

## LIVE WELL – WORK WELL



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## APRIL: DISTRACTED DRIVER AWARENESS MONTH

According to the Centers for Disease Control and Prevention, nine people are killed and over 1,000 others are injured every day in accidents that involve a distracted driver in the United States. The National Safety Council observes April as Distracted Driving Awareness Month to draw attention to this epidemic.

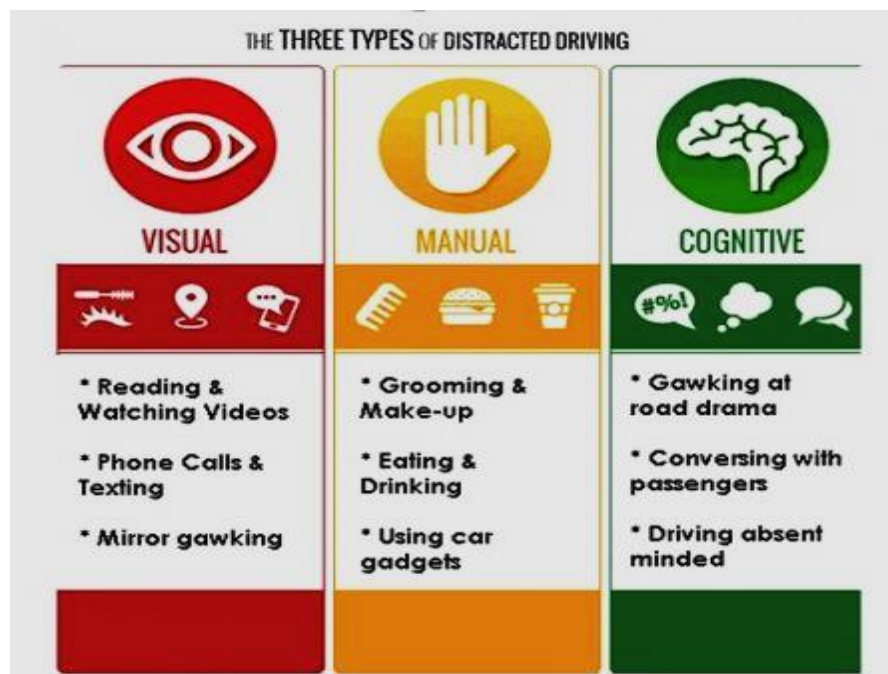
Distracted driving is driving while doing another activity that takes your attention away from the road, and can greatly increase the chance of a motor vehicle crash. While there is little you can do to control other people's driving, there is plenty you can do to reduce your own distractions.

There are three main types of distractions:

1. Visual: taking your eyes off the road
2. Manual: taking your hands off the wheel
3. Cognitive: taking your mind off of driving



By practicing safe driving techniques, you can significantly reduce your chances of being involved in an auto accident. In addition to avoiding distractions, it's important to be aware of other drivers around you and make adjustments to your driving accordingly.



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### GREEK YOGURT PARFAIT

#### Ingredients

2 cups plain Greek yogurt  
1/2 cup heavy cream  
1/2 teaspoon vanilla extract  
1/2 cup packed brown sugar  
1 cup fresh blueberries  
1 cup fresh raspberries

#### Directions

In a medium bowl whisk yogurt, heavy cream and vanilla extract until smooth.

Using a spoon flatten the yogurt mixture then spread brown sugar over the top. Cover with a plastic wrap and refrigerate for 20 minutes.

Place berries into wine glass or just regular glass cups. Add yogurt mixture be careful not to mix the sugar with yogurt. Make as many layers as desired.

### Five Healthy Snacks to Satisfy Your Workday Hunger

Snacking can be an important part of a healthy diet. Healthy snacks can provide midday energy boosts and fuel for exercising, and can help decrease your hunger and the odds of overeating at mealtime. Try incorporating these five simple snacks into your meal plan.

1. **Almonds**—1.5 ounces of almonds (about 35 nuts) provides enough fiber, protein and good fats to keep you feeling full until your next meal.
2. **Greek Yogurt Parfait**—1 cup of Greek yogurt with berries is a great way to get protein, calcium, fiber and antioxidants.
3. **Blueberries and Mini Babybel** cheese—1 cup of fresh blueberries has only 80 calories. When paired with two Mini Babybel cheeses, you get a high dose of fiber, antioxidants, protein and calcium.
4. **Apple and ½ cup Roasted Chickpeas**—Apples are fat, sodium, and cholesterol-free. What's more? One medium-sized apple has less than 100 calories. When paired with ½ cup roasted chickpeas, you get a snack that provides protein, and good fats and carbs.
5. **Veggies with Hummus**—Snacking on raw, fiber-rich vegetables during the day can help keep you full between meals. For extra protein, eat your veggies with hummus. Be sure to check the serving size on your hummus container to keep your portion size in check.

