

JIFNEWS

A Quarterly Newsletter from the Somerset County Joint Insurance Fund featuring Safety, Health & Wellness

Winter Quiz

- 1) In which type of food can you find the most Vitamin C?

Fruit | Chocolate | Cheese

Explanation: With its reputation for resisting infections, Vitamin C is found in large quantities in fruits, particularly in oranges and kiwis. But it's worth knowing that plants from the cabbage family (broccoli in particular), parsley and peppers all contain Vitamin C too. The daily recommended intake of Vitamin C for adults is 60mg.

- 2) Which types of allergens (substances that cause allergic reactions) are most present in the home during the winter?

Pollen | Dust Mites

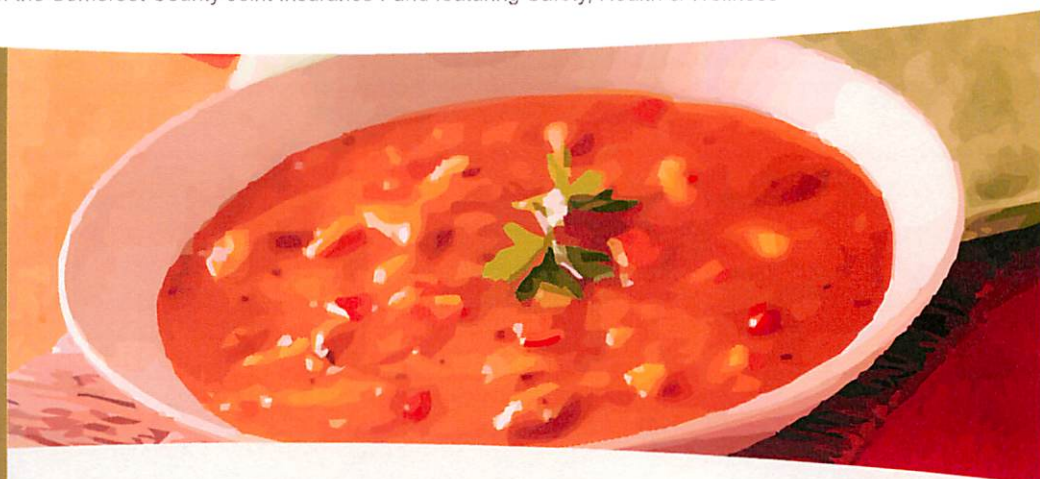
Explanation: House dust mites, which are responsible for a number of allergies, tend to reproduce a lot in autumn, and proliferate in winter in warm, humid places. This is why, even if the outside temperature doesn't go above 10°C, it's important to air and vacuum rooms.

- 3) If a child is suffering from repetitive colds, it might be linked to:

A Lack of Iron
A Lack of Omega 12
An Excess of Sodium

Explanation: A lack of iron, which can be detected through a blood test, can cause repetitive colds or other ear, nose and throat infections. The doctor might prescribe iron for the child to take for several days, to prevent colds from coming back. The child will also be encouraged to eat more fruit and vegetables (rich in Vitamin C) which encourage the absorption of iron.

SOURCE: HEALTH.COM



Winter Nutrition Guide

When winter days are cold, and you want to warm up fast, a bowl of cream soup or stew can certainly be appealing. But there is no excuse to throw all your healthy eating habits out the window just because it's dark and cold outside!

WINTER NUTRITION GUIDE: 4 FOOLPROOF STEPS

1) Eat High Quality Carbs

Listen to your cravings - there is a reason for them! In the winter, with fewer sunny hours, your stored serotonin (the "feel-good" brain chemical) starts to decline. Your cravings for carbohydrate-loaded comfort foods are your body's cries for more serotonin. But be careful when choosing carbohydrates to boost serotonin! Opt for nutritious whole grains and choose high-quality carbs such as sweet potatoes, pumpkins, and squashes.

2) Love Seasonal Produce

Winter produce may not be as exciting and colorful as summer berries, but there are still many healthy choices available. Work seasonal produce such as pomegranates, cranberries, citrus fruits, purple grapes, and orange root vegetables into your meals. You'll not only add color to your plate, you'll pack in some serious nutrition punch.

3) Consider Vitamin D Supplements

If you live in the northern hemisphere or wear sunscreen all the time, consider taking Vitamin D supplements. Numerous studies have shown that oral intake of 1000 IU Vitamin D can reduce the risk of colon, breast, and ovarian cancers by as much as 50 percent. Vitamin D can be found in fortified dairy products, fatty fish, and egg yolks. But reaching the recommended level through food alone is rather difficult. Therefore, the Canadian Cancer Society recommends that all adults take Vitamin D supplements every day during the fall and winter seasons. Be sure to speak to your doctor before starting any supplementation.

4) Nourish Your Cold

Despite numerous claims you may have heard, no diet remedy or supplement has scientifically proved effective at preventing cold and flu. However, studies have shown that 1,000 mg of Vitamin C supplements may make your cold milder and shorten it by half a day. In addition, there's a promising perk for yogurt lovers! A German study found that probiotics (as found in yogurt with active culture) may shorten your cold episode by almost two days. So keep on eating those "friendly" bugs!

