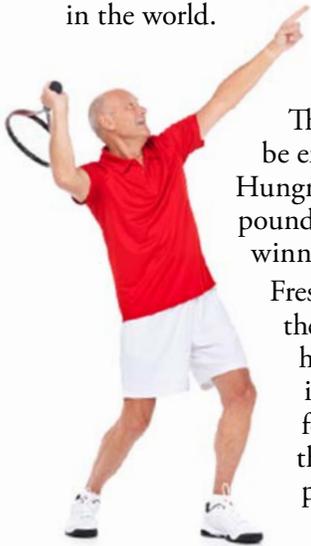


Serve Up the Health Benefits of Strawberries

Close to half a million people will attend the Wimbledon Championship in London, England, later this month. For two weeks, they'll see the world's best tennis players battle it out at the most-watched tennis match in the world.



But tennis won't be the only thing enthralling people during the event. Those half a million spectators will also be enjoying Wimbledon strawberries. Hungry fans will have eaten close to 62,000 pounds of strawberries by the time the winners are announced.

Fresh-picked the day before they're served, strawberries have been part of the iconic tennis match for a long time. But these bright red berries promise more than just good taste.

Try these berry good smoothie recipes:

<http://tinyurl.com/7pz6w95>

Strawberries are rich in vitamin C that can strengthen the immune system. They also contain antioxidants that can help prevent certain types of cancer, and slow memory loss as you age.

Studies also show that eating strawberries can help lower blood pressure, and reduce the risk for heart disease, diabetes, and stroke. Strawberries also contain fiber that can help you lose weight and lower your cholesterol.



If you can't make it to Wimbledon for tennis and a bowl of berries, enjoy them at home. Add strawberries to cereal or yogurt. Make a fruit smoothie. Buy strawberries fresh or frozen, or try growing them on your own. Ideally, eat a cup of berries every day, along with other fruits and vegetables for best health.

American Journal of Clinical Nutrition. 2011.

Harvard School of Public Health.

American Diabetes Association.

Journal of Nutrition Research. 2010.



10 Tips for a Healthier Back

Sitting in an office chair all day, or spending hours in a vehicle on the road, can make your back hurt. And jobs that require a lot of physical activity can also lead to back pain. If you've ever uttered the words, "Oh, my aching back," you're not alone.

Half of all working Americans have back pain each year. It's the most common reason people miss work. And it's the second-most common reason people visit the doctor, topped only by coughs and colds. Fortunately, most back pain isn't caused by serious conditions. That means you can take action to get relief. For example:

- When you sit, **make sure your feet are flat on the floor**, either by adjusting the seat or using a footrest.



- **Place a rolled towel or small cushion behind you**, if your chair doesn't offer enough lower back support.
- **Take regular breaks to stand up**, stretch, and move around.
 - **Wear comfortable low-heeled shoes.**
 - **Ask for help** when moving heavy boxes or equipment.
 - **When you do lift things, lift with your knees**, pull in your stomach muscles, and keep your head down and in line with your straight back. Keep the object close to your body. Do not twist when lifting.

- **Sleep on your side** to reduce any curve in your spine. Always sleep on a firm surface.
- **Eat nutritious foods.** And lose weight if you need to. Excess weight around the waistline can strain lower back muscles.
- **If you smoke, quit.** Smoking reduces blood flow to the lower spine and causes the spinal discs to degenerate.
- **Try yoga or stretching.** This can help strengthen your back muscles and improve your posture.

American Chiropractic Association.

University of Michigan Health System.

National Institute of Neurological Disorders.

American Academy of Orthopaedic Surgeons.

Get relief from lower back pain with these exercises:

<http://tinyurl.com/8yfbed8>

Your Future is in Your Waistline

It's kind of like a magic lamp. Rub your belly, and you might get a message about your future. But if slim and trim doesn't describe your stomach, the size of your belly may be an indicator of serious health problems to come. Excess fat around your waist increases your risk for type 2 diabetes, heart disease, and early death. Fat around your abdominal organs, called visceral fat, can trigger changes in your body that increase your blood pressure, cholesterol levels, and blood sugar levels. In a recent study, researchers found that a bulging waistline triples your risk of dying early. Even if you're not overweight, your waist size matters.

If your waist is larger than 35 inches for women, or 40 inches for men, you have what is called "abdominal

obesity." And you need to lose weight and trim your waistline to reduce your risk for serious health problems.

If you need to lose weight, start exercising. Try walking, jogging, doing aerobics, or bicycling. Gradually work up to 30 to 60 minutes a day. Improve your diet. Eat more fruits, vegetables, nuts, legumes, lean poultry or fish, and limit red meats. Cut back on sodas, fast foods, and sweets. And stick with it. Every healthy choice you make will put you one step closer to a trimmer waistline and longer life.

Harvard School of Public Health.

American Heart Association.

National Heart, Lung, and Blood Institute.



Walk It Off

A lot of people who want to lose weight don't know how, or give it a try and give up. Sound familiar? About 68 percent of adults in the United States are overweight or obese. That means most people could

benefit from shedding a few pounds.

But in our time-crunched society, fitting in a workout isn't all that convenient for most people. So, forget driving to the gym. Instead, walk out the door. In a recent study, researchers found that brisk walking for just 30 minutes a day, six days a week, helped people lose weight.

In the 8-month study, the walking group lost weight and reduced their risk for major health risk factors by 27 percent. Those who didn't exercise gained about a pound of fat and expanded their waist by half an inch.

It's the daily effort of 30 minutes of exercise that makes a difference. And everybody can find the time for a walk. Wake up earlier. Walk during your lunch break. Or replace 30 minutes of TV time with walking. You could add five to 6 years to your life.

American Journal of Cardiology.
Centers for Disease Control and Prevention.

Walk your way to better health with this program: <http://tinyurl.com/6tsqmvo>

Protect Your Skin from the Sun

With summer officially underway this month, more people will spend time outdoors. Maybe you work outside, have a vacation planned, or like to work in your garden. Warmer weather is great for spending time outdoors, but too much sun can lead to skin cancer.

Skin cancer is the most common form of cancer in the United States. More than 3.5 million cases of skin cancer are diagnosed every year. One in five Americans will develop skin cancer at some point in their life. And about 90 percent of all skin cancer cases are caused by too much time in the sun without proper clothing or sunscreen.

If you're going to be in the sun, you need to protect your skin from the sun's ultraviolet rays that can cause cancer. Here's what you can do:

1. If possible, avoid being in the sun for long periods between 10 a.m. and 4 p.m. This is when the sun's ultraviolet rays are the most damaging.
2. Wear protective clothing and a hat.
3. Use sunscreen (SPF 15+) if you will be in the sun for more than 10 minutes.
4. Wear sunglasses to protect your eyes.

5. Make sure children have protective clothing and adequate sunscreen.
6. See your doctor if you notice any skin lesions to check for cancer.



Skin Cancer Foundation.

Centers for Disease Control and Prevention.

Journal of the American Medical Association.

ASK THE WELLNESS DOCTOR

Q: How can I make my headaches go away?

A: Go to www.wellsource.com/info/wn/ask-headaches.pdf to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: evan@wellsource.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.

Health Challenge: "Use Safety Gear" available at: www.wellsource.com/info/wn/hc-safety-gear.pdf
Use safety gear at home and at work when appropriate.