

Fall 2014



MCWANE, INC

Did You Know...

## Autumn Rejuvenation

*Although many would think that spring or the new year is a time for rejuvenation, fall is also a great time to make it happen. Whether getting students off to a new academic year or rooting for your favorite sports team, the fall is a time during which it's vital to be strong in mind, body and spirit!*

*The relaxation of the summer is over, the heat index is diminishing, the colors of the leaves are changing, and strength of balancing life again becomes important in navigating all the things we have to do NOW and through the new year!*

*Treat yourself to a balanced exercise program and other activities that promote wellness, so you can feel good – physically, mentally, emotionally and spiritually.*

## Fall For Good Health

**F**or many of us, the slow pace of summer quickly speeds up through fall as we get busy with school, sports and preparing for the holidays. Take time now to set yourself up for good health, and you won't need that New Year's Resolution on January 1!

Here are a few tips to get you started:

- Get a flu shot. Flu season is upon us, and October through December is an ideal time to get vaccinated. Since flu can cause complications that require hospitalization, it's well worth the stick to keep from getting sick!
- Enjoy feasts (without overdoing it). Have a healthy snack before you arrive at the party. While there, choose a few favorites to eat and have small portions of those. Don't eat something just because it's there. Then, get out on the dance floor or strike up a conversation to get your mind off the food.
- Tailgate better. Bring kabobs made from veggies, fruits and lean meats, soaked in our favorite marinade and ready to grill. Or make a chili or stew with beans and vegetables that is light on the meat, for classic football fare.
- Drink smarter. Alcoholic drinks can be high in calories, so drink in moderation to avoid weight gain.
- Stay Active. Just 30 minutes of daily, moderate exercise, like walking, is shown to prevent mental decline, keep your weight in check and improve blood pressure, cholesterol and blood sugar.



Source: [www.webmd.com/fitness-exercise/features/8-fall-tips-healthy-living](http://www.webmd.com/fitness-exercise/features/8-fall-tips-healthy-living)

## Need Assistance?

### Check out our *Employee Assistance Program*.

The EAP is a confidential assessment, counseling and referral service offered to all team members and their dependents that need help in any of the following areas:

- Marital and family Issues,
- Alcohol and other drug dependency assessment,
- Stress related issues,
- Financial/legal referrals, and
- Emotional problems.

EAP counselors can help identify problems and assist in working through them and determine the best treatment alternatives.

**For more information, visit [www.americanbehavioral.com](http://www.americanbehavioral.com) today...**

A variety of work-life resources are waiting for you! The website consists of interactive modules on topics such as emotional well-being, relationships, health, finances, legal issues, personal growth and stress. Select *member login* to register for your free account. Enter the company name and create your own unique username and password.

# Natural Ways to Kick a Cold

WebMD Feature

Trying to get over a cold? There are lots of things you can do to ease the symptoms as you get better. Here some easy ones.

## Turn Up the Heat

When a cold strikes, chicken soup and hot tea can ease your symptoms. The reason: heat. As the warmth moves down your throat toward your stomach, it helps loosen mucus, making it easier to cough out.

Steam works the same way. Sitting in the bathroom with a hot shower running can relieve your stuffy nose and head.

## Stay Hydrated

When you have a cold, your body makes more mucus. Making mucus uses up your body's moisture.

Getting extra fluids thins out mucus and makes it less sticky, which makes it easier blow or cough out. Limit drinks with caffeine and alcohol, as they can be dehydrating.

## Soothe Your Skin

You blow your nose a lot when you have a cold. The result can be red, chapped skin on and beneath your nose.

Add a dab of petroleum jelly to the raw area, or use facial tissues that contain lotion.

## Gargle Salt Water

If you have a sore throat, make a salt-water gargle by mixing a teaspoon of salt in a small glass of warm water. The salty-warm combo provides short-term relief.

## Consider Supplements

Some supplements have been found to shorten -- but not cure -- colds. Ask your doctor about zinc, vitamin C, and echinacea.

Tell your doctor before starting any new supplement or medication. Your doctor will make sure it won't interact with any other drug you're taking.

## Prevent the Spread

You should stay home while you're getting over your cold. If you have to go out, try to limit the number of people you come in contact with.

Cover your mouth with the inside of your elbow when you cough or sneeze to keep from getting germs on your hands. A little courtesy goes a long way.

Hang in there. The common cold usually goes away in about a week, so take it easy, take care of yourself, and you'll be back to normal before you know it.



Source: <http://www.webmd.com/cold-and-flu/look-good-feel-good-13/cold-comfort>



For Generations