

# The Wellness Exchange



A Publication of  
**BUSINESS HEALTH SERVICES™**

Solutions for a Healthier Workplace™

For more information call 1-800-765-3277 or visit [www.bhsonline.com](http://www.bhsonline.com)

## Planning For A Safe And Healthy Summer



Summertime is just around the corner! With children gearing up for summer vacation and adults taking time off, summer is ideal for leaving stress behind. But even fun in the sun comes with its share of cautions and consequences. To enjoy the season, it is important to be prepared (and sometimes reminded) of important safety tips.

### Sun Safety

While you're out enjoying the warm weather, don't forget to protect yourself and your children from summer's potential hazards.

Simple common sense can help prevent significant short and long term problems related to sun exposure.

- **Minimize your exposure** to the sun at peak times during the day.
- **Wear protective clothing** such as a hat and sunglasses.
- **Wear lighter colors** to keep you cooler. Darker colored clothing absorbs sunlight and makes you hotter.

Don't forget to maintain your body's balance by drinking enough cool, clear liquids (preferably water). Drinking enough water not only keeps your body cool, but will also keep you from dehydrating.

Keep in mind, it may be trendy to have a tan but the sun can have serious long term effects.

Remember to:

- **SLAP** on a hat
- **SLIP** on a T-shirt
- **SLOP** on sunscreen

This will prevent painful sunburn, guard against skin cancer, and reduce signs of aging skin.



### Water Safety

Water sports - swimming, wading, boating, and water skiing - are fun and exciting, but they can also be hazardous for people of all ages.

You can greatly reduce the chances of you and your children becoming a drowning victim or being injured if you follow a few simple safety tips.

1. Learn to swim
2. Never swim alone
3. Enter the water feet first
4. Be aware of the weather
5. Obey posted signs and warnings
6. Swim sober - alcohol and water don't mix!
7. Don't chew or eat while swimming
8. Don't float where you can't swim
9. Wear your life jacket!
10. Know how to prevent, recognize, and respond to emergencies

Your local American Red Cross, YMCA, or community college may offer courses in swimming, water safety, first aid, and/or CPR to help you prepare for a safe and healthy summer. For more information and resources, visit these sites:

[www.safekids.org](http://www.safekids.org)  
[www.aap.org](http://www.aap.org)

### Travel Safety

Many people are planning to travel by car this summer and it's important to take time to think about your trip, as well as certain driving safety tips.

Whether driving a few hours or taking day long trips, remember fatigue is a form of impairment that can result in a tragedy. **Rest stops are important.** A break keeps the driver alert by promoting blood circulation, makes the trip more pleasant for passengers and lets the vehicle cool down. Prior to your trip, consider getting your car serviced for the following:

- Get an oil change
- Check the cooling system
- Tires - check your tread, pressure, and spare tire
- Check all lights and signals

**Gas & Go!** With gas prices soaring, many travelers are trying to find ways to get the best gas mileage out of their vehicles. Here are a few suggestions:

**Drive sensibly.** Moderate driving practices can save you up to \$0.96 per gallon.

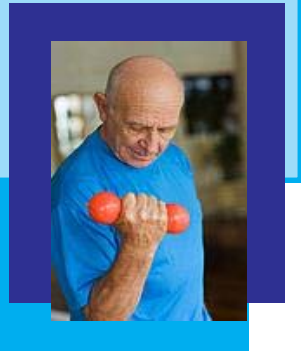
**Lower speeds save gas.** You could see substantial savings on long trips - up to 23%.

**Remove excess weight.** An extra 100 lbs could reduce your MPG by up to 2%.

Gas saving tips provided by  
FuelEconomy.gov

# June is Men's Health Month

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Men have some good reasons to start thinking about their health. Statistically men in America die several years younger than women and are at greater risk than women for many major health problems. Men in America are more likely to die of heart disease, strokes, most cancers, accidents, homicides, suicides and are in overall poorer health than women. Many of these health problems are avoidable by improving diet and exercise habits, but statistically men are less likely to practice healthy lifestyles than women.

There are cultural attitudes about men which increase their health risks. Acting on stereotypical beliefs that it's more "manly" to tough pain out, act recklessly, stifle emotions, and not ask for help are unhealthy - especially when combined with the typical American diet and lack of exercise. Adopting healthy behaviors and taking precautions can help men to live longer and with less complications. Try some of these tips!

## Eat Healthy



What you eat and drink and also what you do not eat and drink can certainly make a difference on your health. Try to get 7-9 servings of fruits and vegetables each day. Choose whole grains rather than white starches, and avoid foods that are high in saturated fat to reduce your risk for cancer and other chronic conditions.

What you eat and drink and also what you do not eat and drink

## Maintain a Healthy Weight

Obesity is an epidemic in America today and it may be getting worse. People who are overweight and obese are at a greater risk for heart disease, diabetes, and stroke. Eat better, get more exercise, and talk to your health care provider about a healthy weight for you.

## Get Regular Exercise

More than 50% of men and women in America do not get enough exercise. It is recommended that we get at least 30 minutes of moderate physical activity most days of the week. It does not take a lot of time or money but it does take commitment. Start by setting realistic goals and don't over do it. You can develop a routine or do something new each day. Keep it fun and diverse like dancing, hiking, biking, gardening, or swimming.

## Get Routine Exams and Screenings

Based on your age, health history and lifestyle, your health care provider can determine how often you need to be screened for certain diseases and conditions. These include high blood pressure, cholesterol, diabetes, sexually transmitted diseases, and cancer of the skin, colon, and prostate. Take advantage of free screenings provided by community resources in your area.



## Be Smoke Free

Complications associated with smoking tobacco include lung disease and cancer. Second hand smoke, the smoke you inhale from others, also affects your health. If you smoke, quit today! Helplines, programs, counseling, medications and other forms of support are available to help you quit.

## Manage Stress

Stress from home, work, and other situations can pose as a health threat, so protect your mental and physical health by engaging in activities that help you manage your stress. Assess your personal stress level and try to balance obligations to your family and your employer.

## Be Safe and Protect Yourself

Safety and protecting yourself entails fastening seat belts, applying sunscreen, wearing helmets, and having smoke detectors are some examples. It includes everything from washing your hands to watching your relationships. Men at work die most frequently from motor vehicle incidents, machine-related injuries, homicides, and falls. Take steps to protect yourself and others wherever you are.

## Be Good to Yourself

Health is not just the absence of disease, it is a lifestyle. It's important to take time and be good to yourself, so get a good amount of sleep, relax after a hard day, and regularly enjoy a hobby. Take steps to balance home, work and play, and make healthy living a part of your life!

## Did You Know?

- Men are 30% more likely to suffer a stroke than women.
- 85% of lung cancers in men are related to smoking.
- 1 in 3 men can expect to develop some major cardiovascular disease before the age of 60.
- Men who watch three or more hours of television a day are twice as likely to be obese as men who watch television for less than an hour.