

# InsideOut

*It's Your Health; Own It!*



August 2015

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## Adventures Outdoors

Whether you're looking to exercise, spend time with friends, play, or give back to the community, participating in local outdoor recreation is a fun and affordable way to stay active. There are countless reasons why being active outdoors is beneficial to your health and wellbeing. Some of the benefits include relieving stress, boosting vitamin D levels, managing a healthy weight, and spending quality time with family.

Check out this [guide](#) to everything the Tri-Cities has to offer from kayaking the Columbia River to hiking to new and scenic locations. If volunteering is your style and you want to help out with trail restoration, visit the [Washington Trails Association](#) or [Friends of Badger](#).

Safety should be your first priority while embarking on new outdoor adventures- especially preventing heat-related illness. Please keep these tips in mind:

- Use the buddy system, keeping an eye on your adventure partners.
- Start off the day well hydrated. Avoid alcohol and excess caffeine before physical activity.
- Allow one to two weeks for acclimatization before long duration working or exercising in the heat.



- Limit your time outdoors during the hottest part of the day or take frequent breaks out of the direct sunlight.
- Remember that the parks and paths closer to the river will be cooler and provide trees for shade.

For more information about the outdoor activities and events in our area visit the [Tri-Cities Visitor and Convention Bureau](#). Be safe and stay active!

## Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email [omchew@ri.gov](mailto:omchew@ri.gov).

### Heat Stress

Covers signs and symptoms of heat stress and strategies to reduce your risk.

### Skin Cancer Awareness

Education and awareness of the common types of skin cancer along with screening recommendations and prevention measures.

### Creative Exercise

Learn how to design an exercise plan for YOU—one that fits into your daily life and can be performed with little or no equipment.

### Farmers' Markets

Information about the various community markets and everything they have to offer.

### Local Summer Recreation

Learn about the endless recreational activities our area has to offer.

## Relieving Computer Eye Strain

If you spend the majority of your day in front of a computer or other electronic device, you may be experiencing eye strain. Symptoms of eye strain include blurred vision, dry eyes, eye twitching, headaches, light sensitivity, and shoulder or neck pain. Discomforts such as these can cause physical fatigue and decreased productivity. The good news is computer eye strain can be reduced or avoided by following these basic guidelines:

- Get a comprehensive eye exam at least once a year. During your visit, be sure to tell your doctor how often you are in front of a screen.
- Your eyes need exercise too! Exercise increases your focus ability and reduces the risk of eye strain. Try this [Interactive Eye/Vision Exercises](#) module. Also, blinking moistens your eyes to help prevent dryness.
- Use proper lighting while at your computer. Eliminate direct sunlight light and reduce interior lighting by using lower intensity bulbs and tubes. Position your computer monitor so the windows are to the side, not in front or behind it.
- Adjust your computer display settings. These adjustments include brightness, color temperature, and text size.
- Give your eyes a break. Two 15-minute breaks per day is not enough. According to a recent NIOSH study, eye discomfort was significantly reduced when workers took four additional five-minute vision “mini-breaks” throughout their work day.
- Modify your workstation. Measure how far your eyes are from your screen when you sit at your computer. The monitor should be at least an arms length away.

Check out these additional [office ergonomic tips](#) to reduce eye strain and other discomforts.

## Upcoming Health Promotion Events

- August 1**     [Power of Pasco Triathlon](#)
- August 12**   [WorkFit Leader Training](#)
- August 22**   [Color Dash Pasco](#)
- Sept. 3**       [Worksite Health Fairs](#)
- Sept. 9**       [WorkFit Leader Training](#)
- Sept. 10**     [Worksite Health Fairs](#)

## The 2016 Weight Loss Convoy Program

We are inviting you to change your life! The Weight Loss Convoy is for Hanford employees who have 50 or more pounds to lose to reach a healthy weight and are ready to begin the journey to a healthier life.

While the program is free it does not come without a cost. Each participant will be expected to take an active role in their health and lifestyle decisions. If you are serious about experiencing the benefits of living a healthier life and are motivated to change, give us a call.

Class size is limited and RSVP's are required. To enroll or for more information, call 376-3939 or email [omchew@rl.gov](mailto:omchew@rl.gov). It's your health, own it!



## Patient Satisfaction Survey

We want to improve – and you can help us. Your insight and perspective are important to us. Following your HPMC OMS appointment, you may receive a survey via US Mail asking about your experience. Please take the opportunity to tell us what we did well, and where we could use some improvement. We value your input. If you have any questions, contact our Patient Representative at 376-9122.

## Appointment No Show Reminder

Call Medical Scheduling (376-6251) ASAP if you are unable to make your scheduled medical appointment. This allows us to maximize our appointment slots for everyone and reduces your risk of medical clearance expiration.

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# 10 SECRETS TO STRENGTH TRAINING

The more muscle you have, **1** the more calories you burn and **2** the easier it is to maintain your weight. At the same time you build muscle, **3** you can reduce body fat.

Regular, moderate weight workouts, just 2 to 3 times a week, can keep muscles strong so you **4** stay mobile and active as you age, not stiff and slow.

More muscle helps **5** protect bone mass as you age, **6** reduce the risk of falls and **7** prevent injuries.

Strength training can help **8** ease depression, **9** improve sleep and **10** reduce pain from arthritis as effectively as medication.

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## Fit Tip: Refueling with Fruit

Did you know that many fruits contain more than 80% water? Fruits such as cantaloupe, honeydew, grapes, and watermelon are easy and yummy ways to replenish fluids and energy after a walk or a workout. Fruits are low in fat, sodium, and calories and pack a ton of nutrients such as, fiber, vitamin C, potassium, and folate just to name a few. Though fruits should not be your main source of energy, they can provide the perfect mix of nutrients that our bodies need post-workout and can be easily digested in the summer heat. Whether fresh or frozen, other great ways to consume fruit include incorporating them into smoothies, salads, and yogurt.



## Fresh Fruit Frozen Yogurt Pops



Three simple ingredients with fresh fruit included makes the perfect summer treat. Pops are a refreshing way to enjoy a nutritious, tasty snack.

We appreciate your readership! If you have questions, want to enroll in a program, or have a presentation request, call 376-3939, email [omchew@rl.gov](mailto:omchew@rl.gov), or visit us at [www.hanford.gov/health](http://www.hanford.gov/health) for more resources. August **PLAY** Catch Phrase: Play Safely!

