such as moodiness or inability to enjoy activities – consider seeing a professional counselor or speak with your health care provider.

Just Drink More – Water, That Is

By Wellspring Family Services (EAP Provider)

Water really may be a secret weapon to keeping weight in check long term. According to research, people who took in too little water daily had a 50% higher risk for obesity compared to those who got enough water.



The researchers noted that the study "indicates hydration might impact weight, but it does not prove that." Explaining why water intake may be linked with a healthier weight was beyond the scope of the study.

Recommendations vary, but the Institute of Medicine suggests:

- 125 ounces of water daily for men.
- 91 ounces of water daily for women.

Heavier people need to get more fluids than slimmer ones, the study authors said.

In addition to drinking water, water also can be found in water-rich foods such as apples, celery, cucumbers, plums and watermelon, just to name a few.

Source: *Annals of Family Medicine*, July/August 2016, 14 (4)