

LIFESTYLE BENEFITS

Spread the Love

FEBRUARY 2018



Health & Wellness

Heart Health

Put a little love in your heart by promoting American Heart Month in your community this February. Here are a few ways to make a difference this month.

Keep up with your preventive care.

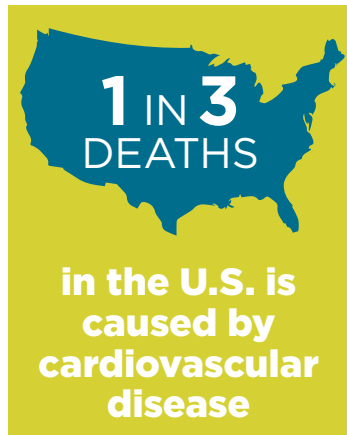
Don't miss annual check-ups with your primary care doctor. Disclose any family history of heart issues.

Make heart-healthy choices.

Since high LDL cholesterol levels can affect your risk for stroke and heart attack by making it difficult for blood to circulate, try to avoid foods that are high in sugar, salt and trans fat. Unfortunately, though, a good diet isn't enough by itself. Include some form of physical activity into your new routine, too.

Spread the word.

Whether you know someone who needs to quit smoking or who needs help creating a plan to start exercising, it never hurts to have an accountability partner.



Fighting Inflammation

Believe it or not, inflammation is actually your body's way of trying to protect itself from injury and infection. When the inflammation becomes chronic, however, your health can become at risk. The good news, though, is that there are plenty of natural anti-inflammatories that taste great.

1. Berries. Strawberries and blueberries are a great natural source for vitamins, minerals and fiber to knock down inflammation and protect against disease.

2. Leafy greens. Kale, spinach and chard are known for being nutrient-rich. Spinach is packed full of antioxidants, vitamin C and vitamin A, just to name a few.

3. Turmeric. The curcumin compound is turmeric's powerful anti-inflammatory source. Try adding this spice to soups, stews or even juices for a simple, all-natural health boost.

4. Green tea. If there's a day when you know you'll be eating certain foods that your body might react to, you can help reduce the inflammation by drinking green tea. The antioxidants in green tea could help to flush harmful toxins from your body.

5. Dark chocolate. This one may come as a pleasant surprise, but the cacao ingredient in dark chocolate could help fight inflammation. Just watch for added sugars.



Walking Meditation

Walking meditation brings new meaning to the phrase "Just walk it off." This is a useful practice that just about anyone can try in order to bring peace and quiet to an otherwise busy day.

What is it?

Walk at a very slow pace while controlling your breathing and focusing your thoughts. Unlike seated meditation, you are able to interact with your environment and take in the sights and smells of the world around you.

What are the benefits?

As you learn to slow down and focus your thoughts during walking meditation, you eventually can find ways to incorporate this technique into your daily life to help reduce stress.

How is it practiced?

The average recommended length of time to practice walking meditation is around 15 minutes. As you walk, pay attention to your muscle movement and the way your feet feel touching the ground. Maintain slow, steady strides and deep breaths while doing your best to block out any distractions.



Benefit Spotlight

Preventive vs. Diagnostic Care

Good nutrition and exercise habits both have a significant impact when it comes to your health, but don't neglect your preventive and diagnostic care appointments. Whether you're dealing with a chronic issue such as arthritis or you're currently healthy, keeping up with your health care allows you to stay on top of any unexpected risks that might arise.

Preventive Care

Preventive care includes routine checkups and screenings to allow doctors to catch a health problem long before their patient ever would have noticed any symptoms — meaning the odds of the issue being treatable tend to be much higher.

A few common preventive care examples include:

- ❖ Annual wellness exams
- ❖ Mammograms and pap tests
- ❖ Age-appropriate immunizations such as chicken pox, measles and tetanus
- ❖ Prostate exam

Most medical insurance plans cover the cost of in-network preventive care services.

Diagnostic Care

With diagnostic care, your doctor can help you stay on top of any health problem that you have by monitoring the issue and developing a plan of action if/when any symptoms need to be treated. In short, any test or procedure that is needed to help diagnose or monitor your condition could be considered diagnostic care.

A few common diagnostic care examples include:

- ❖ Chest X-rays
- ❖ Skin biopsies
- ❖ Pregnancy tests
- ❖ Electrocardiogram (EKG)

The sooner any health issues are found, the sooner they can be treated!



LDLIFESTYLEBENEFITS.COM

DISCLAIMER: The information contained herein is intended to serve as a general guide. Please consult your physician, insurance company and/or tax advisor for information specific to your individual needs.

©2018 Lockton, Inc. All Rights Reserved.