

## Burn Those Calories!

Hate the thought of the treadmill? The stair-stepper? Or lifting weights? Well, good news: everyday things you do mindlessly may be just as good for you! Take these examples:

Activity	Calories burned in 30 minutes*
Washing the car	100
Chopping wood	215
Pulling weeds	180
Shoveling snow	225
Washing dishes	83
Walking up stairs	480
Mopping the floor	140
Ironing	75
Rearranging furniture	225
Carrying your small child	218
Window shopping/ browsing at a store	105



The following hobbies/leisure activities will also do your body some good:

Activity	Calories burned in 60 minutes*
Golfing (carrying clubs)	348
Dancing	219
Biking	292
Tennis	584
Bowling	153
Ice skating	511

\*Based on a 150-pound person.

Want to burn even more calories? Get a good night's sleep! Eight hours of rest per night can burn an extra 50 calories.



## My Achin' Back...

Back pain is one of the most common medical problems, affecting 8 out of 10 Americans at some point in their lives. Are you one of them? Try the following tips to help keep pain at bay:

- Maintain good posture – this includes while sitting down.
- Do not talk on the phone with it cradled between your ear and shoulder. It may be convenient, but it can stiffen your spinal joints.
- Regularly strengthen back, abdominal and leg muscles. You need not strive for rock-hard abs, but keeping the core muscles of your body strong will take pressure off your back and prevent injuries.
- When watching TV or taking a nap on the couch, do not use its arm as a pillow. The angle is too sharp.
- Warm up or stretch before anything physical, even gardening.
- Avoid high-heeled shoes.
- If already suffering from back pain, do not lie in bed for more than a day – it will make the pain worse.
- Quit smoking – it weakens blood flow.

If any back pain persists for more than 3 days, call your physician.



## I Need How Much?!

It's no secret that health care costs are rising, but have you given thought to how much you will need to have saved to cover medical expenses alone in your retirement? According to the Employee Benefit Research Institute:

- A 65-year old man retiring this year would need \$64,000 saved up just to have a 50 percent chance to cover all possible health expenses. A woman needs \$86,000. In order to have a 90 percent chance, a man needs \$122,000; a woman needs \$140,000. (The figures differ because of women's longer life expectancies.)
- A married couple retiring this year needs savings of \$154,000 to have a 50 percent chance of having enough to cover health expenses, or \$235,000 for a 90 percent chance.

Even more sobering, these numbers do not include long-term care. Let this be a lesson in why saving for retirement is so important!

*Source:* Employee Benefit News

## Backyard Safety

Summertime is outdoors time, and many of us spend it in our own backyards. However, as familiar as we may be with our homes, there may still be hazards lurking about. These suggestions will help you and your family have an injury-free summer:

- Regularly inspect your backyard swingset, treehouse, and/or play equipment for any sharp edges or loose parts, no matter how new they may be.
- Remove any poisonous plants that may be in your yard, such as poison ivy.
- Examine your entire yard for any hidden holes or deep depressions and

take action to correct them. Small children may fall into or trip over them.

- Scrutinize partially hidden areas of your house (like under eaves or windowsills) and tree branches for wasps' or bees' nests. Remove them safely.
- Stay hydrated, especially if it is very hot out. Make sure to take breaks to sit in the shade and drink some water.



And you'll now have an excuse to spend even more time in the yard! Try this delicious and speedy meal you can cook on the grill:

### Raspberry Chicken

- ½ cup raspberry jam
- 3 tablespoons Dijon mustard
- 1 tablespoon honey
- 6 boneless, skinless chicken breasts (thawed, if previously frozen)
- 1½ cups fresh raspberries
- White pepper

Spray the grill rack with vegetable oil. Mix the jam, honey, and mustard with a dash of pepper. Place the chicken on the grill, brushing them frequently with the mixture, until juices run clear. Cook time will be approximately 9 minutes per side. Throw away any remaining mixture. Sprinkle raspberries on top of the chicken before serving. Perfect with corn on the cob!

**Health and Wellness tips for your work, home and life – brought to you by the insurance and healthcare specialists at Corporate Health Systems, Inc.**