

**August 2018** Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Arthritis.

## Give Good Health a Shot in the Arm

If you're an adult, you are not immune to getting vaccinations. Immunizations are readily available for a number of common adult illnesses, and your doctor can let you know what immunizations are needed to keep you healthy.

Follow these guidelines to keep preventable diseases at arm's length:

- Tetanus, diphtheria and pertussis (Td and Tdap) immunizations should be given to adults at 10-year intervals throughout your life.
- Adults born after 1956 who are not immune to measles, mumps and rubella should be immunized.
- Women ages 26 or younger should be immunized against human papilloma virus (HPV), the virus that causes cervical cancer.
- All adults ages 65 or older, as well as persons ages two to 64 years who have diabetes or chronic heart, lung, liver or kidney disorders need protection against pneumococcal disease, and should consult their health care providers regarding the pneumococcal vaccine.
- Influenza vaccination is recommended for all adults ages 50 years or older, women who are pregnant during flu season, individuals who have a chronic illness (like diabetes, heart disease or asthma) and residents of long-term care facilities.
- Hepatitis A and Hepatitis B vaccines should be given to people in high-risk groups or who travel to countries where these diseases are common.

Source: National Foundation for Infectious Diseases

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**VACCINES**  
*are not just for kids.*

**Next Month's Issue:**

**Age Healthy,  
Be Happy**

# It's Time to Vaccinate

August is back-to-school time for most kids. One red-letter item on each parent's to-do list should read: vaccinations. They're of great value to help keep many illnesses from spreading between students from kindergarten to college age.

Most states need proof of vaccinations before students can go to class. It's up to parents to get their kids to the doctor for their shots before school starts.

Find out the rules for your state, city, school district or college. Your children's school should be able to provide you with a list of required shots. And don't forget, colleges require students to be vaccinated too.

It's all about keeping kids of all ages safe and healthy!

Visit [cdc.gov/vaccines](http://cdc.gov/vaccines) for an easy-to-read chart of vaccines for kids and adults. There's also a catch-up list to help you get your family back on track.

*Source: Centers for Disease Control*

## Stick to the Schedule!

Immunizations are an important safeguard for your child's health.

Next to safe drinking water, immunizations have been called the most important public health intervention in history. Immunizations have saved millions of lives from diseases that used to be a serious threat to children. Following a regular vaccination schedule to immunize your child can protect them and others from diseases including:

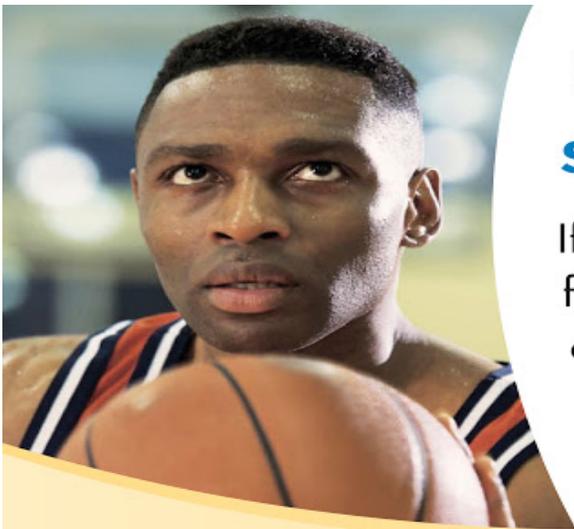
- Diphtheria
- Hepatitis A
- Hepatitis B
- Hib disease (Haemophilus influenza type b)
- Influenza (Flu)
- Measles
- Mumps
- Pertussis (Whooping Cough)
- Pneumococcal Disease
- Polio
- Rubella (German Measles)
- Tetanus (Lockjaw)
- Varicella (Chickenpox)

Talk with your child's doctor about recommended immunizations. Immunizations are an important safeguard for your child's health

*Source: Centers for Disease Control and Prevention*



Immunizations are for everyone!



# Give good health a shot in the arm

If you're an adult, you are not exempt from getting vaccinations. Your doctor can let you know what immunizations are needed to keep you healthy.



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# Puzzle



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Q	N	E	N	E	U	T	R	A	L	I	Z	E	S	S	T
T	T	H	A	G	C	I	W	D	E	W	B	I	Y	W	S
A	I	I	P	E	O	N	L	U	A	M	I	M	M	E	O
B	B	M	U	Y	N	C	O	A	N	A	G	M	P	G	Y
I	O	M	T	E	T	U	E	F	H	A	E	U	T	D	I
N	D	U	R	N	A	B	U	U	I	N	R	N	O	O	D
D	I	N	X	I	G	A	R	A	T	T	M	E	M	S	X
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V	T	Y	T	A	U	O	E	E	H	E	I	S	R	U	I
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Alter  
Antibodies  
Antigen  
Bind  
Blisters  
Contagious  
Dose  
Germs

Immune system  
Immunity  
Incubation  
Mucus  
Neutralize  
Symptoms  
Vaccine  
Virus

