



Wellbeing

Insights

Living a Better, More Vibrant Life



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National Breast Cancer Awareness Month

Awareness campaigns for breast cancer have gained momentum over the past several years with a great deal of attention in the media as well as the medical community... and rightfully so. One in eight women will be diagnosed with breast cancer in their lifetime. More than 40,000 people die of breast cancer each year. However, diagnosis, treatment

and survival rates have greatly improved over the past six decades. In fact, when detected in its early stages, the five-year survival rate for breast cancer is 98%! Survivors are speaking out with a clear message to continue to reduce the impact of this disease: **Know your risk, know your breasts and have a prevention plan.**

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Breast Cancer Awareness

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Know Your Risk

Along with increasing age and being female, these things put you at higher risk for breast cancer:

- Family history of ovarian or breast cancer
- High breast density on a mammogram
- Never having children or first child after 35
- 12 or younger at first period
- Current or recent use of birth control pills
- Not breastfeeding
- Alcohol and tobacco use
- Being overweight or sedentary
- Being Caucasian

Know Your Breasts

Perform a monthly self-breast exam one week after your period. Do not ignore these signs:

- A lump, hard knot or thickening inside the breast or underarm
- Swelling, warmth, redness or darkening of the breast
- Change in size or shape
- Dimpling or puckering of the skin
- Itching, scaly or sore nipples
- Nipple discharge
- New pain that is persistent

Know Your Prevention Plan

Early detection can save your life! Be sure to follow these guidelines:

- In your 20s and 30s, have a clinical breast exam at least every three years.
- Beginning at age 40, have a clinical breast exam and mammogram every year.
- Perform a breast self-exam every month. For instructions visit nationalbreastcancer.org/breast-self-exam.

“Don’t let what you CAN’T do interfere with what you CAN do.”

– John Wooden

App in a Snap



Candice Janco, CBIZ Account Manager, stays motivated to walk further, faster using MapMyWalk to compare her times.

Name: MapMyWalk
Price: Free
Focus: Physical Activity

October is sometimes referred to as Walktober; the pleasant weather entices us to start, or boost, a walking or fitness routine. Let MapMyWalk do the work by picking a route from their database or create your own. The app will be your companion with real-time updates on your time and distance traveled. After your walk, enjoy a comprehensive view of your trip, including the capability to save your route, estimate calories burned and compare your previous walks. If you are ready to step it up a notch, MapMyWalk has the functionality to track running, biking and other activities as well. This app is great tool for everyone from the casual walker who wants to try out a new route to the serious runner who needs to work on pacing for a race or beat yesterday’s time.

On the Menu

Pumpkin Patch

Pumpkin season is here and we are in the midst of a full-on flavor takeover! From your coffee to beer, your morning bagel to evening desert, you can find fall's favorite flavor in everything you eat! Although pumpkin spice is popular in many less-than-healthy options, you can feel good about adding pumpkin itself to your fall menu. Here's why:

- Pumpkin is great for heart health and cancer prevention.
- One cup provides 200% of your recommended daily intake of Vitamin A, offering a big boost for vision and immunity.

- Pumpkin is packed with fiber which helps keep you full longer and aids in digestion.

With benefits like these, pumpkins prove they are good for more than being carved and displayed on your doorstep. Canned pumpkin puree is a quick and easy solution for adding gourd goodness to your diet. Stir it into soup, oatmeal, yogurt, hummus or pasta sauce for a nutritional boost.

Using fresh pumpkin may be simpler than you think and brings with it a real nutritional powerhouse – the seeds. For fresh pumpkin puree, cut the top

off of your pumpkin and scoop out the guts and seeds. Pop it in the microwave for about six minutes and then scoop out the flesh. Whether you just made pumpkin puree or a jack-o-lantern, don't let those seeds go to waste. Clean them off and dry them with a paper towel. Spread onto a cookie sheet in a single layer, sprinkle with your favorite seasoning and roast for 20 minutes at 170 degrees.



Pumpkin Pie Smoothie



Ingredients:

- 1/2 banana
- 1/3 cup pumpkin puree
- 1/4 cup plain Greek yogurt
- 1 cup vanilla almond milk (or vanilla soy milk)
- A few shakes of pumpkin pie spice and/or cinnamon

Directions:

Combine all ingredients in a blender and blend until smooth. Serves 1.

Nutrition Info	
Per Serving	
Calories	175
Carbohydrates	25.8g
Sugar	14.7g
Fiber	4.9g
Protein	4.8g
Sodium	222 mg

Flu Shot Myth Buster

Myth #1: The flu vaccine can give you the flu. **BUSTED!**

Injected vaccines contain a dead virus, which cannot infect you. There are two simple explanations for flu-like symptoms after a flu shot:

1. The common cold and several other respiratory viruses are 'in season' the same time of year as the flu. People often mistake these bugs for the flu. If this happens shortly after vaccination, the flu shot ends up taking the blame.
2. It can take up to two weeks to get protection from a flu shot. If you are exposed to the influenza virus shortly before being vaccinated or during the two-week period after the vaccination, you may become ill. However, it is not a result of your flu shot; you may be the victim of bad luck!

