

# The Wellness Exchange



A Publication of  
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## Fireworks Safety: Stay Safe this July 4th!

*As July 4 approaches, it is likely that you're thinking about sitting outside with your family,*

*friends, and neighbors, socializing and watching a beautiful fireworks display. Fourth of July can be a lot of fun, but fireworks can actually be very dangerous.*

Sparklers may be even more dangerous than fireworks since they are considered by many to be harmless items that are safe for children to use. But sparklers are actually the second highest cause of fireworks-related injuries requiring trips to the emergency room.

### To keep July 4 fun and safe, consider the following tips:

- ~ It is safest to attend only authorized public fireworks displays conducted by licensed operators.
- ~ Always have water handy (a water hose and a bucket) when you are around fireworks.
- ~ Avoid sparklers. Sparklers can catch clothes or hair on fire, and they can heat up to 1800 degrees Fahrenheit (hot enough to melt gold).
- ~ Do not let your child play with fireworks.
- ~ Keep yourself and your child away from other people who are using sparklers or lighting their own fireworks-bystanders are more frequently injured by fireworks than the people who use them.
- ~ Be aware of the location of the closest phone, or carry a cell phone. This way, you will be prepared and able to call for help if an emergency occurs and rescue help is needed.

### The Dangers of Fireworks

According to the U.S. Consumer Product Safety Commission, fireworks were involved in an estimated 9,600 injuries treated in U.S. hospital emergency rooms in 2004. About 6,600 of those injuries occurred during the one month period surrounding the Fourth of July. Firecrackers and sparklers were the top causes of injuries; about half of the 700 injuries to children 5 years old and younger were from sparklers.

### If an injury does occur:

- ~ Stay calm, and if a child is injured, keep him or her as calm as possible.
- ~ If your clothes catch on fire, lie on the ground, cover your face with your hands, and roll. Make sure your children know how to do this as well.
- ~ Seek medical help for burns.
- ~ If an eye injury occurs from a fireworks explosion, do not rub, rinse or self-medicate the eye. Seek medical help immediately, even if the injury seems minor.

### If you do decide to use fireworks yourself, please consider the following safety measures:

- ~ Always read and follow label directions.
- ~ Make sure an adult is always present.
- ~ Only use fireworks as intended. Do not try to alter or combine them.
- ~ Never throw or point fireworks at other people.
- ~ Obey all state and local laws regarding fireworks.

### Test Your Fireworks Knowledge:

1. It's always good to have \_\_\_\_\_ handy when having a fireworks display.
2. How many fireworks should you light at a time?
3. Where should you store fireworks?

### Answer Key:

1. Water.
2. Light only one firework at a time.
3. If at all possible, don't store fireworks. If you must store them, make sure to store them in a cool dry place and keep them out of the reach of children.

- ~ Fireworks and alcohol do not mix. Have a designated "shooter." The shooter should wear eye protection and never place any part of his or her body over the firework.
- ~ Light only one firework at a time, and never re-light a "dud" firework (wait 15 to 20 minutes and then soak it in a bucket of water).
- ~ Only buy from reliable sellers.
- ~ To properly dispose of fireworks, soak them in water and place them in your trash can.
- ~ Never carry fireworks in your pocket.
- ~ Never shoot fireworks in metal or glass containers.
- ~ Make sure pets are safely indoors.

For more information about fireworks safety, visit the following web sites:

[www.nfpa.org](http://www.nfpa.org)  
[www.fireworksafety.com](http://www.fireworksafety.com)





# Are You Eating Smart?



You've heard so much about eating

smart in the news, on television, and from co-workers, friends and family. And you know that to manage your weight and feel your best it's important to engage in regular physical activity and eat a healthy diet. Even so, with all the demands on your time, it's no easy task to act on this knowledge. Eating smarter can help you achieve your nutritional goals while making positive changes to your overall health.

