LIVE WELL, WORK WELL | *MARCH 2018*

Health and wellness tips for your work and life—presented by

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This Deadly Flu Season is the Worst in Nearly a Decade

According to the Centers for Disease Control and Prevention (CDC), the 2017-18 flu season is more intense than any other since the 2009 swine flu pandemic. Unfortunately, the CDC says this flu season is going to get worse.

In addition to the increasing number of individuals falling ill with the flu, the hospitalization rate for the flu has jumped. This year's dominant virus, H3N2, has been around for 50 years, but it is usually the most lethal of the seasonal strains.

As a result, the CDC urges those who haven't yet gotten the flu vaccine to do so, as it is the best way to prevent the flu. Because some doctors and pharmacies have run out of vaccines, check here to find out where you can obtain your vaccination.

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Eating Healthy Doesn't Have to Be Expensive

Eating a well-balanced diet is a key component in living a long, healthy life. Many Americans think that eating healthy means they have to empty their wallets, which isn't necessarily the truth. Keep the following money-saving tips in mind next time you're grocery shopping:

1. **Make a weekly meal plan.** Before you go to the store, think about what meals and snacks you want for the week. Read recipes thoroughly so you can make an accurate list of everything you need, reducing the risk that you'll have to run back to the store later in the week.

2. **Create a list—and stick to it**. Make a detailed list of what you need to buy before you go to the store. When you get to the store, don't buy anything besides what's on the list.

3. **Plan where you're going to shop.** Many grocery stores run sales or offer coupons on various healthy foods. Check out the ads and plan your grocery list around what's on sale.

4. **Shop seasonally**. Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Click here for a list of what's in season.

5. **Cook at home as often as possible**. Many foods prepared at home are cheaper and more nutritious. Go back to the basics and find a few simple and healthy recipes that your family enjoys.

One Pan Potatoes & Chicken

4 medium potatoes
1 pound chicken breast (boned and skinned)
2 Tbsp. oil
1 cup salsa
1 15-ounce can whole kernel corn (drained)

PREPARATIONS

1. Cut potatoes into ¾-inch cubes.
2. Cook potatoes over medium-high heat until fork-tender. Remove from pan.
3. Heat the oil in a skillet over high heat. Brown the chicken for 5 minutes.
4. Add the potatoes back into the pan and cook until lightly browned.
5. Add salsa and corn. Cook until heated through.
6. Serve warm.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	285
Total Fat	7 g
Protein	21 g
Carbohydrates	35 g
Dietary Fiber	4 g
Saturated Fat	1 g
Sodium	316 mg
Total Sugars	3 g

Source: USDA

Sleep and Your Health

The National Sleep Foundation sponsors Sleep Awareness Week every March to educate Americans on the importance of sleep to their overall health and well-being. The CDC has linked insufficient sleep to the development of chronic diseases and conditions, including diabetes, heart disease, obesity and depression. In honor of Sleep Awareness Week occurring this March 11-17, try adopting the following five healthy sleep habits:

1. Keep a regular schedule—try to go to bed and wake up at the same time each day, including weekends.

2. Create a good sleep environment, including comfortable room temperature, minimal noise and sufficient darkness.

3. Keep track of habits that help you fall asleep, like relaxing music or reading before bed. Repeat those activities each night.

4. Avoid caffeine and nicotine three to four hours before going to bed.

5. Limit alcohol before bed, as it can reduce sleep quality.

Get a Good Night's Sleep with Food

These sleep-inducing foods will help your muscles relax, quiet your mind and produce sleep-inducing hormones to get you right off to bed.

Bananas

Warm milk

Chamomile tea

Almonds

Whole-wheat bread