



Wellness at Work

July 2009
Volume 3 Issue 7

Healthsync, 330 N. Evergreen Rd Suite 2, Louisville, KY 40243
Healthsync@bellsouth.net (502) 244-6176

8 Great Family- Friendly Foods that Help Fight Cancer

Here are some favorite foods that pack enormous nutritional value and how to make them fun and tasty to eat.

INSIDE THIS ISSUE

- 1 Foods to Fight Cancer
- 2 Hypertension Basics
- 3 Starting a Company Wellness Program
- 3 Health Fact

1. Whole Grains

What to look for: whole grain breads, pastas, brown rice, etc.

How to make it: Quinoa crushed chicken fingers, whole grain pita personal pizza, oatmeal cookies, vegetable soup

2. Beans

What to look for: garbanzo, navy bean, kidney beans, lentils, etc.

How to make it: hummus (use whole grain pita or raw veggies for dipping), puree navy beans and add mashed potatoes, black bean nachos

3. Berries

What to look for: blueberries, strawberries, raspberries

How to make it: whole grain berry muffins, yogurt parfait

4. Tomatoes

What to look for: tomato sauce, tomato paste, tomato juice (cooking releases the cancer-fighting lycopene)

How to make it: pasta and pizza sauce, creamy tomato soup

5. Cruciferous Vegetables

What to look for: cabbage and the members of its family including cauliflower, broccoli, and brussels sprouts

*“Learn how to eat
“defensively.”*

*Accordingly to the
National Cancer Institute,
serious diseases are
linked in 3 out of 4
American deaths each
year. 35% of cancer
deaths could be
prevented through
improved nutrition..”*

July is National UV Safety Month

“A simple awareness program can help your employees avoid getting skin cancer and eye conditions that can lead to vision loss.”

We all know the importance of using sunscreen to protect our skin from the sun’s harmful rays, but what about protection for our eyes? Ultraviolet (UV) light—invisible can cause damage to your eyes that can lead to vision loss, such as cataracts and age-related macular degeneration. During the summer months the level of ultraviolet radiation is three times greater than in the winter, which is why it is important for people to protect themselves. Educating your employees on why they should and how they can protect themselves and their families now may help reduce the chance of them facing serious health concerns with high medical bills down the road.

HYPERTENSION BASICS

	Systolic Pressure	Diastolic Pressure
Normal	Less than 120	Less than 80
Prehypertension	120 - 139	80 - 89
Stage 1 Hypertension	140 - 159	90 - 99
Stage 2 Hypertension	160 or Higher	100 or Higher
American Heart Association	www.americanheart.org	(AHA)

For More Information on company wellness programs and how they may help your company, contact **Healthsync** today.

Healthsync
 330 N. Evergreen Rd.
 Louisville, KY 40243
 (502) 244-6176

Wellness at Work Pays Off

The average company that implements a wellness program sees a 4 to 1 return on investment. When companies add the increased productivity and decreased absenteeism, they often save more than \$500 per employee per year. Companies who are seeing 15% to 20% increases in health related costs each year should look at implementing wellness programs immediately to help stop this expensive trend. For more information about company wellness and productivity planning, call Ed Dyer at Healthsync.

Starting a Company Wellness Program

Many companies are faced with healthcare cost increases of 15% or more per year. In most cases, insurance premium rates are based on the health claims of the employee group. Leading companies throughout the country are getting a grip on their healthcare costs by starting wellness programs with their employees.

A wellness program that is well organized generally has a 5 to 1 return on investment, and can be implemented with very little disturbance in a company's workflow. Here are 4 major ingredients to a successful wellness program.

- * Get support from senior management for the wellness program
- * Collect data on the company and employees to set a baseline
- * Based on the data, set an action plan to reduce health risks and cost
- * Evaluate the success of your activities and change course as needed

Today, wellness programs are an important part of strategic planning. As healthcare costs eat up company profits, companies need to aggressively plan their financial defense.

“A wellness program that is well organized generally has a 5 to 1 return on investment . . . “

Foods that Help Fight Cancer (from Page 1)

6. Dark Green Leafy Vegetables

What to look for: spinach, romaine lettuce, swiss chard, kale, leaf lettuce

How to make it: use to wrap favorite cheese or chicken, chiffonade and toss into pasta or pizza sauce, toss into green smoothies

7. Grapes and Grape Juice

What to look for: red or purple grapes (the dark colored skin is the main source of nutrition)

How to make it: enjoy as is, frozen grapes are great summer treat (but can be a choking hazard for small children)

8. Walnuts

What to look for: whole, natural walnuts without additives or preservatives

How to make it: add walnuts and bananas to oatmeal, crush and toss into pastas and salads, mince and add to muffins and pancakes.

Health Fact:

Summertime is mosquito and tick time too. Mosquitoes carry West Nile virus. Ticks are carriers of Lyme disease. When you are hiking or camping, protect your skin from these diseases apply an insect repellent with DEET to skin.



Maintaining proper body weight has tremendous health benefits.