

WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

July 2018



Summer is a time for families to recharge, relax and appreciate warmer, longer days. With longer days and more sunlight, summer is the perfect time to reinforce healthy habits at home.

Here are five helpful strategies to help you and your family have your healthiest summer yet:

1. **Eat Well:** Take advantage of summer's fruit and veggie bounty. Bring your children to a local farmers market and encourage them to pick a new fruit or vegetable to try at your next meal!
2. **Get Moving:** Kids need at least 60 minutes of physical activity per day and adults need at least 30 minutes to stay healthy. Run, play, jump, skip, swim – the options for summertime fun and physical activity are endless, so ditch the screens for some fresh air!
3. **Drink Water:** High temperatures and lots of outdoor activity make it extra important to stay hydrated in summer. Even mild dehydration can cause tiredness, headaches, and lack of concentration. Listen to your body's needs and let thirst be your guide. If you feel thirsty, your body is telling you it needs more hydration and water is a natural, healthy and sugar-free way to stay hydrated.
4. **Stay Protected in the Sun:** Prolonged exposure to sunlight can increase your risk of skin cancer. Whether you're going for a short walk or spending a day at the beach, be smart and lather up! Choose a water-resistant, broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher to best protect yourself and your family from the sun's harmful rays.
5. **Be Food Safe:** Summer is a time for picnics and potlucks. Don't let food-borne illness ruin the festivities! Regularly wash hands with soap and water and separate cooking surfaces to keep raw seafood, meat and poultry away from fresh produce.



Looking for more ways to improve your family's health? Visit us at www.HealthierGeneration.org to learn more.

RECIPE OF THE MONTH

Red, White & Blue Chicken Salad

Source: [Smart Food Planner](#)



Impress your guests at your summer potluck with this quick, easy and yummy chicken salad!

Prep Time: 15 min

Serves: 8

Ingredients:

- ½ c. nonfat Greek yogurt
- ¼ c. light mayo
- 1 Tbs. honey Dijon mustard
- 1 rotisserie chicken, meat pulled from bone and shredded
- ½ small yellow onion, chopped
- ¼ c. dried cranberries or cherries
- ¼ c. dried blueberries
- Salt and pepper to taste

Directions:

1. Combine yogurt, mayo and honey Dijon mustard.
2. Fold dressing into shredded chicken.
3. Mix in onion, cranberries or cherries, and blueberries.
4. Salt and pepper to taste. Note: rotisserie chicken is usually slightly seasoned, so go easy on the additional salt and pepper – you may not even need it!

Summer Berry Fun – Tips & Tricks



Raspberries

How to pick: Raspberries don't ripen once picked, so choose plump, brightly colored berries. Skip berries with the hull still attached, a sign they were picked too early and might be sour. As with all berries, check for any juice or mold, which are signs of spoilage, in the container.

How to store: Fresh raspberries are fragile and highly perishable. Store raspberries in the refrigerator and use within 2 days. Gently wash just before using.

Strawberries

How to pick: Choose strawberries that are uniformly red and feel heavy for their size. Avoid those with spots of white or green or that are bruised or moldy. The leaves should be attached and should look fresh and green, not dried out.

How to store: Discard any strawberries that show signs of mold—it spreads quickly to other berries. Store strawberries in the refrigerator and wash them in cool water just before eating, leaving the leaves on until after the berries are washed.

Blueberries

How to pick: Choose plump and firm blueberries. Avoid those with signs of mold at the bottom of any packaging.

How to store: Cover and refrigerate blueberries. Eat them within 3 days.



Apps for Employee Well-Being

How happy and healthy are your employees? Do you know, or even care? According to a survey by Investors in People, more than half of workers feel their employers do not care about their health and wellbeing, leading many to consider looking for a new job.

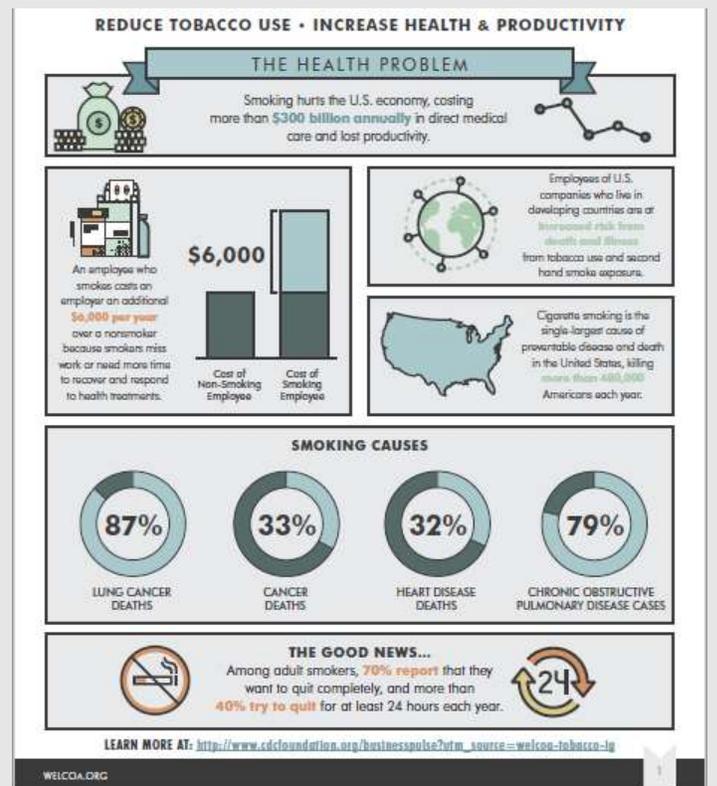
Apart from the problem of high employee attrition that this neglect can cause, how can you expect your employees to be at their best when they are physically or mentally worn out?

According to research from professional services firm Towers Watson, stressed employees take an average of 4.6 sick days per year compared to 2.6 days for employees who had low levels of stress.

Employee wellness is starting to be recognized as a key factor in any organization's success, with 78 percent of HR and benefits leaders reporting that wellbeing is a key component of their business strategy, but you can still do more.

One of the key ways to ensure that your workers' wellbeing is being taken care of is to invest in a cloud-based solution.

To read the entire article click here: <https://www.getapp.com/blog/top-employee-wellness-apps/>



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