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March 21, 2011

# WELLNESS WEEKLY

## Have a Healthy Spring Break!

It's about that time of year again, when many are taking vacations for Spring Break! Whether Spring Break means a trip to the beach, skiing down a mountain, or having some downtime, remember these helpful tips:

### By the Beach...

- Drink plenty of water, non-carbonated and non-alcoholic drinks, even if you do not feel thirsty.
- Stay within the designated swimming area and ideally within the visibility of a lifeguard
- Never swim alone.
- Be aware of rip currents. If you should get caught in a current, don't try to swim against it. Swim parallel to shore until clear of the current.
- Seek shelter in case of storm. Get out of the water. Leave the beach in case of lightning.
- Watch out for traffic – some beaches allow cars.

### All Inclusive...

"All inclusive" usually means "all you can eat." Vacations can be a time to treat yourself, but it is important to not go overboard. Make smart decisions, and continue to eat plenty of vegetables and fruits. Try to eat a healthy snack in-between meals, so you won't be famished and overindulge at meal times.

### Hitting the Slopes...

- Make sure you are in good shape. There is a much lower risk of getting injured and you will not get tired easily if you are physically fit before skiing.
- Head injuries are one of the worst that you can get in skiing, so wear a helmet to reduce the risk of head injuries caused by falls and/or collisions.
- Dressing in layers permits you to put up with the constant temperature changes of your body. Use a turtleneck, sweater, or ski jacket. Wear gloves, and bring something to keep your head warm. You can lose heat through your head by as much as 60% so take the necessary garments.
- Wrists and knees are very sensitive to skiing falls and crashes. Protect them with wrist guards and padding.

### Taking a Break...

If you are not traveling this spring, but have some time off, don't forget to stay active. It is easy to slip into the habit of lying on the couch when given a break, but daily exercise can leave you feeling more rejuvenated and energized. Try a new activity, like cycling or yoga to get your heart rate moving.

