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We are Family

Did you know that who you spend time with can affect your waistline? According to a study by the *New England Journal of Medicine*, obesity can be “contagious.”

Percentage Increase in Your Risk of Obesity if You Have an Obese...

...Sister: **27%**

...Wife/Husband: **37%**

...Brother: **44%**

...Best Friend: **100%**

...Group of (Same Sex) Friends: **171%**

The authors of the study report that “[Americans] base our idea of an appropriate body size on people we trust.”

How can you buck this trend? Try spending time doing physical activity together – take the dog for a walk, play a game of volleyball, or go dancing. Your trusted family member or friend can also be a valuable support system if you both agree to stay fit together!



LIVE WELL, WORK WELL

Pack a Healthy Lunch!

National School Lunch Week is October 12-17. What does this signify? It means paying more attention to what your child eats for lunch on a daily basis. Sure, those prepackaged treats are convenient, but are you paying attention to their nutritional content?

So, what to put in your child's lunch? Try the following options:

- Mini boxes of raisins
- Baby carrots
- Cheese cubes or sticks
- Leftovers from dinner
- Yogurt
- Celery and peanut butter
- Use pita bread instead of regular sliced bread for a sandwich
- Deviled eggs
- Cherry tomatoes
- Bagels (look for whole grain or whole wheat)
- Cereal bars (make sure to check the sugar content)

No time to prepare lunches in the morning? Try doing it the night before!



School cafeterias are also getting progressively healthier, which is great news for your kids! According to the School Nutrition Association, 99 percent of school districts now offer fat-free or low fat-milk, 98.8 percent offer fresh fruits and vegetables, and 96.3 percent have whole grain items on the menu. Many schools offer their lunch menus ahead of time in the newspaper or online. Before you send your child to school with money in hand for lunch, check out the menu for the day and ensure it is the best choice.

These guidelines need not apply to just your child's lunch! Use these same principles when making your own lunch for work as well.

For more information on current events related to school nutrition, visit www.schoolnutrition.org.

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Watch Your Levels

You can better meet your goals for cardiovascular health if you know your blood pressure, body mass index (BMI), cholesterol and glucose levels. By familiarizing yourself with these, you can aim for specific numbers instead of the general idea to “get healthy.”

Blood Pressure

Normal blood pressure is below 120/80

Body Mass Index (BMI)

Underweight : Less than 18.5

Normal Weight : 18.5-24.9

Overweight : 25-29.9

Obese: 30 or higher

To find your BMI, visit www.nhlbisupport.com/bmi.

Cholesterol Levels

Triglyceride level categories are:

Normal: less than 150 mg/dL

Borderline-high: 150-199 mg/dL

High: 200-499 mg/dL

Very high: 500 mg/dL or higher

Glucose Levels: Hemoglobin A1c

7% is the upper limit of normal

Action should be taken if HbA1c is over 8%

These are general guidelines. Since individual needs vary, you are encouraged to bring these figures with you to your doctor and discuss what specific goals to set for yourself.

Source: National Business Group on Health



Timing is Everything

October 18-24, 2009, is designated as National Save for Retirement Week. This annual event is the first national effort established by Congress to raise public awareness about the importance of saving for retirement.

Did You Know...?

... Retirement can last for 30 years or more.

... Almost 1 in 3 retirees say they have no savings of any kind.

... The average amount paid monthly by the Social Security Administration in the form of benefit is only \$1,153.

If you put away as little as \$50 per month starting NOW, you can watch your savings grow:

Monthly Savings (6%)	5 Years	15 Years	20 Years
\$50	\$3,489	\$14,541	\$23,102
\$200	\$13,954	\$58,164	\$92,408
\$500	\$34,885	\$145,409	\$231,020

For more information, visit www.irs.gov.



Persimmon Perfection

What's a persimmon? It's a glossy orange-skinned fruit that's an excellent source of vitamins A and C, as well as fiber. It's also the Centers for Disease Control's "fruit of the month" for October! You can choose between Hachiyas, which are shaped like an acorn and tart, or the Fuyu variety, which look like a squashed tomato and taste sweeter. Both types are widely available now through December. Try this delicious salad to incorporate persimmons into your diet!

Persimmon and Apple Salad

- 1 tablespoon walnut pieces, toasted
- 2 tablespoon orange juice
- 1 tablespoon sherry vinegar
- 1 tablespoon olive oil
- 3 sweet variety apples, rinsed, cored and thinly sliced lengthwise
- 3 firm-ripe Fuyu persimmons, rinsed, stemmed and thinly sliced lengthwise

In a bowl, combine orange juice, vinegar and olive oil. Add apples, persimmons and walnuts; mix to coat.

Makes 6 servings; each serving equals ½ cup of fruit.
Nutritional information: 90 calories; 3 g fat; cholesterol 0 mg; fiber 3 mg; carbohydrates 16 g.

For more fun facts about persimmons, visit www.fruitsandveggiesmatter.gov.

