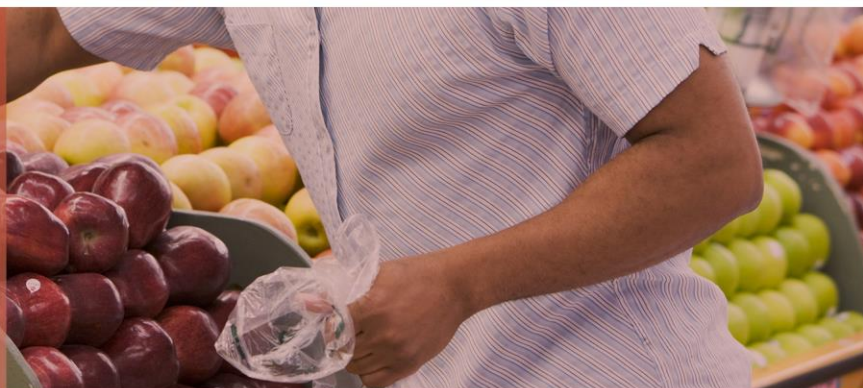


Health and wellness tips for your work and life—
presented by HealthCheck360°



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.



HealthCheck360°

10 Minute Workouts

If you lack motivation for a 5-mile run or an hour workout session in the gym, new research reveals good news for you. Recent studies show that short but intense bouts of exercise can deliver fitness benefits. What does this mean for you and your fading New Year's resolution to get into better shape?

If you don't have the time for lengthy workouts, you can reap benefits from short spurts of exercise—the catch is that that short amount of time is high intensity. If you're looking for how to get started, you can try replicating the workout used in an exercise study conducted at McMaster University in Ontario, Canada:

- Warm up on a stationary bicycle for two minutes.
- Pedal "all-out" for 20 seconds, followed by two minutes of easy pedaling.
- Repeat the 20-second intensity and two-minute recovery periods twice more, for a total of 60 seconds of intense pedaling.
- Finish your 10-minute workout with a three-minute cool-down phase.

Workout volunteers in the study participated in three sessions per week for six weeks. At the end of that time, they showed improved endurance capacity, healthier blood pressure and other benefits.

With only a couple minutes of intense exercise needed a week, you don't have an excuse to not work out. Find an activity you enjoy, and commit to just a few minutes a week for better health.

30-Minute Chili

This recipe is quick, easy, inexpensive, healthy and delicious—especially on cold winter nights.

- 1 lb. ground beef
- 1 onion, chopped
- 2 cups light red kidney beans, cooked
- 1 can tomato soup (no water added)
- 1 Tbsp. chili powder, or to taste
- 10 drops hot pepper sauce, or to taste

Directions

In a large skillet, cook the meat for about 10 to 15 minutes or until brown.

Drain the meat, add the onion, and cook for five minutes.

Add the kidney beans, soup and chili powder and heat for five minutes or until hot. If using hot pepper sauce, add the sauce then, too.

Serve alone or on top of whole wheat pasta or rice.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	310
Total Fat	10 g
Protein	28 g
Carbohydrates	26 g
Dietary Fiber	5 g
Saturated Fat	4 g
Sodium	350 mg

*Percent Daily Values are based on a 2,000 calorie diet.

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