Myth #2: The "stomach flu" is a form of influenza. **BUSTED!**

Getting a stomach virus is no picnic, but don't blame influenza. The real "flu" is a respiratory disease, not an intestinal or stomach disease. Nausea, vomiting and diarrhea can occur with the flu, but it is not common in adults. Fever and body aches are the hallmark symptoms of the flu.

Myth #3: You can catch the flu from going out in the cold with wet hair or without a coat. **BUSTED!**

Despite parents having drilled the opposite into our heads, the only way to catch the flu is exposure to the influenza virus. Flu season coincides with cold weather so many people falsely associate it with the flu.

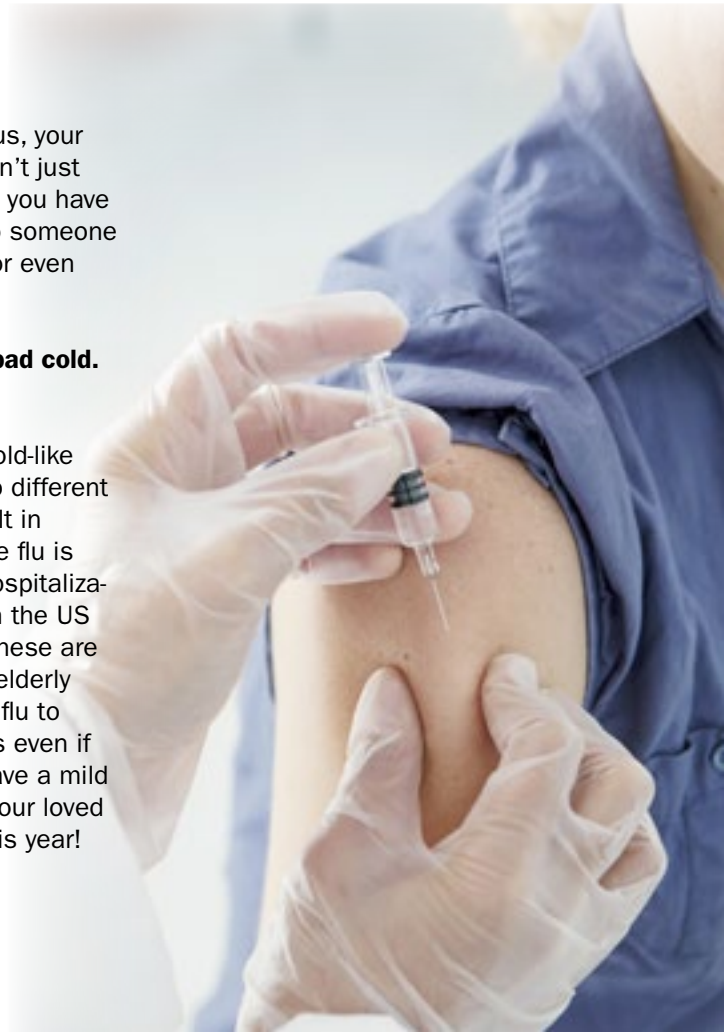
Myth #4: If you are young and healthy, you do not need a vaccine. **BUSTED!**

Even mild symptoms from the flu can negatively impact your work and social

life for a couple of days. Plus, your decision to get a flu shot isn't just about you; if you get the flu you have the potential to spread it to someone who could develop severe or even deadly illness.

Myth #5: The flu is just a bad cold. **BUSTED!**

The flu can cause severe cold-like symptoms, but they are two different illnesses. Colds rarely result in long-term damage, while the flu is responsible for 200,000 hospitalizations and 36,000 deaths in the US each year. The majority of these are among young children and elderly adults. You can spread the flu to these more vulnerable folks even if you feel fine or think you have a mild cold. Protect yourself and your loved ones and get vaccinated this year!



Pack Up Symptom Relief

You don't always know when a cold virus will strike, but when it does, it often brings runny nose, brain fog and misery. Prepare to beat symptoms and the lingering effects of a cold virus, such as low energy and dry lips, by packing up a cold prevention kit. Hopefully you won't need to tap into your kit this season, but it's almost certain it won't go to waste; a pack of tissues or lozenge might go a long way to soothing a nearby co-worker or friend who didn't escape the virus.

The following items are suggestions for your kit contents:

- Emergen-C packets
- Disposable thermometers
- Hand sanitizer packets or wipes

- Black or Green Tea
- Chapstick
- Throat/zinc lozenges
- Pocket tissues

If you haven't already, consider investing in a refillable water bottle. Getting enough water goes a long way towards a healthy immune system. Just remember to wash it often to kill off any germs that may be lingering.

And, one more prevention tip: Socialize, with hand sanitizer nearby of course. Studies show that people who have few human connections at home, at work and in the community are more likely to get sick than those who have more interactions with others.



