

# Results for Life

Monthly tips and topics for a healthier lifestyle

## Flu Prevention Strategies



Fall is just around the corner and with it comes flu season. The flu virus tends to spread from October to May, with most cases occurring in January or February. Every flu season is different, and the flu can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Influenza is a serious form of the flu that can lead to hospitalization and sometimes even death. Most at risk are people with a health condition like asthma, heart disease, diabetes, or a weakened immune system. Depending on the severity of the flu season, between 3,000 and 49,000 people die from the flu each year.

For most of us, having the flu means suffering at home for a week or two, then pulling ourselves out of bed to get on with our lives as usual. If we don't take the right precautions, odds are that up to one in five of us will catch the flu in any given flu season.

### What is the difference between a cold and the flu?

The cold and flu are both respiratory illnesses but are caused by different viruses. The flu is generally worse than the common cold..

Flu Symptoms: usually high fever, headache, body aches, extreme fatigue, dry cough, sore throat, runny nose

Cold Symptoms: usually milder than the flu, runny stuffy nose, sneezing, coughing

### Prevention: Keeping the Germs Away!

The flu virus is commonly spread from person to person through coughing and sneezing or by touching something with the virus on it and then touching your mouth or nose. Some viruses can live 20 minutes to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks!

Before the flu can knock you out, you can deliver the first punch. These proven prevention strategies can help you avoid flu germs. Here are ways to fight back if the flu tries to take you down.

1. Handwashing: Keeping your hands clean is one of the most important steps we

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### Fit Tip of the Month

### August Fit Tip



### Kids in Motion

By the time they reach high school, 64% of children are no longer physically active.

### Start 'em Young

Becoming a healthy adult starts with being a healthy child. Many chronic diseases of adulthood begin in childhood (e.g., diabetes, obesity, high cholesterol, high blood pressure) and can easily be prevented by proper diet and physical activity. Children who are fit can avoid these health problems while improving their confidence/self-image, decreasing anxiety and stress, and demonstrating greater improvements in skill and health-related fitness.

### Mom and Dad Are the Best Motivators

As a parent, it's up to us to play the biggest part - encourage at least an hour of physical activity daily and limit screen time to no more than two hours per day. Set a good example. Instead of spending

can take to avoid getting sick and spreading germs to others. Remember to use good hand washing technique rubbing the entire surface of your hands for at least 20 seconds (or the time it takes you to sing Happy Birthday twice). When soap and water are not available alcohol hand wipes or sanitizing gels work too.

2. Avoid touching your eyes, nose or mouth: Germs are often spread when a person touches something that is contaminated with germs and then touches their own eyes, nose and mouth.

3. Cover your mouth or nose when coughing or sneezing: Cough or sneeze in a tissue and throw it away. Then clean your hands!

4. Your desktop or workspace could be making you sick!: Cleaning surfaces with disinfectants may help stop infections. One study found that a desktop contained on average 21,000 germs per square inch compared to a toilet, which contained 49 germs per square inch. YUCK! At many offices the cleaning crew will not clean people's desks for fear of accidental misplacement or loss of important documents. Keep some disinfectant wipes handy just in case.

5. Don't go to work if you are sick: Basic guidelines would be for workers to stay home until they are free of symptoms, fever, sore throat, nausea or diarrhea for 24 hours.

6. Get a flu shot: A good way to prevent seasonal flu is by getting a flu shot. Vaccinations are typically given between October and November to protect against the height of the flu season. Remember the flu season can last into April. Contact your healthcare provider to determine if the flu shot is right for you.

7. Practice daily healthy habits: Try to get plenty of sleep (7-9 hours is recommended), eat a healthy diet rich in fruits and vegetables, drink plenty of fluids, be physically active and manage stress as best as possible. These healthy habits will help to keep your immune system strong and able to fight infection better.

8. Quit smoking: Smoking could make you more susceptible to the flu. There is evidence that smokers get more flu infections than nonsmokers. When they do get sick, smokers tend to have a more severe infection and have a higher risk of dying from the flu. Protecting yourself against the flu is just one more reason to talk to your doctor about ways to quit smoking.

### Can an antibiotic be used to treat the flu?

Because the flu is caused by a virus and not bacteria, an antibiotic is not effective in treating it. People with the flu can take prescription antiviral flu medications to decrease the severity and duration of flu symptoms. In some cases they may be used to prevent flu. They are best taken within 48 hours of the onset of symptoms, but they may still offer benefits if taken later. Talk to your health care provider about your health situation because most antivirals do have side effects.

### Chef Cheryl Bell, MS RD LDN CDE - Health Coach

#### August Preventive Focus: Flu Vaccine

The flu can be prevented by getting the flu vaccine every year. The vaccine usually prevents most cases of the flu. If you do get the flu after you had the vaccine, your symptoms will be milder and you'll have less chance of problems from the flu. You cannot get the flu from the flu vaccine. The best time to get the vaccine is as soon as it becomes available. It can be given by shot or by nasal spray.

