



## Follow Healthy Habits to be in a Happier Mood

- Boost your happiness level by taking care of your body.
- Get 7-8 hours of sleep a night.
- Exercise every day with activities you enjoy.
- Limit refined carbohydrates like white starchy foods (white bread, rice, and crackers) and sugar (soda, candy, and junk foods). These foods can cause blood sugar spikes and drops, causing a short-lived burst of energy followed by a tired, cranky feeling.

*"A good laugh and a long sleep are the best cures in the doctor's book."*

*- Irish Proverb*

**Take a 10-15 minute walk to clear your mind and enjoy your surroundings.**

## Do the Work You Love and Work at Loving What You Do

**Spend time with coworkers you enjoy being with. Avoid people with negative attitudes.**

Enjoy using your skills and talents on the job, as well as during non-work hours.

Take pride in your accomplishments. Learn from setbacks.

Choose to be happy at work. Greet others with a smile.

*"It is the working man who is the happy man. It is the idle man who is the miserable man."*

*- Benjamin Franklin*

### March Monthly Observances

- Colorectal Cancer Awareness
- Nutrition Awareness
- Employee Appreciation Day (March 4th)

### April Monthly Observances

- Alcohol Awareness
- Parkinson's Diseases Awareness
- World Health Day (April 7)

### May Monthly Observances

- Arthritis Awareness
- Osteoporosis Awareness
- Physical Fitness & Sports
- Bike to Work Day (May 20th)
- World No Tobacco Day (May 31)

## Make the Promise to Get Screened for Colorectal Cancer

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided. So if you are 50 or older, start getting screened now.

Colorectal cancer affects both men and women. It is most often found in people 50 or older and risk increases with age. Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

People at high risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening and how often you should be tested. If you're 50 or older, getting a colorectal cancer screening test could save your life. Here's how:

- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find polyps, so they can be removed *before* they turn into cancer.
- Screening tests also can find colorectal cancer early. When it is found early, the chance of being cured is good.

Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. That is why having a screening test is so important.

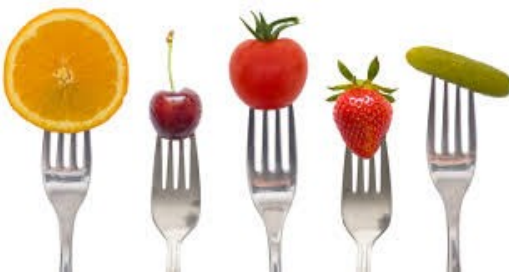
Several different screening tests can be used to find polyps or colorectal cancer. Each can be used alone but sometimes they are used in combination with each other. The U.S. Preventive Services Task Force (USPSTF) recommends colorectal cancer screening for men and women aged 50–75 using high-sensitivity fecal occult blood testing (FOBT), sigmoidoscopy, or colonoscopy. Talk to your doctor about which test or tests are right for you. The decision to be screened after age 75 should be made on an individual basis. If you are older than 75, ask your doctor if you should be screened.

Many insurance plans and Medicare help pay for colorectal cancer screening tests. Check with your plan to find out which tests are covered for you.

Learn more at [getscreenedsd.org](http://getscreenedsd.org)



**GETSCREENEDSD**  
Stop Colorectal Cancer.



## EASY WAYS TO EAT MORE FRUITS AND VEGETABLES AS PART OF A HEALTHY DIET

- Add fruit to your cereal, low-fat or fat-free yogurt, or oatmeal.
- Snack on fruit during the day. Grab an apple, banana, or some grapes on your way out the door.
- Eat a colorful salad at lunch. Try mixed greens with tomatoes, carrots, broccoli, and bell peppers.
- Make fruits and vegetables about half of your plate.
- Snack on raw veggies with a healthy low-fat or fat-free dip.
- Enjoy your favorite beans and peas. Add them to salads and low-fat dips.
- Eat at least two vegetables with dinner.
- Have fruit for dessert.

Visit [5ADay.gov](http://5ADay.gov)

To learn more on nutrition and the benefits of eating healthy, here are a variety of resources.

- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.nutrition.gov](http://www.nutrition.gov)
- [www.eatright.org](http://www.eatright.org)
- [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

## TAKE ON SOME VALUABLE NUTRIENTS

### FIBER

Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

**Excellent fruit and vegetable sources:** navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, artichokes

### FOLATE\*

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect. **Excellent fruit and vegetable sources:** black eyed peas, cooked spinach, great northern beans, asparagus

### POTASSIUM

Diets rich in potassium may help to maintain a healthy blood pressure. **Excellent fruit and vegetable sources:** sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice

### VITAMIN A

Vitamin A keeps eyes and skin healthy and helps to protect against infections. **Excellent fruit and vegetable sources:** sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage

### VITAMIN C

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. **Excellent fruit and vegetable sources:** red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

# EAT A VARIETY OF FRUITS AND VEGETABLES EVERY DAY.

## STEP IT UP!

Last September, the Surgeon General released a *Call to Action to Promote Walking and Walkable Communities*. The Surgeon General's Call to Action, *Step It Up!*, recognizes the importance of physical activity for people of all ages & abilities. It calls on Americans to be more physically active through walking and calls on the nation to better support walking and walkability. Each sector has a significant role in making our communities more walkable. **Worksites** can promote walking and walkable communities through the following strategies:

### 1. Promote worksite programs and policies that support walking and walkability.

- Provide access to facilities, locations, and programs to support walking.
- Use policies and incentives to encourage walking, such as flextime.
- Paid activity breaks or discounts for off-site exercise facilities.
- Establish walking clubs or competitions that encourage and motivate employees to meet individual or team goals.
- Engage in community planning efforts to make the communities around worksites more walkable.

### 2. Educate people about the benefits of safe walking and places to walk.

- Provide employees with tailored messages about walking in and around the worksite.
- Provide signs and maps to help people find safe places to walk and provide information on accessibility for people with mobility or other limitations.



Source: <http://www.surgeongeneral.gov/>

A blue-themed graphic for National Bike Month. On the left, it says "MAY IS BIKE MONTH" in large, bold letters. In the center, a person is riding a cargo bike with a speech bubble that says "I RIDE BECAUSE IT MAKES MY BUSINESS RUN BETTER." To the right, another person is riding a commuter bike with a speech bubble that says "I RIDE TO TURN MY COMMUTE INTO A WORKOUT." In the top right corner is the logo for "THE LEAGUE » NATIONAL BIKE MONTH". At the bottom, it says "#BIKEMONTH BIKELEAGUE.ORG/BIKEMONTH".

National Bike to Work Week 2016 will be held on May 16-20.

Bike to Work Day is May 20!

May is National Bike Month! Whether you bike to work or school; ride to save money or time; pump those pedals to preserve your health or the environment; or simply to explore your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride.

Source: <http://www.bikeleague.org/bikemonth>

## Back Pain at Work

Low-back pain is a leading cause of job-related disability and missed work in the United States. If you are experiencing work-related back pain, here are some back-protecting tips that may bring you relief:

**1. Lift wisely.** Take your time, get help when needed, use lifting devices, and alternate heavy lifting with less physically demanding tasks. Follow the rules of good posture while lifting:

- Place feet at least shoulder-width apart.
- Stand as close as possible to the object being lifted.
- Hold the object as close to your body as you can.
- Bend at the knees instead of the waist.
- Avoid twisting or bending forward when lifting and carrying.
- Tighten your stomach muscles when lifting and lowering.

**2. Avoid prolonged sitting and standing.** Walk and stretch hourly if possible.

**For sitters:** Place a rolled towel, small pillow or seat support behind your lower back.

**For standers:** Distribute weight evenly on both feet.

**3. Sit with good form.** Align ears with the shoulders and keep chin parallel to the floor. Avoid leaning to one side and bend at the hips instead of rounding shoulders when leaning forward. Choose a supportive swivel chair with the following features:

- Adjustable seat and arm rests.
- A seat that tilts forward.
- An adjustable back rest with a spring that moves with you.



**4. Modify your workspace to fit your needs.**

- Place your computer and other frequently used objects close to you.
- Avoid neck pain by using a headset or special phone adapter for phone calls.

**5. Make your health a priority and reduce your risk for back pain.**

- Lose a modest amount of weight. Even a small loss of 5–10% of your current body weight decreases stress on the muscles, ligaments, and joints in the back.
- Quit smoking. It's true, kicking the habit for good will help your back feel better.
- Exercise regularly. This is more effective than bed rest in helping to relieve and prevent chronic low-back pain. A quality exercise program includes aerobic activity, strength training, and stretching.

**6. Visit your health care provider if the above recommendations have not provided relief or you have concerns about your condition. Further testing and intervention may be necessary.**

Source: <http://www.acefitness.org/acefit/fitness-fact-article/3591/back-pain-at-work/>

### Additional resources on reducing back pain:

- [Pain-Free Lower Back](#)
- [Exercises to Reduce Low Back Pain](#)
- [Stretching Techniques](#)