



ACTIVE GETAWAYS FOR FAMILIES .

Sometimes getting away from it all means relaxing on a beach, floating in a pool, or swinging in a hammock. Other times, it means pedaling, paddling, backpacking, or pursuing other active fun.

If you're considering the more active option for your family this summer, don't assume you can just throw the bikes on the back of the van and expect everyone to be happy. A successful, active vacation requires planning. Here are some tips to consider:

- **Choose a destination that works for everyone.** If family members will join you, choose a destination everyone can get to conveniently and affordably.
- **Communicate options.** Let everyone know what you have in mind, and then let them chime in with ideas and preferences.
- **Find the right accommodations.** Choose accommodations that fulfill varied needs, including space for maximum togetherness, but also privacy for the alone time some people occasionally crave.

Source: <https://www.travelandleisure.com/trip-ideas/family-vacations/family-vacation-planning-tips>. Accessed 10 June 2019.

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- **Consider activities for everyone.** When planning activities, consider everyone's age and ability level. Don't plan for grueling hikes or bike rides if some family members aren't fit enough, or for long days in the saddle if little ones will join.
- **Do one really memorable thing together.** Don't expect everyone to spend every minute together, but do plan for at least one remarkable activity that gets everyone involved; for example, a rafting trip or a snorkeling adventure. It will create memories that will make the vacation memorable.
- **Be flexible.** Make a plan, but be ready to abandon it happily if something better comes along. Sometimes the best vacation moments are the spontaneous ones.

Smart Facts

7 HOURS

of physical activity a week decreases the chance of early death by 40%.

50%

of Americans exercise vigorously on a regular basis.

ONLY 10%

of people lose weight through diet alone.

Source: <https://www.thegoodbody.com/fitness-facts/>. Accessed 10 June 2019.



SUMMER FITNESS FOR ALL AGES .

As adults, we know we should stay as fit as possible for our own good, but we often fail to consider how our fitness might affect the young ones around us. The truth is, kids who are around physically active adults are more likely to be active themselves. So, your activity does good for more than just you.

And that good has a way of compounding: When kids participate in physical activity with their families, they not only get the benefits of better health, but they also learn things like teamwork, leadership skills, and quality decision-making.

The good news is that summer family fitness doesn't have to be a major undertaking. You can increase your family's activity and fitness level in a few fun and easy ways:

- **Take a walk.** Build a family walk into your day's activities a few times a week. Start out with easy rambles around the neighborhood, then pick up the pace and distance over time.
- **Dance!** Put on some music and get the whole family moving. It won't take long for the giggles to start, and everyone will forget they're actually exercising.
- **Pick a sport, any sport.** Have a designated "sports night" once a week and choose a different sport to try each time. Attempt sports you're not good at, and let the kids be the teachers. Make up sports. Anything to get everyone involved.
- **Do it for charity.** Sign up as a team for a charity run, walk, bike ride, or another event. Set a goal and train together. You'll not only get fit, you'll also benefit from having a shared goal and working toward it together, encouraging each other, and celebrating when you're done.
- **Walk the dog.** Research shows that dog owners have more fun losing weight and keep it off longer than non-dog owners. Don't have a dog? Let the kids pretend. They'll enjoy the game, and you'll get them walking in a new, fun way.
- **Break out the kid stuff.** Hula hoops, bounce houses, and other things we think of as "just for kids" can actually be great fitness tools for the whole family.



Kids who are around physically active adults are more likely to be fit themselves.

Remember: Anything that bumps up the heart rate is good for you and your family, and there's nothing wrong with having a few laughs while you're at it. So, break out the fun and get fit as a family. You'll get stronger individually, and as a family, too.

Sources: <http://www.henryfordlivewell.com/8-ideas-summer-family-fitness/>. Accessed 10 June 2019.
<https://amazingathletes.com/2018/07/10/8-fun-summer-family-fitness-ideas-get-moving/>. Accessed 10 June 2019.
<https://appliedsportpsych.org/resources/resources-for-parents/make-physical-activity-a-family-event/>. Accessed 10 June 2019.

QUALIFYING LIFE EVENTS CREATE OPPORTUNITIES.

We're all accustomed to thinking that the only time you can sign up for or make changes to health benefits is during the annual Open Enrollment season. Typically, that is the case; however, what's known as a Qualifying Life Event can open the door to changes any time of the year. Commonly referred to simply as a QLE, a Qualifying Life Event is exactly what it sounds like: a life event important enough to qualify you to make benefits changes.

QLEs might differ slightly from one benefits provider to another, but generally they include life events that substantially change your benefits status. Typically, these include:

- A change in eligibility (turning 26 and losing parental coverage, for example, or increasing or decreasing your income)
- A change in family status as a result of a marriage, divorce, separation, adding a dependent, or losing a family member
- A change in employment status, such as getting a new job or altering your employment terms (reducing your hours to part-time, for example)
- A long-distance relocation
- Mistakes in your plan enrollment

If you have experienced a Qualifying Life Event, you're likely eligible for a Special Enrollment Period (SEP), a window of time when you can make changes to your benefits enrollment.

