



THE IMPORTANCE OF ROUTINES .

BY RACHEL SAVIEO

Regardless of whether a new school year affects you or not, the transition from summer to fall is a good time to take a look at your daily routine and see if any changes can be made to improve your well-being.

Routines can be the cornerstone of a healthy lifestyle, and they don't have to mean that your life is ordinary and boring. They can put you on the path toward achieving goals, being more productive, and having an overall sense of happiness and freedom.

Here are a few reasons why taking the time to establish a daily routine is beneficial:

- **Saves time:** Time is our most valuable asset. Having a plan for the day makes it easy to decide what to complete next, making you more productive. You may find that as tasks are completed efficiently, you have more free time for rest and relaxation.
- **Builds self-confidence:** As routine tasks are accomplished, you may develop a sense of pride that helps you gain other good habits.
- **Provides a sense of control:** There will always be things we can't control, but following a routine helps you focus on what is in your control and reduces stress and increases relaxation.

Source: Skilled at Life. skilledatlife.com/18-reasons-why-a-daily-routine-is-so-important/. Accessed 18 June 2018.

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Smart Facts

0 NOTIFICATIONS

can improve productivity and sleep when you turn them off for email and social media.

7 TO 9

hours is the amount of sleep recommended for adults age 18-64 by the National Sleep Foundation.

30 MINUTES

is the minimum amount of daily physical activity recommended by the Mayo Clinic.



PACKING HEALTHY LUNCHES .

BY RACHEL SAVIEO

When we think of packing a lunch, the first thing that may come to mind is school-aged kids; but there are numerous health and financial benefits of bringing a healthy lunch to work as adults.

Bringing your own lunch can help you avoid extra calories and maintain an overall healthy diet. Meals eaten out tend to be low in vegetables and high in calories, fat, salt, and sugar. It can be hard to resist the less healthy foods when you walk into a restaurant with tempting sights and smells, as well as marketing tricks to get you to order low-cost extras like sodas or chips. The portion sizes are also typically much larger than what you would prepare for yourself, which can contribute to a low-energy afternoon if the meal was large and unhealthy.

The financial benefits are also easy to point out. Since the average takeout or restaurant lunch costs around \$10, that can easily add up to \$200 per month, or \$2,400 per year. When you pack your lunch, consider rewarding yourself with an extra \$10 toward a favorite activity or item—this will add up quickly!

Regardless of these benefits, the reality of staying motivated to pack a lunch every day can be difficult. Here are a few tips to help you stay stocked up and energized in your daily lunch packing:

- Remember the why. Remind yourself often why you make the effort to pack a lunch, which will keep your goals top of mind.
- Make enough dinner for leftovers and pack them in a lunch container right after dinner and before cleaning up.
- Use Sunday as your lunch prep day. Prepare meals that can go in single-serve containers and last a few days. Consider soup, a salad with separately packaged toppings and dressing, or pasta with veggies.
- Have staples on hand that can easily be included with your lunch. Cooked chicken or hard-boiled eggs are great for adding protein to salads or other meals. Keeping almonds or walnuts on hand can also be helpful for days when you need an extra snack.

When you pack your lunch, it's easy to get stuck eating the same turkey sandwich and chips every day. Keep yourself from getting stuck in a rut by using websites, such as Pinterest, for ideas.

Sources: Huffington Post. huffingtonpost.com.au/2016/04/12/bringing-lunch-to-work_n_9675486.html. Accessed 19 June 2018.
The Kitchn. thekitchn.com/16-tips-for-eating-a-healthier-lunch-reader-intelligence-report-207655 Accessed 19 June 2018.



Bringing your own lunch can help you avoid extra calories and maintain an overall healthy diet.

YOUR HEALTHCARE GENERAL CONTRACTOR.

BY JOHN THOMAS

If you've ever been involved in a construction project, you know that a general contractor is essential to the process. They keep a "big-picture" view of your project, make sure problems are addressed quickly, and regularly check on progress. It's pretty much the same with a primary care provider.

Having a solid relationship with a primary care provider means you have someone you can see quickly when you're sick, not to mention they already know your overall health. You're also more likely to get an annual checkup and preventive care when you have one (which is free for most health plans). They can even give you access to specialist referrals.

