



When's the Last Time You Properly Cleaned Your Water Bottle?

Your reusable water bottle may be carrying a dirty secret—bacteria. That's right. Because bacteria thrive in a moist environment, your reusable bottle is the ideal breeding ground for bacteria. If you don't properly clean your reusable water bottle—and its cap and straw—at the end of each day, you're putting yourself at risk of getting sick.

Here are some tips for how to easily clean your bottle and keep bacteria at bay:

- Use the dishwasher—Check to see if your water bottle is dishwasher-safe. If it is, disassemble the bottle and run the dishwasher at its hottest wash and dry setting to kill any bacteria. Make sure that the bottle is totally dry before using it, too.
- Wash with soap and water—You can effectively wash your reusable bottle by hand with hot water and soap. Make sure that you dry off your clean bottle with paper towel or a clean cloth to avoid introducing any new bacteria on your clean bottle.
- Use hydrogen peroxide—This is a good option if you haven't washed your bottle in a while and there's a slimy film or odor in your bottle. First, clean your bottle thoroughly with soap and hot water. Then, pour about ¼ cup of 3% hydrogen peroxide in the bottle, replace the lid and shake it vigorously. Then rinse out the bottle to make sure the hydrogen peroxide is gone, and dry the bottle with a clean cloth or paper towel.

Chocolate Chip Yogurt Cookies

1/2 cup sugar
1/2 cup light brown sugar (packed)
1/2 cup margarine
1/2 cup nonfat plain yogurt
1 1/2 tsp. vanilla
3/4 cup all-purpose flour
1 cup whole-wheat flour
1/2 tsp. baking soda
1/2 cup miniature chocolate chips

Preparations

1. Heat oven to 375 F.
2. In a large bowl, combine sugar, brown sugar and margarine. Beat until light and fluffy.
3. Add in yogurt and vanilla. Blend well.
4. Stir in flour and baking soda. Stir until well combined.
5. Carefully add in chocolate chips.
6. Drop dough by rounded teaspoonfuls, 2 inches apart onto ungreased baking sheets.
7. Bake for 8 to 12 minutes.
8. Allow cookies to cool for one minute before removing from sheets.

Nutritional Information for 1 cookie (makes 36)

| | |
|----------------|-------|
| Total Calories | 80 |
| Total Fat | 3 g |
| Protein | 1 g |
| Carbohydrates | 12 g |
| Dietary Fiber | 1 g |
| Saturated Fat | 1 g |
| Sodium | 45 mg |
| Total Sugars | 7 g |

Source: USDA

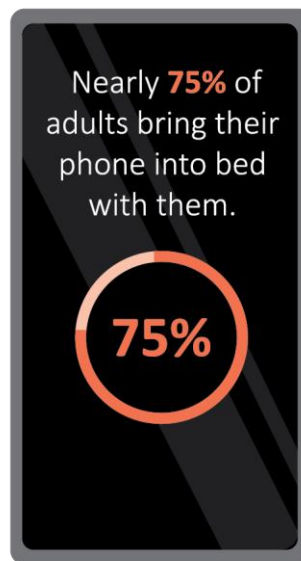
Don't Let These Devices Steal Your Sleep

If you have trouble falling asleep, your phone may be to blame. Researchers at Harvard found that using your phone, or any electronic device, before going to bed can derail your sleep schedule and prevent a good night's sleep. More specifically, using your electronic device before bed can disrupt your body's REM sleep cycle and production of melatonin, a sleep-promoting hormone.

To reduce the sleep-stealing effects of electronic devices:

- Check your device's settings for a "nighttime" mode, which adjusts the screen lighting to promote sleep.
- Refrain from using your phone for at least an hour before bed.
- Set your device's sound settings to "silent" so that you won't be woken up by texts or emails while you're trying to sleep.
- Try reading a book or meditating to relax before bed instead of using your phone or watching TV.

According to a survey from global tech solutions company, Asurion:



Stretch the Stress of the Workday Away

Regardless of how well your workstation is set up, working in the same posture or sitting for prolonged periods is hard on your body. To avoid an ache or pain, change your working position frequently throughout the day and these stretches at your desk or workstation:

- Stand, stretch your arms to the ceiling and breathe deeply
- Stretch your arms around the opposite shoulder blade and give yourself a hug
- Clench your fists, stretch your hands out parallel to the ground and do ten wrist circles in each direction
- Stretch your legs in front of you and point your toes ten times
- Inhale and shrug your shoulders to your ears

