



# Work-Life BALANCE

APRIL 2015

In the last 20 years, the invention of new technology has led to more stress in our lives. Personal computers, laptops, cell phones and tablets with internet access have allowed us to always be connected to our jobs. We can send an email from home, answer a call from a client while we are making dinner, or check on a project as we pick our kids up from school.

This constant connection has added more hours to our workday and can make it difficult to separate ourselves from the office. Creating a balance between our work and home lives is important for our health.

When we are unable to separate our personal lives from our work, it can create many challenges. We may feel uneasy or irritable. We may have a hard time concentrating or find we do not sleep well at night. We may have an upset stomach or a headache. All of these are symptoms of stress and in the long term can cause health concerns like high blood pressure and high cholesterol, which can lead to cardiovascular disease. Being able to separate ourselves from our work can help reduce stress. Here are a few tips for how we can make more time for the activities we enjoy.

**Include relaxation time into your schedule.** Each week, plan your schedule and make sure you add in time for activities you enjoy. This could include a date with your partner, a basketball game or a conversation with a friend. Whatever activity you choose, put it on your calendar. This way you will have something to look forward to throughout the week and will not schedule another activity during that time.

**Use technology to your advantage and simplify your life.** If technology is used the right way, it can be a great tool for making our lives simpler. Many cell phones have apps for nearly everything imaginable. With a few clicks of a button, you can order your groceries, track your food intake, or create a music playlist. Take some time to research apps and think about where an app could make your life a little easier. This will allow you to spend more time with your family and friends doing what you enjoy.

**Get moving.** Exercise can lower stress, increase energy, and improve the ability to concentrate. Exercise can also boost your confidence and feelings of empowerment at work and at home. If you are new to exercise, start small and integrate physical activity into your day. For example, you can incorporate walking into your schedule by parking your car a little farther from the office, taking the stairs instead of the elevator, or having a walking meeting instead of sitting at a desk.

By starting today, you can improve your work-life balance in order to reduce stress and enjoy our personal lives.

**Resource:** WebMd.com

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## Building Muscle: Use These Tips to “FIT” Muscle Strength Into Your Routine

Strong muscles are very important to a well-functioning body. Many aches, pains and injuries are a result of weak muscles. No matter your age or gender, you can build and maintain muscles with just a little bit of resistance training each week. Resistance training is the process of using any resistance to challenge your muscles so that they can adapt and grow. That resistance can take the form of your own body weight (push-ups, pull-ups, squats), or tools like dumbbells, barbells, kettlebells, cables, bands and even less traditional options such as a backpack with heavy books, or milk jugs filled with sand.

Building strong muscles does not mean that you will bulk up. There are different training methods for achieving different goals. While all methods require fatiguing the muscle through overload, the number of sets, repetitions and load are a key factor in achieving different goals. To improve your strength and muscle “tone”, you need to strength train 2-3 times per week, and target all of the major muscle groups using the appropriate amount of resistance. Fortunately, it’s possible to do that in 20 minutes or less, when you follow a program that incorporates multiple movements or minimizes the rest time between each exercise.

In any strength-training program, you need to follow the F.I.T. principal:

**F**=Frequency. Train all of the major muscles 2-3 times per week, to improve strength and endurance.

**I**= Intensity. Train at 60-65% of the heaviest weight you can lift properly 1 time, or simply make sure the weight or resistance is heavy enough that you can repeat the movement at least 10 times properly, but not more than 15 times (referred to as repetitions). Once you are able to do the movement 15 times properly, increase the resistance to make it harder and drop back to 10 repetitions, as needed.

**T**= Time or duration. The number of sets refers to the “set” of times you repeat the movement. As a beginner, start with 1 set of 10-15 repetitions of each exercise, and increase to 2-3 sets to increase the difficulty. If you have been doing some strength training, you may opt to start with 2-3 sets.