# Let's Get Moving!

## Move Of the Month:

### 30 day SQUAT CHALLENGE

1 BASIC SQUAT 15 reps	2 KICKBACK SQUAT 20 reps	3 BASIC + KICKBACK SQUATS 15 reps each	4 BASIC + KICKBACK SQUATS 20 reps each	5 REST DAY	6 SUMO SQUAT 15 reps	7 REACHING SUMO SQUAT 20 reps
8 SUMO + REACHING SQUATS 15 reps each	9 SUMO + REACHING SQUATS 20 reps each	10 REST DAY	11 OBLIQUE SQUAT 15 reps	12 JUMP SQUAT 20 reps	13 OBLIQUE + JUMP SQUATS 15 reps each	14 OBLIQUE + JUMP SQUATS 20 reps each
15 REST DAY	16 NARROW SQUAT 15 reps	17 PISTOL SQUAT 10 reps each leg	18 NARROW + PISTOL SQUATS 15 reps narrow, 15 each leg pistol	19 NARROW + PISTOL SQUATS 15 reps narrow, 20 each leg pistol	20 REST DAY	21 CURTSEY SQUAT 10 reps each leg
22 SPLIT SQUAT 15 reps each leg	23 CURTSEY + SPLIT SQUATS 10 each leg curtsy, 10 each leg split	24 CURTSEY + SPLIT SQUATS 15 each leg curtsy, 15 each leg split	25 REST DAY	26 ISOMETRIC SQUAT 10 reps each leg	27 POP SQUAT 30 reps	28 ISOMETRIC + POP SQUATS 15 reps each leg iso, 20 reps pop
29 ISOMETRIC + POP SQUATS 20 reps each leg iso, 30 reps pop	30 FINAL SUPERSET CHALLENGE! 5 reps, 2 sets of every move together					

# Guard Your Health with Adult Vaccinations

## It's Wise to Immunize-

Just because you've grown up, doesn't mean you don't need immunizations. As you age, there are certain shots you should consider getting to protect yourself against the flu, tetanus, diphtheria, whooping cough, shingles, pneumococcal, human papilloma virus, etc.

A number of things can affect what adult shots you need:

Your way of life

- Age
- Travel destinations
- Health issues
- Prior immunizations

While most vaccines you received as a child will protect you throughout your life, you should also keep in mind:

- Newer vaccines may now be available that didn't exist when you were a child.
- Diseases like the flu and pneumonia can be more dangerous as you get older.
- Some vaccines need booster shots to protect you for life.
- You may have missed some vaccines as a child. You can keep vaccines on track by sticking to the recommended adult schedule.

Perfect timing: Consider making it a priority to keep your immunizations up to date. Talk to your doctor. Ask what vaccines you need. Keeping a record of your immunization schedule can help ensure you receive them on time.

Source: Centers for Disease Control and Prevention



## Immunizations

### Adults

#### Outgrown your Shots?

Just because you've grown up, doesn't mean you don't need immunizations. As you age, there are certain shots you should consider to protect yourself. Keep vaccines on track with the recommended adult schedule.

If you are an adult, you are not exempt from getting vaccinations. Your doctor can let you know what immunizations are needed to keep you healthy.



### Infants

#### Baby Shot Basics

Vaccines help protect your baby from serious or even deadly illnesses. Follow the doctor's advice for our baby's shots. Find wellness guidelines for children and adults on Blue Access for Members.

### Flu Season

#### Prepare For Flu Season

Protect yourself now – get a flu shot before peak flu season. Especially if you are:

- Pregnant
- 50 or older
- Have a chronic health problem.

# Healthy Recipe

## Sheet Pan Alaska Halibut with Zucchini, Mushrooms and Tomato

Light, tasty and healthy, Alaska Halibut is perfect for any summer meal. It only takes a few minutes to cook and packs protein, B vitamins and minerals like potassium and selenium. Plus, fish is a staple of several dietary patterns also linked to lower cancer risk, such as the Mediterranean diet. This one-pan recipe features Alaska Halibut, fresh zucchini and flavorful tomatoes for a delicious, quick and healthy meal.

**Makes 6 Serving**

**Per Serving:** 320 calories, 1g total fat (2.5 g saturated fat), 10g carbohydrate, 38g protein, 1g fiber and 580 mg sodium.

### Ingredients:

- 4 Alaska halibut filets (about 4 - 6 oz. each)
- 6 oz. cherry or grape tomatoes, halved
- 1 medium zucchini (about 8 oz.), sliced
- 8 oz. cremini mushrooms, quartered
- 3 Tbsp olive oil
- 1 Tbsp lemon juice
- 2 tsp. minced garlic (around 4 cloves)
- 1 tsp. lemon zest
- 3/4 tsp. kosher salt, or to taste
- 1/8 teaspoon ground black pepper

### Directions:

1. Preheat oven to 400 degrees F.
2. Arrange the halibut and vegetables on a large baking sheet.
3. Whisk together the olive oil, lemon juice, garlic, lemon zest, salt, and pepper. Brush over the halibut and drizzle the rest over the vegetables. Toss the vegetables so they are evenly coated, then arrange in as flat a layer as possible on the sheet around the halibut.
4. Bake for 15 minutes, or until the halibut is opaque, flakes easily, and is just cooked through. Serve the halibut with the vegetables.

## Last Month's Events

### Arthritis Health Seminar



## Upcoming Events:

### Health and Wellness Seminar:

**Airrosti Injury Assessment**  
**Thursday, August 23, 2018**  
**8:30AM - 12:00PM**  
**City Hall Community Room**

### Airrosti - Tech Neck

