

LIVE WELL. WORK WELL.

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HEALTH & WELLBEING TIPS FOR YOUR WORK & LIFE

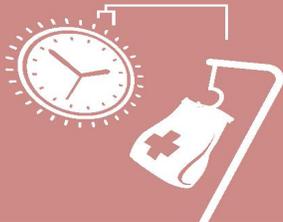
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Don't Forget; It's National Blood Donor Month

Winter is one of the most challenging times of the year to collect enough blood products and donations to meet patient needs. That's why National Blood Donor Month is celebrated every January.

This year's national health observance comes as the nation's blood supply has dropped to concerning levels and could delay essential blood and platelet transfusions. Blood donors of all blood types—particularly type O blood—are needed to give blood or platelets to help meet daily hospital demands.



Every **two seconds** someone in the United States needs blood, according to the American Red Cross.

It's vital to have plenty of blood banked to meet the demand. Blood is needed for surgeries, traumatic injuries, cancer treatment and chronic illnesses. On a daily basis, roughly 29,000 units of red blood cells, 5,000 units of platelets and 6,500 units of plasma are required. Blood and platelets cannot be made synthetically, making voluntary donations necessary.

The Benefits of Being a Blood Donor

This month, resolve to be a blood donor and consider the following health benefits of donating blood regularly:

- Health problems detection—Donated blood is tested to determine if any irregularities were found. You're also required to undergo a quick health screening before giving blood.
- Reduced heart disease risks—Donating can help eliminate any excess buildup of iron in the blood, lowering your risk for a heart attack.
- Mental health boost—Not only are there physical benefits of donating but volunteering to help others can release dopamine and help combat depression and increase your confidence.

Before you roll up your sleeve and commit to being a regular blood donor, check if you meet the American Red Cross' [requirements](#) to donate blood safely. Additionally, each state has its own requirements for the minimum age to donate. Talk to your doctor if you have questions.

BAKED LEMON CHICKEN

Makes: 5 servings

INGREDIENTS

3 ½ pounds chicken (skinned and cut into 10 pieces)

¼ teaspoon salt

¼ teaspoon pepper

1 ½ cloves of garlic (thinly sliced, or 1 tsp garlic powder)

4 teaspoons thyme sprigs (4 fresh sprigs, or 1 tsp dried thyme)

3 cups onion (thinly sliced)

1 ½ cups chicken stock (or water)

¼ cup lemon juice

1 lemon (sliced into 10 slices, seeds removed)

PREPARATIONS

1. Combine salt, pepper, garlic, and thyme.
2. Lay chicken pieces into a 11x13 baking pan. Sprinkle seasonings over chicken.
3. Combine onions, stock, and lemon juice in a sauce pan. Heat to a boil.
4. Pour hot lemon mixture around chicken. Top each chicken piece with a lemon slice.
5. Bake for 30 minutes at 400 degrees until golden brown and juices are clear colored.

Source: MyPlate

Starting a Realistic Exercise Routine

Regular exercise is a great way to take care of your body. The U.S. Department of Health and Human Services recommends that adults engage in moderate-intensity aerobic activity for at least 150 minutes each week and muscle-strengthening activities two times per week.

Many adults cite busy schedules as a reason regular exercise isn't feasible. However, getting enough exercise often comes down to prioritizing movement and getting creative with planning. Consider these tips to start a realistic routine:

- **Start sensibly.** Begin with short sessions and increase the time and difficulty. If you overdo it, you may experience muscle soreness and quit.
- **Choose a fun workout.** Find an activity you enjoy—or are good at—and incorporate it into your routine. You're more likely to stick with the workouts if you're having fun.
- **Move when your energy is the highest.** You may see the best results when working out during your peak hours. Some people also like to work out in the morning before other things come up during the day.
- **Schedule workouts.** Putting workouts on your calendar can help you commit to a routine. If you need to change the scheduled workout, reschedule it on your calendar immediately.

It may also help to work out with a friend or personal trainer to help you stay accountable. Before you start working out, visit your doctor for a checkup and to discuss your desire to incorporate more exercise into your daily routine.

Types of Exercise

There are so many ways to move your body, so knowing where to start may be overwhelming. Here are some common types of exercise:

				
Aerobic Any type of cardiovascular conditioning or "cardio" (e.g., running, jump roping and biking)	Bootcamp High-intensity circuits combining aerobic and strength exercises	Flexibility Stretching to aid in muscle recovery, your range of motion and injury prevention	High-intensity interval training (HIIT) Repetitions of short bursts of high- and low-intensity exercises	Strength training Weightlifting or resistance training to increase muscular strength and endurance

Rescue Your Skin This Winter

Taking care of your skin the right way can be difficult. The task can seem almost impossible to achieve when the temperature and humidity levels drop. Having dry skin may not seem like the most concerning health problem, but not treating dry skin can result in itchiness, cracked or painful skin, eczema and dermatitis.

This winter, you should limit how much hot water you expose your skin to as hot water rapidly dries out your skin. Additionally, you use minimal soap, and you should make sure that the soap you use is gentle on your skin. Finally, you should ensure you're properly moisturizing to keep your skin hydrated and healthy.