The major muscle groups include:

- chest and shoulders, back, arms (biceps and triceps)
- legs and buttocks
- abdominals

There are two ways to minimize the amount of time spent strength training and maximize your strength and endurance gains:

1. Incorporate movements that use more than one muscle group at a time
2. Alternate opposing muscles so that you actively rest one muscle while working the other

The following are examples of combined movement exercises. If you are unfamiliar with the exercise or proper form for completing the exercise, check the exercise library at [www.acefitness.org](http://www.acefitness.org), for interactive demos of each movement or ask a fitness professional.

Exercise	Muscle Groups Affected
Dumbbell front squat with bicep curl	Legs, butt, back and bicep muscles
Dumbbell lunge with dumbbell lateral raise	Legs, butt and shoulder muscles
Dumbbell deadlift with bent-over row	Legs, butt, lower and upper back muscles
Dumbbell push-up with dumbbell triceps kickback	Chest, shoulders, and triceps
Plank to Downward-facing dog with single-leg lift	Abdominals, back, legs and butt muscles

As a recommendation if you are sedentary, have any health issues, or are over the age of 40, that you see your health care provider before starting an exercise routine.

**Resources:** [acefitness.org](http://acefitness.org); [acsm.org](http://acsm.org)

## Ask the Health Coach:

**Q:** April is Alcohol Awareness Month and I have heard the term binge drinking. What is binge drinking?

**A:** The National Institute of Alcohol Abuse and Alcoholism defines binge drinking is drinking enough alcohol to bring your blood alcohol concentration (BAC) level to 0.08% or more. This usually measures out to 5 or more drinks on a single occasion for men or 4 or more drinks on a single occasion for

women, generally within about 2 hours. It is important to know that this level of blood alcohol concentration can be reached with as little as 1 or 2 drinks, depending on your gender, body weight, food intake, age, tolerance and how much alcohol was in the drink(s). Drinking can cause social consequences and health consequences. Avoiding alcohol is best for your overall health.

**Resources:** [cdc.gov](http://cdc.gov); [webmd.com](http://webmd.com)

## Wellness Coordinator in the spotlight!



**Stephanie Morris** serves as Wellness Coordinator for Martin County School District and as a WELCOA Faculty Member, was nominated for WELCOA's DISH Top 100 Health Promotion Professionals. The contest was available to those that serve as leaders

in the wellness promotion industry and had demonstrated success with ongoing wellness programs. Contestants were judged by a distinguished panel of wellness professionals, as well as voted on by their peers. Out of 210 entries, Stephanie is recognized as one of the Top 100. Congratulations to you, Stephanie!

fresh

AND  
HEALTHY

RECIPE  
OF THE  
MONTH



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## Roasted Radishes with Leeks and Thyme

Radishes become sweet and tender when roasted in a hot oven in this easy radish recipe. If the roasting does not mellow the bite of the radish enough, stir in a sprinkle of sugar or honey along with the butter and thyme.

**Makes:** 4 servings

**Serving Size:** about 2/3 cup

**Active Time:** 20 minutes

**Total Time:** 30 minutes

### Ingredients:

- 2 bunches radishes (about 1 pound), halved if small, quartered if large
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 large leek, white and light green part only, halved and thinly sliced
- 1 tablespoon butter
- 1 teaspoon finely chopped fresh thyme or 1/4 teaspoon dried

### Preparation:

1. Preheat oven to 450°F.
2. Combine radishes, oil, salt and pepper in a large roasting pan.
3. Roast for 10 minutes. Stir in leek. Continue roasting until the radishes are lightly browned and tender, 10 to 15 minutes more. Stir in butter and thyme; serve warm.

**Nutrition :** Per serving: 89 calories; 7g fat (2g sat, 3g mono); 8mg cholesterol; 7g carbohydrates; 0g added sugars; 3g total sugars; 1g protein; 2g fiber; 340mg sodium; 308 mg potassium.

Recipe courtesy of Eatingwell.com



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