The U.S. Centers for Disease Control and Prevention recommends everyone 6 months and older should get a flu vaccine. It is very important for those with higher risk of problems for flu, such as:

- Young children

the evening in front of the television, find fun activities to keep you moving. Trips to the park, family hikes, biking, shooting hoops, dance parties, hula hooping and homemade obstacle courses are just a few examples. Find several that your family enjoys.

### It's Really Up to You

If you want your kids to be healthy, active teens and adults, it's up to you to be a positive, active role model. Start 'em young and make it fun! They will naturally make fitness a part of their ongoing lifestyles.

**Suzanne Toon, MS CPT – Health Coach, Exercise Physiologist**



### Living Well

Explore the various definitions of "health" and the principles of living well including mental health, physical health, being active, eating to live and managing stress.

**Date: Thursday, August 22, 2013**  
**Time: 12:00 pm - 1:00pm (Central)**

[Register Now](#)

A recorded version of the webinar will be available for viewing at a later date on the [Interactive Health](#) member website

### Recipe of the Month



### Roasted Tomatoes and Garlic

To keep your immune system strong during flu season, eat a variety of foods that provide a natural abundance of vitamins, minerals and phytonutrients, particularly those rich in

- Adults ages 50 and older
- Adults and children who have long-term health problems or an impaired immune system
- Health care workers and anyone who lives or works with a person who is at higher risk of problems from the flu

You should not get a flu vaccine without first consulting your doctor if you have severe allergy to chicken eggs, severe reaction to influenza vaccine, moderate to severe illness with a fever, history for Guillain-Barre Syndrome and/or are younger than 6 months of age. Please talk with your doctor if the flu vaccine is recommended for you.

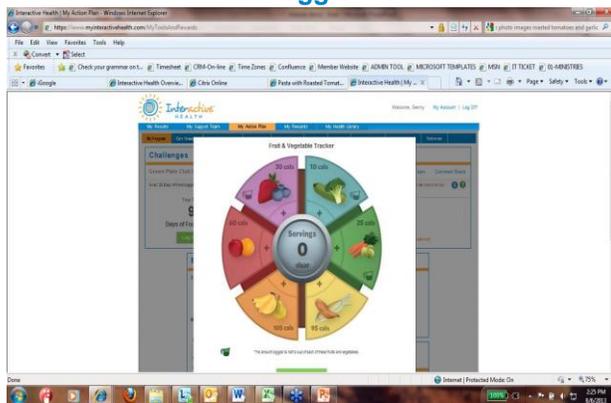
Resources:

[Interactive Health](#)

[Centers for Disease Control and Prevention](#)

## Member Website Spotlight

### Fruit & Veggie Tracker



Summer is a great time to increase the amount of fruits and vegetables that you eat. With so many different kinds of produce now in season, it's easy to indulge in your favorites and try a few new ones as well. Now, you can track your daily intake of fruits and vegetables with the [Fruit & Veggie Tracker](#)

## About Interactive Health

Interactive Health provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to measure, motivate and reward you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.



vitamin C, beta carotene and zinc. One way to boost your immune system is to add a few super-foods, such as garlic and tomatoes. Height-of-summer tomatoes burst with flavor and need little embellishment to create a spectacular dish. Churning the oil into boiling liquid emulsifies the mixture, yielding a creamy sauce that coats the pasta. This is an easy recipe that can be enjoyed all year long.

**Serves 4**

### Ingredients

8 ounces uncooked whole grain spaghetti  
 3 tablespoons extra-virgin olive oil, divided per directions  
 2 pints multicolored cherry tomatoes  
 4 garlic cloves, thinly sliced  
 1/2 teaspoon kosher salt  
 1/4 teaspoons freshly ground black pepper  
 2 ounces Parmigiano-Reggiano cheese, shaved  
 1/4 cup small basil leaves

### Directions

1. Preheat oven to 450°F
2. Bring a large pot of water to a boil. Add pasta; cook 10 minutes or until al dente. Drain pasta in a colander over a bowl, reserving 6 tablespoons cooking liquid. Return pasta to pan. Combine reserved cooking liquid and 2 tablespoons oil in a small saucepan; bring to a boil. Boil 4 minutes or until mixture measures 1/3 cups. Add oil mixture to pan with pasta; toss to coat.
3. While pasta cooks, combine remaining 1 tablespoon of oil, tomatoes, and garlic on a sheet pan, tossing to combine. Bake at 450° for 11 minutes or until tomatoes are lightly browned and begin to burst. Add tomato mixture, salt and pepper to pasta; toss to coat. Top with cheese and basil.

### Nutritional analysis per serving

Calories: 390  
 Total Fat: 14 grams  
 Saturated Fat: 4 grams  
 Cholesterol: 0 milligrams  
 Protein: 14 grams  
 Total Carbohydrates: 50 grams  
 Dietary Fiber: 7 grams  
 Sodium: 490 milligrams

**Chef Cheryl Bell, MS RD LDN CDE - Health Coach**

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