

# Wellness Newsletter

December 2013

## Don't Get the Flu ~ Don't Spread the Flu

The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, a flu vaccine protects against the three viruses that research suggests will be most common.

Everyone 6 months of age and older should get a flu vaccine as soon as the current season's vaccines are available. Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.

**The single best way to prevent seasonal flu is to get vaccinated each year**, but there are other steps you can take to prevent the flu. Here are six tips to remember during flu season:

### 1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### 2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

### 3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

### 4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

### 5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### 6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

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For more information on the flu vaccine please go to <http://www.cdc.gov/flu/protect/vaccine/index.htm>.

Source: [www.cdc.gov](http://www.cdc.gov)

# One Simple Decision, Don't Drink and Drive ❄️

December is National Drunk and Drugged Driving Prevention Month. Every 45 minutes, someone in the United States is killed from an alcohol-related automobile accident, which translates to 32% of all traffic deaths.

Ideally, if you are driving, you simply should not drink period, or have a designated driver. But if you have had a drink, before you hit the road, check your blood alcohol content and see if you are legally intoxicated and potentially in danger of a car accident. Your Blood Alcohol Content (BAC) determines the concentration of alcohol in your blood, measured as mass per volume. Each state has its own legal limits concerning BACs-you need to know if you are in violation of your state's laws. Use the BAC Calculator link below, to calculate your blood alcohol levels. You could just be saving lives-yours and those of others on the road.

<http://bloodalcoholcalculator.org/>

## Fact: Holiday Weight Gain

Contrary to popular belief, most people only gain about one to two pounds over the holidays.

The bad news? Most people don't ever lose that extra weight. It may stick with them for a lifetime.



Source: [www.webmd.com](http://www.webmd.com)

## Give Yourself a Gift...Be Holiday Healthy ❄️

Although we may not all gain weight over the holidays, there is no question we tend to eat and drink more -- and exercise less. With the hustle and bustle of holiday shopping, parties and festive traditions, healthy eating and exercise are usually the first things to go.

No one wants to be on a strict diet during the holidays. If you have been trying to lose weight, when mid-November rolls around, shift your focus from weight loss to weight maintenance. Wait until the New Year to get back on track with your weight loss plan.

Second, if you are the host of dinners and parties, trim calories wherever you can without compromising tradition or flavor. You'll be helping everyone! Here are some tips to lighten up your holiday meals.

- ◇ Plan your menu to include plenty of fruits, vegetables, lean meats, seafood, whole grains, and low-fat dairy. To shave calories, go easy when adding nuts, cheese, cream sauces, gravy, butter, and whipped cream.
- ◇ Appetizers tend to be loaded with calories. And it is so easy to over eat them before the meal. For tempting yet healthy appetizers, offer shrimp cocktails, whole-grain crackers with reduced-fat cheese, vegetables with a low-fat yogurt dip, or fresh fruit skewers.
- ◇ Simple swaps...use chicken stock, fat-free yogurt, light cream cheese, and low-fat milk in place of high-fat ingredients. Substitute non-fat yogurt or applesauce for oil in baked goods.
- ◇ Roasting or grilling meat, seafood, vegetables and potatoes, is a simple, low-calorie cooking style that brings out the natural flavor of your food.
- ◇ Dessert can be light and healthy by serving chocolate covered strawberries.

## Crab Salad in Endive Leaves ❄️

### Ingredients

4 tablespoons white wine vinegar  
2 tablespoons Dijon mustard  
1 teaspoon dried oregano  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper

2/3 cup extra-virgin olive oil  
24 ounces crabmeat, drained, pick through for shells  
6 heads Belgian endive, trimmed and separated  
Chopped fresh chives, for garnish

Source: [www.foodnetwork.com](http://www.foodnetwork.com)



### Directions

Whisk the vinegar, mustard, oregano, salt and pepper in a large bowl to blend. Gradually whisk in the oil. Add the crabmeat and toss gently to coat. Arrange the endive spears on a platter. Spoon the crabmeat atop the endive spears. Sprinkle with chives and serve.

Happy Healthy Holidays