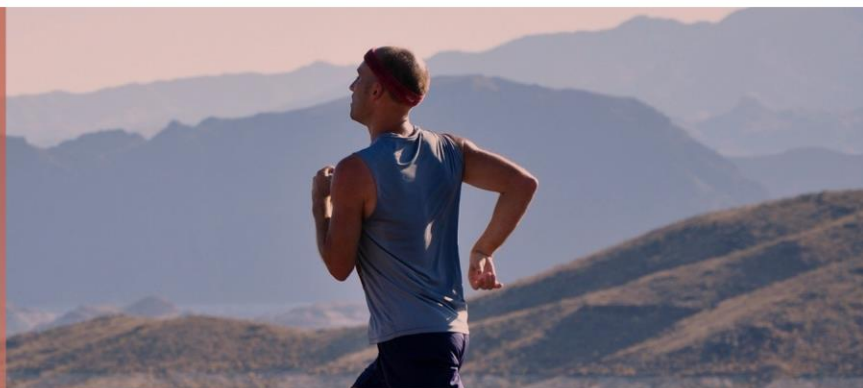


Health and wellness tips for your work and life—
presented by HealthCheck360



Myth Busted: Sweating More Doesn't Necessarily Mean You Burned More Calories

Many people wrongly believe that how much you sweat indicates how effective your workout was. How much you sweat during a workout is due to a variety of factors such as weight, gender, age, genetics, temperature and even fitness level.

For example, men tend to sweat more than women, younger people tend to sweat more than older people and fit people tend to sweat more than those who are less fit.

So remember, don't use sweat as an indicator for how intense your workout was. Instead, track your heart rate, level of muscle soreness and amount of progress seen to evaluate whether or not your workouts are effective.



Buy in Season and Save

Suffering from sticker shock on the cost of fresh fruits and vegetables? Instead of skipping these nutritional items altogether, buy produce when it is in season—and much cheaper. The following lists common fruits and veggies by season:

Winter: Citrus fruits (such as grapefruits, lemons and oranges), bananas, kale, leeks, mushrooms, onions, pears, potatoes, rutabagas, turnips and winter squash.

Spring: Apricots, asparagus, bananas, broccoli, cabbage, collard greens, green beans, honeydew melon, lettuce, mangoes, peas, onions, leeks, mushrooms, pineapple, rhubarb, spinach and strawberries.

Summer: Apricots, bananas, beets, bell peppers, blackberries, blueberries, raspberries, cantaloupe, cherries, corn, cucumbers, eggplant, garlic, grapefruits, grapes, green beans, honeydew melon, kiwifruit, lima beans, mushrooms, nectarines, okra, peaches, peas, plums, radishes, strawberries, summer squash, tomatillos, tomatoes, watermelon and zucchini.

Fall: Apples, bananas, beets, broccoli, Brussels sprouts, carrots, cauliflower, cranberries, garlic, ginger, grapes, mushrooms, parsnips, pears, pineapple, pumpkins, rutabagas, sweet potatoes, Swiss chard, winter squash (such as butternut and acorn) and yams.

Lemon Velvet Supreme

Moderation of sweets is key to a healthy lifestyle. Skip the ice cream cakes and cookies this summer and try this cool treat that's just over 100 calories.

INGREDIENTS

2 cups plain yogurt
3 Tbsp. instant lemon pudding mix
4 graham crackers (crushed)
½ cup mandarin orange slices (drained)

PREPARATIONS

1. Combine yogurt and pudding mix. Stir until combined.
2. Layer bottom of serving dish with crushed graham crackers.
3. Immediately pour pudding mixture over cracker crumbs.
4. Top with mandarin oranges.

Makes: 6 servings

Nutritional Information (per serving)

| | |
|----------------|--------|
| Total Calories | 129 |
| Total Fat | 2 g |
| Protein | 5 g |
| Carbohydrates | 23 g |
| Dietary Fiber | 0 g |
| Saturated Fat | 0 g |
| Sodium | 192 mg |
| Total Sugars | 15 g |

Source: USDA

Snack Smart, Save Money, Time and Calories

It's completely normal to snack throughout the workday. While it can be tempting to opt for the fast, easy (but unhealthy) option, taking a minute to snack smart can save you time, money and calories. Keep the following three tips in mind to help you snack smart at the office.

1. **Take a break.** When you reach for your snack at work, don't eat it while working. Instead, take a quick break to eat your snack uninterrupted to avoid overeating.
2. **Meal prep your snacks.** One of the best ways to avoid impulsively purchasing unhealthy snacks from the vending machine is to pre-portion your healthy snacks at the beginning of the week and bring them with you to work.
3. **Think about macronutrients.** Try to combine macronutrients (protein, fat and carbohydrates) at each snacking session. Doing so will help you feel satisfied and full until it's time for your next meal.

Click [here](#) to learn about nutritionist-approved healthy snack options.

Snacks with 100 Calories or Less

Here are some great snack options that come in portion sizes of 100 calories or less:

String cheese—Opt for an individually wrapped piece of string cheese to get your fill of protein and calcium at less than 100 calories per serving.

Popcorn—Available in 100-calorie individual servings, you can get a good amount of whole grains from this snack.

Nuts—Unsalted nuts and seeds have many beneficial nutrients to keep you feeling full. Check portion sizes to keep your calories under 100.

