

Healthy Minute

Take a Minute for Your Health



Prepared for you by

August 2019

Quick Tips for Staying Healthy This School Year



It's that time again... the new school year is here! Good nutrition, physical activity, relaxation, positive thinking, and laughter are all necessary elements to stay healthy this school year. The stress of the new school year is inevitable but it is important to remember to take care of your health. This month, learn more about the four (4) reasons why vaccinations are important, as well as three (3) tips for staying healthy in the new school year, including meal planning, finding creative ways to stay active and letting your mind and body rest/recharge. Complete the monthly quiz for a chance to win a \$25 gift card at: www.JHMBHealthconnect.com/health-spotlights.

August 2019 Wellness Events

It is time to start scheduling for Fall onsite events such as Flu Shot Clinics, Group Fitness Classes and Biometric Screenings. Fill out the 2019-20 WellPATH Service Request Form at www.surveymonkey.com/r/19_20FUSDServiceRequest and the WellPATH Program Manager, Jillian Gaytan, will review and finalize your event!

YouTube Video: Hydration Tips

This quick video covers some helpful tips to help you stay hydrated during these hot summer months. Check out the short video from Pinnacle Training Systems by visiting:

www.JHMBHealthconnect.com/monthly-webinars



Video Tip: Exercises for Lower Back Pain

How can you prevent or reduce lower back pain? Regular exercise that targets specific muscles can be the best medicine. Give it a try! Check out the short video from Kaiser Permanente online by visiting:

www.JHMBHealthconnect.com/monthly-webinars



Sharing a Love for Wellness

The WellPATH Program is focused on promoting health and wellness so when we received a request from the Education Center's group fitness class to continue offering circuit training throughout the summer months we were happy to oblige.



"We love Pinnacle's fitness classes and are so excited to have an Ed Center summer class. Not only are we getting fit together and keeping each other accountable, but the team building between sites/departments has been extremely valuable."
Sharon McGinnis, Executive Secretary

FREE August 2019 Webinar

Mastering the Business of Workplace Etiquette

Available All Month - No Registration Required

Presented by Claremont EAP

From basic manners to cultural differences and more, it's very difficult to succeed without a certain awareness of etiquette in the workplace and what we don't know can hurt us. During this lively session, we will identify common pitfalls and show you how to avoid them. We will also review strategies to help you shine and leave a lasting impression.



For more info: www.JHMBHealthconnect.com/monthly-webinars

The WellPATH Employee Wellness Program is a program of the Joint Health Management Board. Visit us on the web at www.JHMBHealthConnect.com or contact us at jhmbhealthconnect@yahoo.com.

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Nutritional Tip: Vitamins, Herbs, and Supplements

Many people think that just because a remedy is natural, it must be safe. But when something is strong enough to have an effect, it's also strong enough to have side effects — and possibly interact with other medications. The Natural Medicines Comprehensive Database provides information so you can make smart decisions about taking vitamins, herbs, and other supplements. The Natural Medicines Comprehensive Database gives you the tools to:

- Find safety and effectiveness updates for each product and ingredient
- Check for interactions between natural products and other medications
- Look for herbs and supplements with a “seal of approval”
- See whether a natural product is accepted to treat your condition.

Look up vitamins, herbs, and natural product and check for drug interactions at:
<http://naturaldatabaseconsumer.therapeuticresearch.com>



NOTE: Before using any new medication (including over-the-counter drugs, herbs, or supplements), it's a good idea to discuss its safety and effectiveness with your doctor or pharmacist. It's also important to find out how it will interact with any medication you're currently taking.

Emotional Health Tip: Migraines - Not Just a Regular Headache

Migraines are more than just bad headaches — they can sometimes be a sign of problems with your nervous system. People who get migraines usually have strong, throbbing pain on one side of their head. Most people feel the pain in their temples or behind their eye or ear. They can cause some people to see spots or flashing lights. Migraines can also cause upset stomach, vomiting and sensitivity to light and sound. Migraines can happen any time of day, though they often start in the morning. Review the more detailed flyer from Anthem Blue Cross for more details on what causes a migraine and how to stop/treat its debilitating conditions, available online at www.JHMBHealthConnect.com/resources-tips.



August 2019 Recipe Blueberry Banana Smoothie



Serving Size: 2
Calories: 200 (40 from fat)
Fat: 4.5g
Sodium: 55 mg
Carbohydrate: 36g
Fiber: 6g
Sugars: 23g
Protein: 10g

Ingredients

- 1 fresh or frozen banana, peeled and cut into 2-inch chunks
- 1 cup frozen or fresh blueberries
- 6 ounces nonfat plain yogurt
- 3/4 cup skim milk or unsweetened soy milk, rice milk or almond milk
- 1 tablespoon flaxseed meal
- 1 teaspoon agave nectar, or to taste
- 1/2 cup ice cubes, (optional)

Directions

Combine the banana, blueberries, milk, flaxseed, agave and ice in a blender, and purée until smooth. Pour into glasses and serve.

Source: <https://www.wholefoodsmarket.com/recipe/blueberry-banana-smoothie>