This apparently happens more often than we think: A University of Minnesota study suggests that as many as 8 to 10 million Americans might be eligible for special enrollment periods each year, and an Urban Institute study estimated that fewer than 15 percent of consumers who are eligible for SEPs actually take advantage of the opportunity.

So, what should you do if you experience a QLE? First, decide whether you need to make changes to your benefits. Then, contact your HR representative or your benefits provider and tell them the situation. You might be asked to offer proof of the QLE, but usually notifying them and filling out paperwork is all it takes to open up a Special Enrollment Period. Then you can assess your options and chose the best benefits plan for your new situation.

Sources: <https://www.healthaffairs.org/doi/10.1377/hblog20160216.053180/full/>. Accessed 10 June 2019.
<https://www.healthcare.gov/glossary/qualifying-life-event/>. Accessed 10 June 2019.
<https://www.thebalance.com/what-is-a-qualifying-event-for-health-insurance-4174114>. Accessed 10 June 2019.



Fireworks Safety Month

You know Independence Day is approaching when you start to hear the pops, sizzles, and oohs and ahhs that accompany fireworks. Unfortunately, you might also hear sirens: Thousands of people are injured by fireworks every year. To ensure you enjoy your celebrations safely during Fireworks Safety Month, check out the safety precautions at <https://www.nfpa.org/Public-Education/By-topic/Seasonal-fires/Fireworks>.

Source: Fireworks: <https://www.nfpa.org/Public-Education/By-topic/Seasonal-fires/Fireworks>. Accessed 10 June 2019.

HARVEST OF THE MONTH: CORN

Corn is one of the world's most widely grown and used foods. It's actually the seed of a kind of grass native to Central America, but now it's grown in a wide range of varieties, colors and shapes on every continent except Antarctica. Here are some corn facts to chew on, with or without salt and butter:

- The average ear of corn has 800 kernels in 16 rows.
- Even ears that aren't "average" will always have an even number of rows.
- The world record for the tallest corn stalk is over 33 feet.
- It takes 91 gallons of water to produce one pound of corn.

Want to make sure you get the best corn when you're getting ready for a buttery meal? Here are some helpful tips for choosing corn:

- **First of all, dry is bad.** So, if the husks are dried out, bypass that corn for some that have a little moisture.
- **Look for unwanted guests.** Skip any ears with worm holes in the husks.
- **If things look good.** Squeeze the ear from the bottom up. It should feel solid and round with kernels that feel firm and filled out from one end to the other.



How to Store. Buy fresh corn as close to when you plan to use it as possible, and then store it in the refrigerator, tightly wrapped in plastic. For best results, use it within three days.

How to Prepare. After you husk the corn and pull off the silky threads, place it in a large pot of boiling salted water. Cover and let the water return to boiling, then turn off the heat and keep the pot covered. Serve after about 5 minutes. Any remaining ears can be kept warm in the water for another 10 minutes without becoming tough. Serve with butter and salt.

Sources: <https://aghires.com/corn-facts/>. Accessed 10 June 2019.

<https://www.epicurious.com/ingredients/how-to-buy-and-store-corn-on-the-cob-article>. Accessed 10 June 2019.

<https://www.epicurious.com/recipes/food/views/basic-method-for-cooking-corn-on-the-cob-40047>. Accessed 10 June 2019.



Recipe: Confetti Corn

Add color and zest to your corn with this summery harvest of flavor.

Ingredients:

2 tablespoons olive oil
½ cup chopped red onion
1 small orange bell pepper, diced to ½-inch pieces
2 tablespoons unsalted butter
Kernels cut from 5 ears yellow or white corn (4 cups)
1-½ teaspoons kosher salt
1 teaspoon freshly ground black pepper
2 tablespoons julienned fresh basil, minced fresh chives, and/or minced fresh parsley leaves

Directions:

1. Heat the olive oil over medium heat in a large sauté pan. Add the onion and sauté for 5 minutes, until the onion is soft. Stir in bell pepper and sauté for 2 more minutes.
2. Add the butter to the pan and allow it to melt. Over medium heat, add the corn, salt and pepper and cook, stirring occasionally, for 5 to 7 minutes, until the corn loses its starchiness. Season to taste, gently stir in basil or other green herbs, and serve hot.

Nutrition Information:

CALORIES: 157; SUGARS: 6G; SODIUM: 494MG; FAT: 9.5G (SATURATED 3G) PROTEIN: 3G; CARBS: 18G; FIBER: 2G; CHOLESTEROL: 10MG

Source: <https://www.foodnetwork.com/recipes/ina-garten/confetti-corn-recipe4-1948420#/>. Accessed 10 June 2019.