

# July Wellness Newsletter

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**WEBINAR:  
MAKING A LIFE  
WHILE MAKING A  
LIVING: WORK-  
LIFE BALANCE**

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## **LIVE WEBINAR: MAKING A LIFE WHILE MAKING A LIVING: WORK-LIFE BALANCE**

**Wed., July 31 @ 12-1 pm**

[Click here](#) to sign up with your name and email address.

Ever feel torn between work and fun time with the family? Do you have enough "me" time? Identify various ways to achieve balance with your personal, family, and work responsibilities. In this seminar participants will find answers that will allow them to be more effective and more satisfied with both their home and their work lives.



Competing demands will be identified, and an assessment on central life goals will contribute to an understanding of how to achieve improved work-life balance. You will learn to:

- Identify the sources that keep you out of balance
- Learn time management strategies for effectively managing multiple demands
- Explore the role of delegation and communication with others

A raffle for a \$25 gift card will be held for webinar participants.



## **SIMPLE STEPS TO HELP YOU EAT BETTER**

*Article courtesy of Anthem Blue Cross*

A sliced apple versus apple pie. If it were a healthy choice contest, fresh fruit would certainly win. But many of us may find it hard to resist that sweet treat. To help you eat better, try the following simple steps.

### **In Your Home**

Remember the old adage "out of sight, out of mind." It may work well for food. You may be less likely to eat something if you don't see it. And vice versa. So make healthy foods easy to consume. Here's how:

- Keep foods like fruit and vegetables in easy reach. Don't bury them in a refrigerator drawer. Place perishable produce on a center shelf, where it can easily be seen and picked up. You can apply the same idea to foods you store in cabinets.
- Dress it up. For healthy foods you can leave out on the counter, place them in an attractive bowl. They will be more tempting to eat.
- Cut it up. Sliced apples or baby carrots are easy to grab and snack on. Children especially like smaller bites.
- Store food only in the kitchen. One study found people who stored more food throughout their homes, such as an extra refrigerator, were more likely to be overweight or obese.



## EATING BETTER, CONT.

### At the Store

When you go grocery shopping, it's the best time to bring healthy food into your home. Perhaps your most handy tool: a shopping list. Research shows that people who use one tend to eat better and weigh less. Try these grocery shopping tips:

- Map out your meals for the week. Deciding what you want to eat in advance can help you create a more concise list.
- Use what you already have at home. Check your refrigerator, freezer, and cabinets for ingredients. You'll save money and time.
- Try some healthy recipes. Schedule easier meals for busy days. Reserve ones that take longer for days when you'll have more time to cook.
- Eat a healthy snack before shopping to help you stick to the list.

### At the Restaurant

It can be a challenge to eat healthy when dining out. Restaurants may not always list calorie counts and other nutritional information on their menus. Try these strategies:

- Scan the menu for healthier items. Some restaurants will mark which foods are low-fat or low-calorie. Generally, those that are grilled or steamed are better for you.
- Watch your portion size. Many eateries serve up big portions. Share an entrée with a friend, or eat half and take the rest home for later.
- Eat slowly. Your body will have more time to digest the food, so you will feel fuller sooner and eat less overall.
- Stay away from super-sized beverages. The sugar in soft drinks can add hundreds of unneeded calories to your meal.

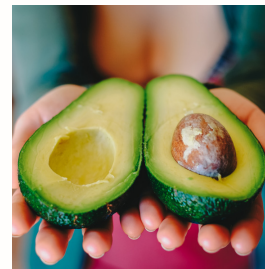
## HEALTHY LIFE TIPS

### ➔ Bug off!



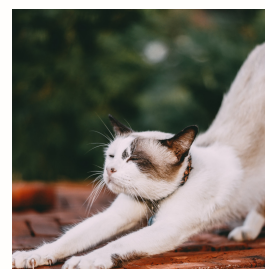
Mosquitos aren't just annoying—they are one of the deadliest animals on the planet! To protect yourself from these pesky insects, use mosquito repellent and wear light colored long-sleeved shirts and pants when possible.

### ➔ Feed your skin



Are you experiencing summer dry skin? Try avocado! Avocados are rich in monounsaturated fat and vitamin E, both of which promote healthy skin. You can eat them in salads, on sandwiches, or even in a smoothie!

### ➔ Stretch it out



Start a habit of doing some stretching exercises when you wake up. Studies show that it boosts circulation, kick-starts digestion, and can help to ease back pain.