The only thing a general contractor and a good primary care provider don't have in common is that a relationship with a primary care provider can be a matter of life and death. Research shows that people with access to primary care physicians have lower death rates for cancer, heart disease, and stroke; plus, they're less likely to be hospitalized. So, how do you get this kind of relationship working for you? Here are a few tips:

- **Find the right kind of doc.** "Primary care physicians" can mean different kinds of physicians: "Family Practice" and "General Practice" physicians usually treat people of any age; "Internal Medicine" doctors usually treat adults; OB/GYN physicians focus on women's health; pediatricians treat kids; and geriatricians treat older adults.
- **Get referrals.** Ask friends to refer you to primary care providers they like.
- **Check the network.** Your health insurance provider should have a "Find a Physician" or similar button on its website. Choose an in-network provider, or be prepared to pay more.
- **Be choosy.** If you don't have "good chemistry" with your doctor, change doctors.
- **Be prepared.** Before you see your doctor, write down everything you want to discuss so you don't forget. Also, take the prescription bottles for all the medicines you currently take.



August is National Immunization Awareness Month

Vaccinations play a vital role in preventing serious diseases and illnesses. That's why August is National Immunization Awareness Month (NIAM). It's an annual observance that highlights the importance of vaccinations for people of all ages. NIAM encourages people of all ages to make sure they are up to date on vaccinations recommended for them, and makes sure their children are vaccinated for school!

Source: CDC. cdc.gov/vaccines/events/niam.html. Accessed 18 June 2018.

HARVEST OF THE MONTH: CANTALOUPE

BY JENNA MEARS

While they are considered to be the most popular melon in the United States, cantaloupes actually get their name from the town of Cantalupo, Italy. Cantaloupes are part of the Cucurbitaceae family, which includes other melons, squash, cucumbers, pumpkins, and gourds. From June through August, these melons are at the peak of their flavor, and with approximately 100 calories per average-sized melon, this sweet fruit is a true summer favorite!

How to Select

Look for cantaloupe with prominent, cream colored ridges and select those free from bruising. The stem of a cantaloupe should be smooth and well rounded. When ripe, the stem will yield to light pressure. Another sign of a ripe melon is a sweet, musky aroma.

How to Store

Ripe melons should be refrigerated, but not frozen. It is best to not cut a cantaloupe until you are ready to eat it. Cut melon should be wrapped tightly with seeds intact to keep the flesh from drying out until it's ready to be eaten.



How to Prepare

Cantaloupe can be cut and eaten immediately at room temperature or chilled. It can be enjoyed on its own, added to a fruit salad, or used as a topping on yogurt! Cantaloupe can be a great appetizer if wrapped in prosciutto, too!

Sources: California Cantaloupe Advisory Board. cmrb.org/tips/. Accessed 18 June 2018.
The Humble Gardener. thehumblegardener.com/fun-facts-about-cantaloupe/. Accessed 19 June 2018.



Recipe: Cantaloupe Ice Pops

Ingredients:

1 small cantaloupe
 $\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup sugar
1 Tbsp finely slivered fresh mint leaves
 $\frac{1}{4}$ - $\frac{1}{3}$ cup lemon juice, depending on the sweetness of the melon

Directions:

1. Cut cantaloupe in half; remove and discard the seeds. Scoop out the flesh and transfer to a food processor. Puree until smooth; measure $1 \frac{1}{3}$ cups puree and transfer to a small bowl. (Reserve any remaining puree for another use, such as a smoothie.)
2. Pour water into a small saucepan, add sugar, and bring to a boil over high heat. Stir in mint and immediately remove from the heat. Let stand for 1 minute.
3. Stir the mint syrup and lemon juice into the cantaloupe puree. Pour the mixture into 8 individual popsicle molds or small (2-ounce) paper cups.
4. Freeze until beginning to set, about 1 hour. Insert frozen-treat sticks and freeze until completely firm. Dip the molds briefly in hot water before unmolding.

Nutrition Information:

PER SERVING: 45 calories, 0g fat, 1g fiber, 11g carbohydrates, 1g protein, 0mg cholesterol, 11g sugar, 10mg sodium; 159mg potassium

Source: Eating Well. eatingwell.com/recipe/248166/cantaloupe-ice-pops/. Accessed 18 June 2018.