

NEWSLETTER

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HEALTH OBSERVANCE IMMUNIZATION AWARENESS MONTH!

By Alex Sprenkle, Wellness Account Manager, CHES - Wellworks For You

In the middle of an ongoing pandemic, it is more relevant than ever to highlight the importance of vaccines during this Immunization Awareness Month. For anyone unclear on how vaccines work: think of it like a puzzle within your body! Each virus is a specific shape, and your antibodies fight viruses by becoming a specific matching shape to “close” and attack the virus before it can harm your body. So, what is the role of a vaccine when we have our immune systems and antibodies? Vaccines are inactive viruses or molecules that mimic the shape of a true virus. By introducing these mimics into our system, it allows our immune system and antibodies to practice fighting a specific virus, while not actually facing the threat or harm of it. That way when the real virus infects us, our bodies are already prepared and ready to protect us more effectively!

Throughout history vaccines have helped us eradicate diseases (like Smallpox, Polio, Rubella, and Measles) and have also drastically minimized the threat of changing viruses such as the flu. While we continue to face the Covid-19 pandemic together, take comfort knowing that scientists across the world are working to create an effective vaccine to help us address this risk as well. For more information on what vaccines may be recommended for you or your family, visit nfid.org/immunization/us-vaccination-recommendations/.

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Please Note: The Content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



END OF SUMMER HEALTH - PHYSICALS

Laura Greim, Wellworks For You Wellness Coordinator

A physical is a routine test that is completed by your Primary Care Physician (PCP), nurse practitioner, or physician assistant. Also referred to as a wellness check, physicals should be completed every year. This is a great chance to talk with your doctor directly about how you feel overall, as well as to discuss any health issues or concerns you may have.

Providing current and prior health issues, as well as a detailed family history, will allow your physician to establish the most effective treatment for you, both now and in the future. Plus, the more informed you are, the better the conversation you will be able to have with your doctor!

Maintaining an annual physical is a great way to develop a relationship with your doctor and can help to improve your overall quality of care. It is best to have a trusted health care provider that you see regularly and who has access to your health records. Having a health care provider that you are familiar with can also assist you with obtaining any necessary preventive care.

Depending on your insurance, your physical may be covered completely. It is always good to check with your insurance company regarding this coverage prior to scheduling your physical to see what, if any, costs will be associated with your annual physical.

Sources:

<https://www.healthline.com/health/physical-examination>

<https://www.dukehealth.org/blog/should-you-get-annual-physical>



HEALTH TIP CORNER

Maintain a Body Mass Index between 18.5 and 24.9.

Body mass index – or BMI – can be an indicator for your current health. If your BMI does not fall between the recommended scale you may be under or over-weight. Here are some tips to get to a healthy weight and BMI.

Get More Sleep

Watch Your Calories

Keep A Food Diary

Make Hydration Fun

Prep Your Meals

Become More Active

Sources:

<https://www.healthywomen.org/content/article/easy-ways-lower-your-body-mass-index>

CAMPING TIPS

By Laura Moore; Wellworks For You Preferred Team Senior Coordinator

Camping is an activity built for any scale of adventure from a first-timer making do in a cabin, or an avid through-hiker carrying a pack to set-up camp along the way. If you are preparing for your first camping experience, consider these tips and essential gear suggestions for your best experience!

Essential gear for outdoor tent camping:

TENT: Appropriately decide your tent choice based on the type of experience you are planning to have. The tent you choose to camp with may vary depending on your trip. If you are backpacking, you may want to consider a lighter compact tent. In other circumstances, you may want to slumber in a family-sized tent with compartments and rooms (yes those exist). Consult the experts at outdoor stores for advice if you are new to the camping world!

SLEEPING BAG: Did you know there are different sleeping bags for various expected temperatures? This is extremely important to consider when tent camping. Temperatures at night can be drastically different than daytime. Plan ahead by checking the weather at your camping destination.

SLEEPING PAD: A decent sleeping pad makes all the difference when sleeping outdoors. This is the air mattress of the wilderness! At the same time, a sleeping pad also helps regulate body temperature and keeps you warm and protected from the colder ground.

Other items to consider include, lighting, stove, cooler, utensils, and emergency equipment. Although, the most important thing you need to go camping, arguably, is a good attitude.



Did You Know? Camping can relieve stress and depression

You might think that camping and hiking trips are only good for your physical health, but they're also great for your mental and emotional well-being. When you raise your levels of oxygen, serotonin, and melatonin — which happens when you partake in outdoor physical activities — your stress level will automatically decrease.

Featured Recipe

LUNCH

Beef-Bulgur Stuffed Zucchini Boats

4 Servings

INGREDIENTS

- 4 medium zucchini
- 1 pound lean ground beef (90% lean)
- 1 large onion, finely chopped
- 1 small sweet red pepper, chopped
- 1 ½ cups tomato sauce
- ½ cup bulgur
- ¼ teaspoon pepper
- ½ cup salsa
- ½ cup shredded reduced-fat cheddar cheese

NUTRITION

Per serving: Each serving contains about 361 calories, 13g fat (6g saturated fat), 81mg cholesterol, 714mg sodium, 31g carbohydrate (9g sugars, 7g fiber), 32g protein

DIRECTIONS

1. Preheat oven to 350°. Cut each zucchini lengthwise in half. Scoop out pulp, leaving a 1/4-in. shell; chop pulp.
2. In a large skillet, cook beef, onion and red pepper over medium heat 6-8 minutes or until meat is no longer pink, breaking into crumbles; drain. Stir in tomato sauce, bulgur, pepper and zucchini pulp. Bring to a boil. Reduce heat; simmer, uncovered, 12-15 minutes or until bulgur is tender. Stir in salsa. Spoon into zucchini shells.
3. Place in a 13x9-in. baking dish coated with cooking spray. Bake, covered, 20 minutes. Sprinkle with cheese. Bake, uncovered, 10-15 minutes longer or until zucchini is tender and filling is heated through.



Source: www.tasteofhome.com