

LIVE WELL – WORK WELL



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FEBRUARY: AMERICAN HEART MONTH

Heart disease is the leading cause of death for both women and men in the United States, causing about 610,000 deaths annually. Heart disease is also an extremely expensive disease - costing the United States about \$207 Billion annually in the cost of health care, medications and lost productivity.

Fortunately, heart disease can often be prevented by living a healthy lifestyle and properly managing health conditions. American Heart Month, organized by the American Heart Association (AHA), is designed to raise awareness about heart disease and how people can prevent it. Some simple self-care and prevention strategies include the following:

- Visit your primary care physician regularly.
- Refrain from smoking.
- Maintain a healthy weight.
- Limit your sodium intake.
- Eat a well-balanced, healthy diet.
- Exercise regularly.
- Manage your stress levels.
- Limit your alcohol intake.



The AHA's [website](#) provides a detailed list of risk factors and common symptoms of heart disease. If you are concerned about your risk of developing heart disease or would like to find out more information about the condition, visit the AHA's site and contact your primary physician.

BEST FOODS FOR YOUR HEART



ORANGES

Reduces blood pressure, cholesterol, and heart failure



RED WINE

Boosts HDL and reduces unwanted clotting



LENTILS

Reduces blood pressure



KALE

Prevents atherosclerosis



DARK CHOCOLATE

Reduces blood pressure



ALMONDS

Reduces LDL and fatal arrhythmias



GARLIC

Reduces blood pressure and plaque



SARDINES

Lowers triglycerides and raises HDL



POMEGRANATES

Reduces atherosclerosis

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AVOCADOS:

A Legitimately Healthy Food Craze

According to Telsey Advisory Group, a firm focused on evaluating the consumer market, avocado consumption in the United States has quadrupled since 2000. And, unlike many other health food crazes, avocados are actually good for you.

While it is true that avocados contain more calories and fat than other fruits or vegetables (one-fifth of an avocado contains 50 calories and 4.5 grams of fat), they also have many health benefits. Avocados contain heart-healthy unsaturated fat, which can help lower cholesterol. In addition, they are packed with vitamins, minerals and fiber that are part of a healthy diet.

A Common Cold Can Be Contagious for Longer Than You Think

The winter months are commonly associated with decreasing temperatures and increasing cases of the common cold. Typically, symptoms of the common cold come on gradually, and may start with a sore throat or irritated sinuses.

When you have a cold, you're contagious approximately one to two days before symptoms start and can continue to be contagious for up to seven days after you've become sick. Unfortunately, many people can't stay home for that long of a time to fully recover. Consider the following suggestions to help avoid becoming ill or passing on a cold to a co-worker, friend or family member:

- Wash your hands with warm water and soap often.
- Avoid touching your eyes, mouth and nose.
- Sanitize commonly touched surfaces.
- Always cough and sneeze into your elbow—not your hands—to prevent spreading germs.



Is It a Cold or the Flu?

Signs & Symptoms	Common Cold	Seasonal Flu
Fever	Rare. If so, the fever is very mild.	Yes. Can be high fever.
Chills	Not common	Common
Headache	Not common, but can occur due to sinus pressure	Common
Body Aches	Mild	Common. Moderate to severe.
Fatigue	Mild, if any. You still have energy to do most things.	Common. You may not have the energy to get out of bed.
Itchy / watery eyes	Common	Not common
Stuffy nose	Common	Sometimes. Runny nose is common.
Sneezing	Common	Sometimes
Sore throat	The throat feels scratchy.	Common
Cough	Cough with mucus	Often. Dry and hacking cough.
Chest discomfort	Mild to moderate	Common. Can be severe.
Diarrhea / Vomiting	None	Not common. More likely to occur in children than adults.
Onset of symptoms	Develop over a few days	Sudden