

# LIVE WELL. WORK WELL.

JUNE  
2021

HEALTH & WELLBEING TIPS FOR YOUR WORK & LIFE

PRESENTED BY IRONWOOD, A MARSH & MCLENNAN AGENCY LLC COMPANY



## Outdoor Exercise Safety Tips

As we move into summer, many will want to exercise outdoors to stay active and get some fresh air. That's great news, as experts recommend at least 150 minutes of moderate aerobic activity each week. Working out in hot and humid weather can put extra stress on your body; however, there are simple precautions you can take to protect yourself.

In 2021, **50%** of gym members plan to run and do other outdoor activities instead of indoor activities.

Source: RunRepeat



### Workout Tips

By moving your workout outdoors, you can boost your mood and improve your concentration. Also, you don't need to stick to your own yard or neighborhood. Jogging trails, exercise parks, sports fields and stairs provide endless opportunities to switch up your workout. Keep in mind the following tips to safely exercise outside during the summer:

- **Avoid the hottest part of the day.** If possible, plan your workout before 10 a.m. or after 3 p.m. to dodge those strong sun rays.

- **Wear light-colored clothing.** Dark colors absorb the heat, while light colors will reflect the sun. Lightweight, loose-fitting, sweat-wicking fabrics help air circulate to keep you cooler.
- **Apply sunscreen.** Opt for a broad-spectrum sunscreen that's at least 30 SPF. Reapply every two hours, even if the label says it's sweatproof. Wearing a wide-brimmed hat can also protect your face, ears and neck from sun exposure.
- **Stay hydrated.** Drink water before you head out, and try to take sips every 15 minutes during your workout—whether you're thirsty or not.
- **Replenish electrolytes.** Sports drinks are specifically formulated to replace carbohydrate for fuel and electrolytes and fluid for fluid balance. Although there are foods that can help with electrolyte balance, consider your conditions and make sure you replace all three, especially when it is hot and humid.
- **Listen to your body.** If you feel dizzy, faint or nauseous, stop immediately. Sit down in the shade, drink fluids including water and ask for help if you need it.

Your body may need to adapt to outdoor workouts, so follow its lead and gradually pick up the pace or intensity. As always, talk to your doctor before you start a new exercise regimen.



## CUCUMBER BLUEBERRY SALAD

Makes: 4 servings

### VINAIGRETTE INGREDIENTS

- 1 ½ Tbsp. extra virgin olive oil
- 2 Tbsp. white balsamic vinegar
- 1 Tbsp. lime juice
- 1 tsp. sugar
- ¼ tsp. salt
- ⅛ tsp. black pepper

### SALAD INGREDIENTS

- 1 cup fresh blueberries
- 1 medium cucumber (chopped)
- 4 cups fresh arugula
- ¼ medium red onion (thinly sliced)
- ¼ cup reduced-fat feta cheese (crumbled)
- 2 Tbsp. walnuts (coarsely chopped)
- 4 slices whole-grain bread

### PREPARATIONS

1. Whisk together vinaigrette ingredients in a small bowl.
2. Mix together all salad ingredients, except bread, in a large bowl.
3. Add the vinaigrette to the salad—and toss to serve.
4. Toast bread, then cut each slice into four pieces.

## Health Benefits of Gardening

It's likely that you may already have a garden. According to the Garden Media Group, 16 million people started gardening during the pandemic.

As we enter the growing season, gardening is a great way to spend time outdoors—and get some exercise. The Centers for Disease Control and Prevention counts activities like raking and cutting grass as light to moderate exercise—while shoveling, digging and chopping wood are vigorous exercise.

In addition to physical activity, gardening may also:

- Increase vitamin D levels essential for body functions
- Boost self-esteem
- Improve mood
- Reduce stress and anxiety

Talk to your doctor to learn more about ways to manage your wellbeing.

## 5 Herbs to Grow Indoors

Not everyone has space for an outdoor garden, so consider keeping your kitchen supplied with fresh herbs year-round. The following herbs grow well on a windowsill:

- |         |          |      |
|---------|----------|------|
| Basil   | Cilantro | Mint |
| Parsley | Rosemary |      |



## 3 Ways to Snack Smartly

It's completely normal to snack during the day and snacking may help your energy levels stay consistent. Without planning though, it may be tempting to choose quick and easy options, which sometimes are less healthy. Keep the following three tips in mind to help you snack smartly during the workday at the office or at home.

- **Plan your snacks.** Think ahead so you don't grab unhealthy items. Plan your grocery list with your snack needs in mind.
- **Be mindful of portions.** Avoid eating directly out of the bag or original container, and portion your snacks before eating.
- **Choose healthy snacks.** Choose fruits, vegetables, whole grains and heart healthy fats to stay satisfied and full. Pass on the junk food since chips, candy and cookies might leave you feeling sluggish.

You might not have control over where you're working, but try to work away from the kitchen. Read [this article](#) to learn about dietitian nutritionist-approved snack options.



4401 Northside Parkway | Suite 800 | Atlanta, GA 30327 | [www.ironwoodins.com](http://www.ironwoodins.com)