SOURCE: WWW.HEALTHCASTLE.COM

How to Snow Shovel Safely



Shoveling snow is a fact of life in colder parts of the world. So grab your snow shovel and follow these steps to make sure your driveway and walking areas are safe in any weather.

- 1) Make sure you have a good snow shovel. Most snow shovels have open ends that allow you to easily toss the snow off to the side.
- 2) Consider your physical condition. If you are out of shape you should proceed with caution. Snow is heavy and shoveling is hard work - you don't want to risk a serious injury or jeopardize your health. If you have a heart condition or back problems, you should definitely not shovel snow unless your doctor approves it.
- 3) Remove the snow from the driveway and any walkways needed to get into and out of the house. Don't forget the areas around the mailbox, garbage cans and other places you'll want access to.
- 4) Work toward the areas where you are depositing the snow so that you have less distance to toss it as you tire.
- 5) Chip away any ice that you find under the snow and remove the chunks with the shovel.
- 6) Spread rock salt over the cleared area to avoid icing.
- 7) Sand any areas that remain slippery.

TIPS & WARNINGS

- Dress in layers for warmth. You can remove layers as you become warm from the exertion.
- Pay close attention to the weather. Extremely cold temperatures can be a serious health hazard. If you begin to feel the effects of the cold, stop and go inside for a while.
- Every year a large number of people have heart attacks or other health problems from overexertion while shoveling snow. Don't overdo it - especially if you are normally sedentary or already have a pre-existing condition.

SOURCE: WWW.EHOW.COM

Clean Your Vehicle

Remember that according to NJ State Law, you must clean the snow and ice off your entire vehicle before driving.

If you don't you are subject to a fine by law enforcement.

Snow and ice flying off a vehicle as it goes down the road accounts for numerous accidents and injuries every year. So clean before you go.



10 At Home Winter Wellness Tips

It's official... it's cold outside! The holidays have passed and you're back to the grinding stone. There are no more festive parties to look forward to and the remnants of the joyous season can be seen on your credit card bills. What to do? While other animals are snug and cozy enjoying their hibernation, we're forced to work our way through the freezing temperatures one day at a time. So... how do you stay warm, healthy and happy when January has you blue?

1) Think technology! And think simple. At-home fitness is the new fad, and there is very little reason to not get on board. Exercising at home can save you time and money. Not to mention keep those pesky winter pounds from creeping on. Here are a few favorites:

- **Nintendo Wii Fit & Wii Games:** Not just for the kiddies! Interactive and fun, the Wii system is designed to keep you moving and burning calories all in the privacy of your own home.
- **Xbox Kinect:** Jump, dance and move yourself fit! The Xbox Kinect takes at-home fitness to a whole new level. No controllers required, just chose your game or fitness program and get moving.
- **P90X:** With dumbbells or resistance bands, a pull up bar and one hour a day, you too can get in shape in just 90 days. Designed around the theory of muscle confusion, P90X keeps it's participants challenged and sweaty
- **Exercise TV on Demand:** Time Warner Cable's solution to at-home fitness. Choose from a variety of free programming all day, every day. Channels range from beginner to advanced and include everything from Zumba to Jillian Michaels 30-Day Shred and Yoga. There is absolutely something for everyone.

2) Not interested in the television? Not to worry! Try these simple at-home exercises to keep your muscles toned. Aim for 2 sets of 15 repetitions, three days a week:

- Dips on a Chair
- Wall Push-ups
- Lunges
- Squats Over a Chair
- Calf Rises on a Step
- Abdominal Curls
- Yoga Plank

3) Get Plenty of Rest – But Don't Over Sleep!

It's easy to do on these cold, gray days. Too much sleep will leave you feeling groggy. Do yourself a favor and limit the number of times you hit the snooze!

4) Drink water! The bitter temps wreak havoc on your skin. Plus, water is the number one weight loss trick out there! Keep your body hydrated, your skin soft, and the pounds from adding up simply by sipping!

5) Wash your hands! Colds, flu and other germs run rampant in the winter. Keep yourself healthy by frequently washing with hot, soapy water for 20 seconds!

6) Need to warm up? Try a cup of herbal tea or sugar free coco. For snacks, try oatmeal with brown sugar (better yet, brown sugar Splenda).

7) Rely on fresh frozen fruits and veggies to get your much needed intake of vitamins, minerals and antioxidants.

8) Bundle up and get outside! Think layers and hustle! You'll be amazed how quickly your body heats up when you're dressed appropriately and moving at a good pace. Plus, your body burns more calories in the winter than summer, so get outdoors and get moving!

9) Walk the dog. Have kids? Make it a family affair. Just because it's chilly and darker than usual doesn't mean the family pooch couldn't use a nice walk too. A brisk walk after dinner will leave the whole family feeling energized.

10) Think Spring! Now think about how much happier you'll be when you've maintained your routine all winter long! No last minute diets or exercise marathons for you...you've been busy keeping fit all winter long!

SOURCE WWW.EXAMINER.COM

