



Under Pressure

It's time to get that blood pressure checked! May is National High Blood Pressure Education Month. You may be able to control your blood pressure levels by following these guidelines:

- *Follow a healthy eating pattern* – Try drinking fat-free milk, choose lean cuts of meat, and opt to eat fruits and vegetables without dip or sauce.
- *Reduce sodium intake* – Buy reduced-sodium or “no salt added” versions of foods, and use herbs and spices as seasoning instead.
- *Maintain a healthy weight* – Losing even 10 pounds can lower your blood pressure.
- *Be physically active* – Start by walking at least 30 minutes a day; to make it easier, divide the 30 minutes into three shorter sessions of 10 minutes each.
- *Limit alcohol intake* – A moderate amount is considered 1 drink per day for women and 2 per day for men. A drink is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor.
- *Quit smoking* – Smoking injures the blood vessel walls and speeds up the hardening of the arteries.

Get Out of the Fast Lane!

Though fast food is inexpensive and easy when you are in a bind, it generally does not contain the nutrients and fuel you need to get through a busy day. Plus, fast foods are usually extremely high in fat. Think about this: If the average adult weighing 156 pounds goes to a business lunch and orders a deep fried onion as an appetizer, that adult will have to walk *25 miles* to burn off those 2,000+ calories. If you are going to eat fast food, consider these recommendations:

- Avoid fried foods, processed meats and desserts containing trans fat; select foods made with whole grains, fruits and vegetables instead.
- Do not order a combo meal or “up-size” your order; you probably won't eat that much anyway and will just spend excess money.
- Do not get sucked into going to a fast food restaurant just so your kids can play on the playground. Select a healthier place to dine and then go to the park to play.





Short on Cash?

Although it may be tempting to reduce or even stop your contribution to your 401(k) to free up some extra spending money, it's a bad idea in general. Keep in mind that it is better in the long run to continue contributing when the markets are down. Plus, if your employer has a 401(k) match, you are basically throwing free money out the window, which will come back to haunt you at retirement.

Don't Let Depression Get You Down!



Depression is the second-most common illness in the United States next to heart disease, yet it is often rarely discussed and treated. To treat depression, one must first identify its symptoms, which may include:

- o Sleeping excessively or not enough
- o Lacking an interest in activities once enjoyed
- o Feeling guilty and worthless
- o Experiencing fatigue

- o Lacking concentration
- o Decreased or increased appetite
- o Feelings of sadness for at least 2 weeks that interfere with daily life

If you or someone you know is experiencing these symptoms, contact a professional healthcare practitioner to obtain a medical exam. With a confirmed depression diagnosis, the right treatment will be found.

May 7 is National Anxiety Disorders Screening Day. For a free anxiety and/or depression screening, call (888) 442-2022 or visit www.freedomfromfear.org.



Ready for summer? This healthy and fun recipe is a delicious warm-weather treat for the entire family!

Fizzy Fruit

2 red grapefruits, halved and sectioned (also remove seeds)

1 pint strawberries, washed and cut up
1 bottle sparkling cider (25 oz.)

Orange, lemon or lime slices as garnish

Combine the grapefruit and strawberries and mix. Then scoop evenly into 6 goblets. Slowly pour the cider over the fruit until it is all covered. Add a slice of fruit as a garnish on the edge of the glass, and it's ready!

Serves 6 and includes 28% of the recommended daily value of Vitamin A, 187% of Vitamin C, and 10% of fiber.

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