

August 2nd is  
Friendship Day.  
Be a good friend.

# B. INFORMED

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**B. FRIENDLY** It is often said that if you have many friends, then you must be a good friend. What does being a good friend look like? If you envision your life as a ship, and want your ship to sail, every friend on your ship would have a job, be it small or great. Some friends are merely on the ship to say “Good morning, what a great day!” Other friends actually help you navigate the oceans of life, hoist the sails and make the ship run smoother. As you go through the days ahead, ask yourself this question: Are you a friend that helps the ship sail, or are you an anchor?



**B. ACTIVE** Have you heard the term core training? Most people, including trainers, think core training is just about abdominal muscles. Core training involves more than just doing set after set of crunches. In fact, crunches would not be considered core training by most experts. Core training allows us to move in a rotating motion effectively and safely. It's important to include many other muscle groups when “core” training.

**B. SAFE** August is a month when many of us take vacations. Here are some quick tips to keep you and your home safe:

## YOU

- Have ready access to your medical records
- Keep your insurance cards and ID's with you
- Give copies of this information to a trusted family member
- Have the contact information for your credit cards and bank available in case you need to cancel them
- If driving, make sure your car is in good repair
- Check to make sure your health insurance and car insurance cover you at your vacation destination



*“Life is not merely  
to be alive, but to  
be well.”*

*Marcus Valerius Martial*

## YOUR HOME

- Postpone mail and newspaper delivery
- Turn off your water
- Set lights on a timer
- Let local police know you will be on vacation and ask them to check your house
- Have a friend check your house daily



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## Mark My Words

### Question:

*I normally eat lunch around 12:30, but around 3:00 I tend to feel a bit tired and sleepy. What's going on? Is it what I am eating?*  
Adam Z.

### Answer:

Adam, a few things could be happening. First, I would check into your sleep habits and make sure you are getting plenty of rest. Most people need 7-8 hours of sleep each night. Next, I would look at your eating habits. Did you eat breakfast and what did you have? How much caffeine and sugar are you consuming? In a previous newsletter, I recommended eating a lunch that includes protein and eating the protein first. It may help keep you alert in the afternoons. Quality lean proteins include skinless chicken breast, fish and skinless turkey breast. Beans are also a good source of protein. Ask your butcher for the leanest cuts of red meat. Remember that a serving of protein is generally 3-4 ounces, or the size of a deck of playing cards.



## B. NUTRITIOUS

If you keep healthy items on hand, it will be easy to make quick meals before heading out for the day

or going to an evening event. Try this one:

- 4 cups mixed salad greens
- 2 tomatoes - diced
- 1 avocado - cut in half, remove the pit, carefully dice the insides, then scoop out
- Approximately 8 ounces of grilled chicken, cut into strips
- 3 stalks green onion, 1 red pepper, 1 green pepper- diced
- 1 bunch of steamed broccoli
- 2 red potatoes - cut into 1 inch cubes and roasted
- 2 carrots diced



Toss all of these ingredients together and then use a fat-free ranch dressing mixed with taco seasoning to create a Southwest flavor (on the side, of course).

First thing in the morning try drinking this **quick breakfast**.

- 2 scoops American Sports Nutrition Whey protein - vanilla
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 2 ½- 3 cups Lactaid milk fortified with calcium
- 10 ice cubes



Place all ingredients into a blender and blend until you get a nice, thick consistency. This delicious recipe makes 2 servings.

Also, take an apple to eat on your way. An apple provides portion control, and you cannot eat one quickly!

## B. PREVENTIVE

Check with your health insurance provider to get a preventive "maintenance" schedule.

When do they recommend a person of your age and gender have a physical exam? How often should you have your cholesterol checked? You take your car in for regular maintenance checks - make it a habit to follow a maintenance schedule for your body.

