

# Live Well, Work Well



August 2019

Health and Wellness Tips for Your Work and Life



## Eye Protection in the Summer Sun

While most people are aware of how the sun's ultraviolet (UV) rays can damage skin, the eyes are even more susceptible to harm. And, while sunglasses are common when it's bright outside, it's important to check UV protection levels before purchasing protective eyewear.

According to the American Optometric Association, both short- and long-term exposure to sunlight can cause damage to the eyes, including cataracts, macular degeneration and cancer of the eyelids or the eye itself.

Employees who spend even small amounts of time outdoors need eyewear that protects them not only from debris and flying objects, but also from the sun. In order to reduce sun exposure to the eyes, consider the following tips when working outdoors:

- Wear sunglasses with UV protection of more than 95%, even in cloudy weather.
- Wear sunglasses with a lens tint that blocks at least 80%, but no more than 90%, of transmissible light. A uniform tint should also be present to help with color identification.
- If possible, stay in the shade when the sun's UV rays are at their strongest, generally between 10 a.m. and 4 p.m.
- Apply a broad-spectrum sunscreen to the skin around your eyelids 15 to 30 minutes before entering sunlight.
- Protect your eyes from all angles by wearing sunglasses that wrap all the way around the temples, or wear a hat with a 3-inch brim to block overhead sunlight. The frame of the sunglasses should also stay as close to your eyes as possible to prevent UV rays from entering your eyes at high or low angles.



Your solution for a healthier workforce.

## Pineapple Zucchini Cake

- 3 eggs
- 2 cups sugar
- 2 tsp. vanilla
- 1 cup vegetable oil
- 2 cups zucchini (peeled, grated)
- 1 tsp. baking powder
- 1 tsp. salt
- 1 tsp. baking soda
- 3 cups all-purpose flour
- 1 cup pineapple (crushed, drained)
- 1/2 cup raisins (optional)
- 1 cup pecans (chopped, optional)

### Preparations

1. Heat oven to 350 F. Grease or lightly spray a 9-by-13-inch pan with nonstick cooking spray.
2. In a large bowl, beat eggs, sugar, vanilla and oil. Add zucchini.
3. In a separate bowl, combine baking powder, salt, baking soda and flour. Add dry ingredients to creamed mixture.
4. Stir in fruit and nuts.
5. Bake for 45 to 50 minutes, or until cake springs back when lightly pressed with your finger.

### Nutritional Information (per serving – makes 12)

Total Calories	439
Total Fat	14 g
Protein	5 g
Carbohydrates	61 g
Dietary Fiber	1 g
Saturated Fat	3 g
Sodium	360 mg
Total Sugars	37 g

Source: USDA



## Your Heart Rate: Indicator for Health and Fitness

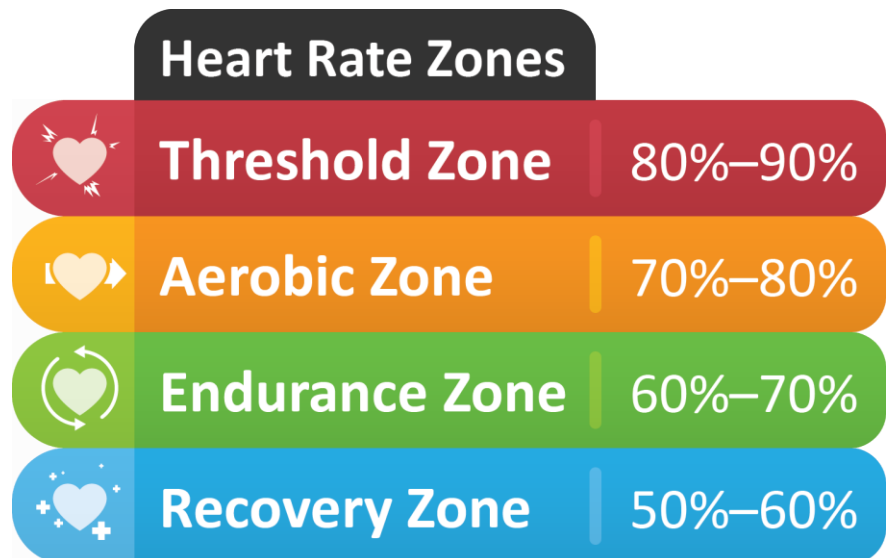
You've probably noticed that your wearable fitness technology is monitoring your heart rate—but have you ever wondered why? There's a direct relationship between your heart rate and your workout's intensity.

### Resting Heart Rate

As the name suggests, your resting heart rate is the number of times your heart beats per minute (bpm). While your resting heart rate can vary daily, the typical range is 60-100 bpm. Improving your cardiovascular health can reduce your resting heart rate.

### Heart Rate and Exercise

When you're working out, you should strive to keep your heart rate within a target heart rate zone. This target heart rate zone is 50%-85% of your maximum heart rate. To calculate your maximum heart rate, subtract your age from 220. From there, you can find out your target heart rate numbers by multiplying your maximum heart rate by your target heart rate percentage. Once you've calculated your maximum and target heart rates, you can use these numbers to monitor your workout's intensity and track your fitness.



## Introducing Foods Early May Help Prevent Allergies

According to a new report from the American Academy of Pediatrics (AAP), introducing allergenic foods like peanut products, fish or eggs may help prevent food allergies in infants at high risk of developing one. The report explains that when allergenic foods are given to infants as early as the age of 4 months, the immune system's cells can take up the allergenic proteins and develop a tolerance to them.

While most infants aren't considered to be at a high risk for developing food allergies, the report states that infants with a low or standard risk of food allergies can benefit from early introduction, too.

It's important to remember, though, that every infant is different. For more information, consult your pediatrician.