

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



Superfoods for Super Health

The foods you eat can positively impact your long-term health. Consider incorporating the following superfoods into your diet to support your health.

- Almonds
- Apples
- Avocados
- Blueberries
- Buckwheat
- Eggs
- Goji berries
- Kale
- Lentils
- Oats
- Olive oil
- Pomegranates
- Quinoa
- Sardines
- Spinach
- Strawberries
- Tarragon
- Tomatoes
- Wild salmon
- Yogurt

Many of these superfoods can be found in your local grocery stores. Look for them the next time you go grocery shopping.

Breast Cancer Awareness Month

Breast cancer is the second most common type of cancer and the second leading cause of cancer deaths for women in the United States. Top risk factors include getting older, race and family history of breast cancer, which are things you cannot change.

Regardless of your personal risk factors, you can use these prevention strategies to reduce your risk of breast cancer:

- Maintain a healthy weight.
- Exercise regularly.
- Avoid exposure to carcinogens and radiation.
- Abstain from drinking alcohol or limit intake to one drink per day.

In general, living a healthy lifestyle can help lower your risk of developing cancer and increase your chances of surviving cancer. If you are concerned about your personal risk of developing breast cancer, call or visit your doctor.

For more information on risk factors, prevention tips and breast cancer screening, visit

www.cdc.gov/cancer/breast/.



Pumpkin and White Bean Soup

- 1 ½ cups apple juice
- 1 15-ounce can white beans (drained)
- 1 small onion (finely chopped)
- 1 cup water
- 1 15-ounce can pumpkin
- ½ tsp. cinnamon
- ⅙ tsp. nutmeg
- ½ tsp. black pepper
- ¼ tsp. salt

PREPARATIONS

1. Mash white beans, onion, and water with a fork or blender until smooth. Set aside.
2. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper and salt.
3. Add the bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	140
Total Fat	1 g
Protein	7 g
Carbohydrates	28 g
Dietary Fiber	7 g
Saturated Fat	0 g
Sodium	420 mg
Total Sugars	10 g

Source: USDA

More Common Than You'd Think: Workplace Bullying

National Bullying Prevention Month is recognized every October. What many people don't realize is that workplace bullying affects more than 35 percent of adult Americans.

What is workplace bullying?

Generally, workplace bullying is defined as the use of intimidation through power, influence, tone or language to affect a person negatively. Often, bullying is intentional, but sometimes the bully is not aware of their hurtful actions or words. Workplace bullying affects safety, productivity, trust and the workplace culture.

What are the signs of workplace bullying?

Some common signs of workplace bullying include:

- Ignoring, isolating or excluding an employee
- Reprimanding or humiliating an employee publicly
- Name-calling or insulting an employee

Workplace bullying is a serious issue, and if you feel like you're being bullied, you should take steps to address it. For more information, talk to your HR department.

