live well, work well

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Fit Physical Activity Into Your Routine

One of the best things you can do for your health is get regular physical activity. It can help you reduce your risk of disease, control your weight and reduce stress. However, exercising regularly is easier said than done. These tips can help you work physical activity into your daily routine.

At home:

- Clean the house, wash the car or do yard work, rather than hiring someone else to do it.
- Stand up or walk around while talking on the phone.
- Get the whole family involved! Play with your kids or plan family hikes, bike rides and other activities.
- Lift weights or do other exercises while watching television.
- Walk the dog or push your baby's stroller around the neighborhood.

At work:

- Take the stairs instead of the elevator.
- Walk over to someone's office rather than calling them.
- Take walks at lunch or break time and ask a coworker to join.
- Schedule walking meetings for short chats or brainstorm sessions.
- Join a company sports team.

On the go:

- Park in the back of parking lots to increase your walking time.
- Get off the bus one stop early and walk the rest of the way.
- Walk or bike to nearby destinations instead of driving.
- Make plans to do physical activities with friends, such as play tennis, hike, go swimming or join a recreation sports league.
- When golfing, walk instead of using a cart.

Save for Their Future

College may seem a long way off for your children, but the sooner you start saving, the more you'll be able to help your child fund his or her education. Consider these tips:

- Open a savings account the day your child is born.
- Put money away on a consistent basis, such as an automatic payroll deduction. Adjust this amount as your salary increases.
- Save windfalls such as tax refunds and bonuses.
- Ask other relatives to contribute in lieu of gifts.

DID YOU KNOW?

Saving just $50 a month beginning at your child's birth will yield $20,000 by age 17 (with a 7 percent return on your money).

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Protect Your Vision

Eye health can become an afterthought, particularly for people who have never had vision problems. However, getting regular eye exams and protecting your vision is important to help avoid eye conditions and discover problems early so you can seek proper treatment.

The most important step for maintaining eye health is getting regular eye exams. Often, people don't realize their vision has decreased and that glasses or contacts could help them see better. In addition, eye exams can help diagnose diseases such as glaucoma and diabetes, which may have no obvious symptoms. Don't forget to take your kids in for regular eye exams as well; vision problems can decrease performance at school and make daily activities harder for your child.

Other steps to protect your vision include always wearing sunglasses when out in the sun, wearing protective eyewear when performing dangerous work and resting eyes periodically when at a computer for extended periods of time.

Stress Relief at Work

Do you often feel stressed or overwhelmed at work? Strive to reduce your stress with these suggestions:

- Plan your tasks. Create a to-do list each day, set realistic deadlines for yourself and prioritize tasks by importance.
- Recognize when you're feeling stressed and address it. Take a short break and meditate, go for a quick walk, switch tasks or turn on some relaxing music.
- If a task or problem is overwhelming you, take a break and return to it later. Also consider asking for assistance, advice or tapping into other available resources.
- Consistently communicate with your manager about your workload and to clarify expectations and deadlines.
- Find healthy ways to cope with stress, such as physical activity, meditating, reading a book or chatting with a friend.

Banana Yogurt Shake

1-1/2 cup fat-free milk
4 small bananas, peeled
1 cup low-fat plain yogurt
1 tsp. vanilla
1/2 tsp. cinnamon
1/8 tsp. nutmeg
1 cup ice cubes

Combine all ingredients except ice cubes in blender; process until thick and creamy. Add ice cubes and process until smooth. Makes 4 servings (160 calories each).

Source: www.cdc.gov

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