Mindful Minute

Autumn brings a boundless supply of natural beauty, but it can be easy to get swept up in planning for the upcoming holiday season. This month's exercise, referred to as **natural observation**, is designed to connect us with the beauty of the natural environment by helping us slow down to observe the marvelous world around us.

Identify a natural thing near you such as a flower, a bug, a tree, a cloud or a stone. Spend a minute or two truly noticing this object.

Block out the other things happening around you and really look at the details as if you were seeing the object for the first time. Appreciate the role that it plays in the natural world.

This time of year lends itself perfectly to practicing natural observation. Not only will you find yourself noticing and appreciating things that are typically taken for granted, you may find nature to be a calming and centering force that helps you to cope better with everyday stressors. Try this technique as a way to elevate your brisk autumn walks by stopping at your favorite spot for a moment of mindfulness. Or, pick an object such as a tree that is in the distance and focus on it as you approach. Keep in mind you don't have to be outdoors for natural observation. It's a great way to connect with nature when you are stuck indoors; all you need is a window!



Trick or Treat!

Prevent Scary Accidents

From pretty princesses to terrifying goblins, costumes and scream-worthy décor don't always mix. Remember these tips for a safe night of haunting:

- To reduce fire hazards, consider using flashlights or glow sticks to light jack-o-lanterns instead of candles. If you do use candles, keep them away from curtains, walking paths and flammable decorations such as fake spider webs.
- If your spooky décor includes flashing or colored lights, startling props or a

fog machine, confine them to areas away from stairs or uneven sidewalks.

- If you or your child's costume calls for a mask be sure to check the visibility and fit first. It's a good idea to make sure that at least one adult in your trick-or-treating posse has an unobscured line of sight.
- Avoid costumes that drag on the ground and ensure properly fitting shoes in order to prevent tripping and entanglement.
- Only eat factory-wrapped candy.

Conquer the Candy Explosion

Once the face paint comes off and the spider webs come down we are left with a tempting mountain of candy. Use these tips to avoid a sustained sugar overload in the wake of the holiday excitement:

- Purchase candy the day of trick-or-treating to avoid temptation.
- Buy less than you think you will need and supplement with non-candy treats such as bouncy balls or bubbles. This will minimize the tempting leftovers.
- Purchase candy that you don't much care for.

- Before trick-or-treating, enjoy a nice healthy meal with your kids. Filling up on a nutritious meal will help you avoid over indulging on sweet treats at holiday parties.
- After trick-or-treating, make it a tradition to have your kids pick half of their candy to keep, and donate the rest to a food pantry or nearby children's hospital.



Top 10 Tips for Saving at the Grocery Store



1. Make a list and stick to it. This is the number one rule when grocery shopping. Use the weekly ad to help you plan budget-friendly meals for the week. ‘Browsing’ through a grocery store is a fast way to waste money. Know what you need; stick to your list.

2. Don’t shop hungry. Many people shop after work and before dinner, when they are beginning to get hungry. As most of us can attest to, this makes everything in the store look much more appealing and leads to impulse buys. Schedule time on the weekends to do your shopping, or plan to have a small snack before you head to the store after work.

3. Listen to upbeat music while you shop. You may notice the ambient music in your supermarket is slow and soothing, and it’s no accident. Listening to slow-paced tunes slows customers down and encourages them to buy more. Bring headphones and cue up your favorite workout mix to get you through the store faster and cheaper!

4. No need to fill your cart. Testing has shown that larger carts prompt more purchases. Grocery stores have taken note and the size of shopping carts is increasing. Use a basket instead of a cart when possible.

5. Don’t pay the grocery store to do your kitchen chores for you. Pre-cut fruits and veggies and other prepared foods cost more – convenience isn’t cheap. Shredding your own cheese and cutting your own fruits and veggies can save you some serious cash and doesn’t take as long as you might think if you schedule time for it after your trip to the store.

6. Eat seasonably. Not only does in-season produce taste infinitely better, it will save you cash! Out-of-season produce has to travel a long way and is often more difficult to grow when it is available locally – both are costs you will pay for.

7. Look beyond eye level. Grocery stores strategically place the priciest items, quite literally, right in front of your face. Take time to look at the top and bottom shelves for value brands.

8. Watch out for false bargains. End-of-the-aisle displays and promotions boasting ‘10 for \$10’ can lure shoppers into purchases by falsely depicting a ‘good deal.’ Just because an item is displayed at the end of the aisle does not mean that it is on sale. Similarly, items that are marked ‘10 for \$10’ or ‘3 for \$5’ don’t always represent a better deal. Think about the amount per item to decide if it’s really a bargain.

9. Buy a larger cut of meat. In many stores, you can purchase a large cut of meat and then take it to the butcher counter and have it prepared however you like. For example, you could buy one big roast and have them run half of it through the grinder for hamburger and keep the other half as a pot roast.

10. Check unit prices. The unit price will tell you the cost per ounce and will help you comparison shop if you are trying to decipher the better deal between two different sizes of the same product.

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