## You are what you eat!

Your eating habits are actually guideposts that can help you understand as much about your psychological health as your physical health. Eating a healthy diet demonstrates strong statements about self-esteem and self-respect. The fuel we put into our body has direct bearing on our feeling of well-being and can even be a consequence of illness when we eat poorly.



## Functional Foods

Functional Foods are foods or dietary components that may provide a health benefit beyond basic nutrition. You can take greater control of your health through the food choices you make, knowing that some foods can provide specific health benefits. Consider the following:

~ **Omega-3** fatty acids provide health benefits to both healthy individuals and individuals who may have or be at risk for heart disease. Studies suggest omega-3 fatty acids also play an important role in maintaining brain health, as well as offering protection against cancer. Fatty fish such as mackerel, lake trout, albacore tuna, and salmon, as well as flaxseeds and walnuts, are rich in omega-3 fatty acids.

~ **Dark chocolate** is rich with flavonoids (antioxidants) which may help lower blood pressure, reduce cholesterol, and reduce insulin levels.

~ **Avocados** are full of heart-healthy, monounsaturated fat, which helps lower both total cholesterol and "bad" cholesterol.

It is important to keep in mind that functional foods may contain health enhancing benefits, but **only when used in moderation**. Functional foods are an important part of an overall healthful lifestyle that includes a balanced diet and physical activity. Consult with your physician prior to starting a new diet or exercise plan.

## Test Your Knowledge!

- You're famished but you are trying to shed a few pounds. What should you munch on?
  - Popcorn
  - Almonds
  - Rice Cakes
  - Peanut butter
- True or False: Butter and margarine have about the same number of calories.
- A drumstick or a breast? Which part of the chicken is better for you?
  - White meat chicken
  - Dark meat chicken
- Which drink has the most antioxidants?
  - Hot cocoa
  - Red wine
  - Green tea

### Answers:

1. B - Almonds are high in protein and dietary fiber to help you feel full.
2. True - There are about 100 calories and 12 grams of fat per tablespoon of each.
3. B - The dark meat contains a special protein called myoglobin, which is full of iron. It also has more than twice the amount of zinc as white meat. So although the drumstick has more fat than the breast, it also has more nutrients.
4. A - Dr. Chang Lee from Cornell University measured two types of antioxidants found in beverages - plant chemicals called polyphenols and compounds similar to vitamin C. Cocoa was the clear winner with 610mg/30mg per cup respectively. (Life Magazine, 1/20/06).

## The Good (& Bad) About Your Favorite Foods

**Apple juice.** One cup of apple juice has 120 calories and 0.3 gram of fiber. For better cholesterol control, healthy digestion and weight loss, choose an apple instead; a medium one has 80 calories and 3 grams of fiber.

**Baked potato chips.** They're significantly lower in fat than regular chips, but they have little to offer nutritionally. At 130 calories per 12-chip serving, they're a diet danger if you can't eat just a handful. Instead, try low-fat microwave popcorn, at 23 calories per cup.

**Regular cottage cheese.** These creamy curds have 106 mg of calcium, 240 calories and 10 grams of fat per cup. If you're trying to increase your calcium intake, buy calcium-enriched non-fat cottage cheese, which provides 400 mg of calcium with 160 calories per cup.

**Cereal bars.** With their flaky oat coating, they certainly look healthy, but don't be fooled. Table sugar, fructose, and high-fructose corn syrup often top the ingredient list. Many granola bars have as many calories and fat grams as chocolate candy bars. Read labels carefully before buying cereal bars; some brands have substantially less fat and calories than others.

**Fruit-flavored yogurt.** At only 240 calories and 3 grams of fat per 8-ounce serving, this creamy treat sounds like a winner. But you're better off buying plain or vanilla-flavored yogurt and adding your own fruit. You'll get much more yogurt, 5 percent more calcium, less added sugar and the fiber and phytochemicals contained in the fresh fruit. Plus, plain yogurt has about half the calories.