



Volume 4, Issue 8 August 2014

LiveWell Vermont

STATE EMPLOYEES WELLNESS PROGRAM

DIVISION FOR WORKFORCE RECRUITMENT, DEVELOPMENT & WELLNESS

NATIONAL RESPIRATORY MONTH

The lungs are different from most of the other organs in your body because they are directly connected to the outside environment. Germs, tobacco, smoke and other harmful substances can cause damage to your airways and threaten your lungs ability to work properly. Follow the tips below to help reduce your risk:



Avoid Tobacco: cigarette smoking can narrow the air passages and make breathing more difficult. It causes chronic inflammation in the lungs and can lead to chronic bronchitis. Over time, cigarette smoking destroys lung tissue, and may trigger tissue changes that grow into cancer. <http://802quits.org/>

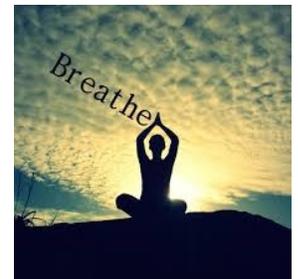
Avoid Exposure to Pollutants: secondhand smoke, outdoor air pollution, chemicals in the home and workplace, and radon can all cause or worsen lung diseases.

- Make your home and car smoke-free
- Test your home for radon, receive a FREE radon test kit [here](#).
- Avoid exercising outdoors during poor air conditions
- Talk to your healthcare provider if you're worried that something in your environment is affecting your health

Prevent Infection: a cold or other respiratory infection can become serious. To protect yourself:

- Wash your hands often with soap and water
- Avoid crowds during cold and flu season
- Get a yearly flu shot
- If you're sick, stay home from work or school to protect others around you

Strengthen your Diaphragm: Lie down with your knees bent or sit in a comfortable chair. Place one hand on your chest and one below your ribcage. Inhale slowly through your nose. Exhale slowly through pursed lips and tighten your abdomen. Practicing 5-10 minutes at a time, 3-4 times/day will help this way of breathing become automatic and easy.



Walk: Walking can be done anywhere! Start a slow pace and add 30 seconds each time.

Learn Relaxation Exercises: Low impact exercises such as yoga, Tai Chi and Qi Chong have been shown to reduce stress, tone muscles and promote relaxation. Classes or videos are a great way to learn the movements.

AUGUST IS CHILDREN'S EYE HEALTH AND SAFETY MONTH

- Children's eyes should be examined during regular pediatric appointments. Vision testing should be conducted around age 3.
- Be aware of signs that may indicate vision problems...
 - wandering or crossed eyes
 - family history of childhood vision problems
 - disinterest in reading or viewing distant objects
 - squinting or turning the head in an unusual manner while watching television
- www.preventblindness.org



Get the latest wellness info by joining us on [Facebook](#) and our weekly [blog!](#)

facebook



Inspiration from Memorial Day to Labor Day!

Oh, the dog days of summer...the heat index is at its peak, and keeping the family occupied can be a struggle. Don't let the high temperatures get you down. There's so much to enjoy in Vermont. Here are a few ways to stay cool and stay inspired during the summer months.

1. Take a "Stay-cation":

Who says you have to travel to take a vacation? Stay in town. You can pretend to be a tourist and explore the wonders of our beautiful state! You could relax at home or checkout one of the amazing [Vermont State Parks!](#)



2. Read Books from Your Local Library: Remember when they'd give you a summer reading list when you were a kid? Well, they have them for adults too. Summer is a great time to catch up on your reading, and what better place to find a good book than your [local library](#).

3. Throw a Potluck BBQ: Nothing says summer like the smell of grilling outdoors. Gather up your loved ones for a backyard dinner party. Make it potluck to reduce the amount of cooking you have to take on. Most importantly enjoy the time with your friends and family. And don't forget the fruit and veggie platters to add a healthy option...ice-cream is okay too! Check out our [LiveWell Blog](#) for great recipe ideas!

4. Watch the Water: It can be the beach or your community pool, but take some time to watch the water. Look at the sun's shimmering reflection on the ripples. Water has a soothing effect on the spirit, so let it wash over your soul.

5. Wine & Dine Under the Stars: Find out which restaurants in your area have a rooftop bar or patio or plan your own outdoor meal, and make it a date night. Something about the night air and special company that makes summer nights truly magical.

6. See a Great Concert: Musicians of every genre take to the roads during the summer for their big tours. Chances are an artist that you love is coming to a city near you. See your favorite bands live and dance the night away to some groovy summer tunes. Click here for [Summer Music Festivals](#) in VT!

7. Catch a Summer Sunrise: Most times of the year, it's a bit too chilly to sit outside and watch the sunrise. Even during the hottest days of the year, the break of dawn is comfortably warm and gloriously beautiful. So, catch a [summer sunrise](#)...on the beach or mountain, if you can.

Grilled Chicken Thighs with Thai Basil Salad**Ingredients:**

- 1 tablespoon fish sauce, divided
- 1 tablespoon lower-sodium soy sauce
- 2 teaspoons sugar, divided
- 1 pound skinless, boneless chicken thighs
- 1 large garlic clove, minced
- 2 tablespoons fresh lime juice
- 1 tablespoon dark sesame oil
- 1 1/2 Thai chiles, very thinly sliced
- Cooking spray
- 2 cups lightly packed Thai basil leaves
- 1 English cucumber, halved crosswise and shaved lengthwise (about 2 cups)
- 1 cup lightly packed sweet basil leaves, large leaves torn in half
- 1/3 cup lightly packed cilantro leaves
- 1/3 cup very thinly sliced shallots

**Preparation**

1. Preheat grill to high heat.
2. Combine 1 teaspoon fish sauce, soy sauce, and 1 teaspoon sugar in a large zip-top plastic bag. Add chicken; seal bag, and shake to coat. Let stand at room temperature 15 minutes.
3. While chicken marinates, mash garlic with flat side of a knife to form a paste; place in a bowl. Add remaining 2 teaspoons fish sauce, remaining 1 teaspoon sugar, lime juice, oil, and chiles to garlic, stirring well; let stand at room temperature 15 minutes.
4. Remove chicken from bag. Place chicken on a grill rack coated with cooking spray; grill 3 minutes on each side or until chicken is done. Remove chicken from grill. Let stand for 5 minutes. Cut chicken into slices.
5. Place Thai basil leaves, cucumber, sweet basil leaves, cilantro leaves, and shallots in a large bowl; toss gently to combine. Divide salad and chicken evenly among 4 plates; drizzle evenly with dressing.

Nutrition Facts:

Calories: 205; Fat: 8.6g; Saturated Fat: 1.7g; Monounsaturated Fat: 3.2g; Polyunsaturated Fat: 2.7g; Protein: 24.1g; Carbohydrate: 8.6g; Fiber: 1.3g