

YOUR HEALTH = YOUR WEALTH



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Balanced Living: Making the Commitment

Balanced living means considering all aspects of your life: relationships, work, fitness and health, and emotional well-being.

We all get bogged down with work and family responsibilities from time to time, but making time for yourself is necessary so that you can keep up with all your responsibilities. All batteries get run down, even yours. So recharge your body physically and mentally and make the commitment to enjoy some "you time" every day.

Balanced Living: Boosting Happiness and Creativity

Being happy gives you a better outlook on life, so you're more prepared to tackle your tasks. Stress, on the other hand, can keep you from enjoying life and can have a negative impact on your health. Research also has shown that stress can stifle creativity. Make time to take care of yourself and indulge in creative outlets you enjoy to help with stress reduction:

- Schedule time each week to allow yourself to de-stress, and spend a few minutes on relaxation each day.
- Get up a few minutes early in the morning to savor a cup of coffee and some quiet time before everyone else wakes up.
- Make daily activities more fun or listen to new music or learn a new language while you commute to work.
- Devote time each week to a hobby you love or to learning a new one you've always wanted to try; art classes in particular are stimulating and rewarding.
- Instead of just sitting at your desk and gobbling down lunch while you keep working, spend your lunch hour doing things you enjoy, like going for a walk, taking an exercise break, or reading a book.
- Don't forget to laugh. It's great for your health and can help:
 - Alleviate stress
 - Fight off infections
 - Boost brain health
 - Lower blood pressure
 - Improve your mood
- Enjoy outdoor time, but remember your sunscreen.

Sunscreen, Sun block, Sunscreen, and More

There's a difference between sun blocks and sunscreens. True to their name, sun blocks prevent the sun from reaching your skin sunscreen.

If you've ever been a lifeguard, you're probably familiar with the sun-blocking agent zinc oxide, the creamy white coating that has saved many a nose from too much sun. Zinc oxide and its chemical cousin, titanium dioxide, are sun blocks because they reflect ultraviolet radiation away from the skin surface. Both are available in skin tones and fashion colors, while titanium dioxide is also available in a clear formula. These ingredients are used in some commercial lotions such as those labeled as "non-chemical" or "for sensitive skin." Sun blocks are highly effective in protecting against UVA and UVB rays.

Sunscreens, on the other hand, absorb rather than reflect UV radiation. In recent years, the most widely used sunscreen ingredients have included benzophenones, which protect against UVA, and cinnamates and salicylates, which protect against UVB. You'll see these ingredients listed as oxybenzone, octyl salicylate, or octyl methoxycinnamate, to name a few. A major drawback is that many of these ingredients break down after several hours when exposed to sunlight, which means that the sunscreens need to be reapplied to be effective.

When choosing a sunscreen, most people look at the product's sun protection factor (SPF) rating. The American Academy of Dermatology (AAD) recommends using sunscreen with an SPF rating of at least 15. People with fair skin or at high risk for skin cancer may want to go higher. The higher a sunscreen's SPF rating, the longer it protects against sun exposure.

But that's just part of the equation. The SPF rating only measures how well a sunscreen blocks or absorbs UVB rays. Therefore, the academy and federal public health agencies advise using a sunscreen that protects against both UVA and UVB rays. Products labeled "broad spectrum" often contain several different sun protection ingredients in order to cover the broadest possible range of UV radiation. But to what extent they do so is difficult to determine because there is no good method of measuring how well a sunscreen protects against UVA. It's an issue the FDA is grappling with in developing new sunscreen labeling regulations.



Easy Roasted Red Peppers

- 1 or 2 Red Peppers
- Olive Oil
- Garlic Powder(a few shakes)
- Barbeque Grill

Directions:

Place whole peppers on a barbeque grill until they have a "burnt" appearance. Quickly remove and place in a paper bag, covered bowl, or plastic bag to make airtight (for about 15 minutes). Peel off skin, cut lengthwise, and place in a bowl. Drizzle olive oil, shake garlic and mix together. Refrigerate overnight. Great on sandwiches, or as a side dish.