

For Your Benefit

Wellness Newsletter



SUMMER 2018

Welcome
Summer!

*"If you are
not barefoot,
you are
overdressed."*

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Have a wellness tip, story, or other tidbit you would like to share? Contact the WCIF Wellness Coordinator!

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15 Little Ways to Enjoy the Summer When You're Trapped in the Office

As you've probably noticed, the good weather is arriving! And we're sure you've also noticed that your office is still operating as if it's not beautiful outside. You're stuck inside, staring at a stock image of a beach on your desktop background while your social media feeds get filled with photos of tropical getaways, summer Friday activities, and tan lines.

While you can definitely continue daydreaming of your next escape, you can also take matters into your own hands and learn to enjoy the season from indoors. While these tips and tricks won't land you that summer flow, they'll definitely help you scroll through Instagram without feeling (quite so) jealous.

1. Make fruit-infused water
2. Switch up your playlist with summertime favorites
3. Brighten your desk with some color to improve your mood
4. Plan a frozen treat happy hour
5. Lighten up with a new lamp to brighten your workspace
6. Incorporate some summer clothes into your wardrobe
7. Switch up your lunch with foods that remind you of summer
8. Get outside every day
9. Bring popsicles for your office friends
10. Buy a plant to bring the outdoors in
11. If possible, make your schedule more summer-friendly by scheduling meetings earlier in the week.
12. Use your lunch breaks differently by eating outside or going for a nice walk
13. Make summer Friday friends by meeting up for lunch with someone else who's stuck indoors
14. Change up your commute by either walking or biking to work
15. Bring summer sports to the office! Toss around a Frisbee in the parking lot or play a quick game of cornhole.

JUNE: MEN'S HEALTH MONTH



Men's Health is celebrated each year, the Friday before Father's Day.

Anchored by a Congressional health education program, Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

Recognition from the White House provides encouragement to men, boys, and their families around the globe.

Goal of Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe.

Get Involved

Healthier men live happier, longer lives. Visit MENSHEALTHRESOURCECENTER.com to search through the various disease categories to learn more about different health topics and what you need to know.

Learn what others have done to support Men's Health Month. Visit MENSHEALTHMONTH.org/thingstodo.html for more information.

An illustration of four stylized grey human figures holding hands, positioned at the bottom left of the page.

4.4

Men live 4.4 years less than Women.

11

The last 11 years will be in poor health.



WELLNESS TRENDS OF 2018

Collagen: Skin Care You Can Eat (and Drink)

Forget injecting collagen. The latest way to get the ingredient's skin-smoothing benefits is by ingesting it. Enter a crop of collagen-infused drinks, supplements and powders that all promise to rev up sluggish collagen production. Collagen powders and supplements are created from the bones and tendons of cows, pigs, fish and chicken, so this is not a trend for vegetarians.



One scoop of powder a day could reduce crow's-feet wrinkles by 40% after 12 weeks of consumption.



Consuming adaptogens can reduce stress, anxiety, and improve immune health.

Adaptogens: Herbs and Shrooms to Help Bust Stress

Adaptogens are a group of herbs and mushrooms that help protect your body against stress, whether physical, mental or emotional. The benefits and safety of adaptogens are backed by research, with studies showing they lower cortisol (your body's stress hormone) while fighting fatigue and sharpening your focus.

Activated Charcoal: Detox Your Body Inside and Out

Doctors have been using activated charcoal in emergency rooms for years to treat drug overdoses and poisonings. Why? Because it's ridiculously absorbent, soaking up toxins before they can make their way from your stomach into the rest of your body.



Adding activated charcoal to your diet may help reduce gas and unwanted bloating, and could make your hangover a little less painful.

Get Moving!



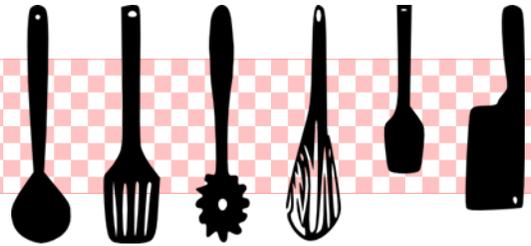
8 Tips for Exercising in Summer Heat

Summer is the perfect time to go outside and have fun. It's one of the best times of the year, because there are so many outdoor activities to choose from. Everything is more fun outside, whether you're swimming, running or cycling. But the summer heat can be a problem if you're not careful, particularly in areas with extreme heat and humidity.

Here are some things to keep in mind when it comes to exercising in the heat:

1. **The time of day is important.** Avoid exercising from 10am - 3pm—It's the hottest part of the day.
2. **Wear loose, light-colored clothing.** The lighter color will help reflect heat.
3. **Sunscreen is a must.** Use no less than 45 SPF. You can get burned even on cloudy days.
4. **Stay hydrated.** Before you go out, drink a glass of water. Also, carry water with you.
5. **Replenish your electrolyte and salt intake.** SUCCEED capsules are a good supplement.
6. **Choose shaded trails or pathways.** Helps to keep you out of the sun.
7. **Check the weather forecast.** If there's a heat advisory, you might want to take your workout indoors.
8. **Listen to your body.** Stop immediately if you're feeling dizzy, faint or nauseous.

Eat Well



Grilled Citrus Marinated Chicken Thighs

INGREDIENTS

2 1/2 to 3 pounds chicken thighs, bone-in and skin-on, trimmed of excess fat
Kosher salt
Freshly ground black pepper
1/4 to 1/3 cup vegetable oil
1 lemon, zested and juiced
1 orange, zested and juiced
1 lime, zested and juiced
Few dashes cayenne pepper
10 sprigs fresh thyme

Total Time: 55 minutes
Prep: 10 minutes
Inactive: 30 minutes
Cook: 15 minutes
Yield: About 6 servings
Level: Easy

HOW TO MAKE IT

Step 1
Season chicken thighs generously with salt and pepper. In a non-reactive baking dish large enough to hold all the chicken to marinate, whisk together the oil, citrus zests and juices, cayenne pepper and the thyme. Add the chicken thighs and turn to coat. Let marinade for at least 30 minutes or up to a couple hours in the refrigerator.

Step 2
Preheat the grill. Remove the chicken from marinade and let excess drip back into dish. Place chicken on the hot grill, without overcrowding the pieces. Grill until fully cooked through, turning occasionally, about 15 minutes total, depending on how hot your grill is. Serve immediately.

