

LIFESTYLE BENEFITS

JANUARY 2016

You: 2.6



Health & Wellness

Fit Phones

Get fit in 2016 — with technology! With your smartphone at the ready, you can improve your fitness to become healthier, stronger and more productive for the new year. Search your favorite app store for these tools.



Noom Coach

Calorie counting can be tedious, but this app does the math for you and suggests simple changes to help you enjoy a healthier lifestyle.

Zombies, Run!

Do you want to save the world? This audio adventure rewards every step you run with supplies and tools to help the human race survive an impending zombie attack.

Lumosity

Train your brain with neuroscience-based games designed to improve memory and attention.

Calm

Guided meditations will have you breathing easier with exercises focusing on everything from releasing anxiety to feeling more confident.

The Caveman Diet

There are countless diet trends out there, but do any of them actually work? According to Loren Cordain, PhD, we could shed pounds and lower our risk of heart disease with his Paleo Diet — eating like a prehistoric caveman. As always, consult your doctor before trying any new diet.



Q: What can you eat?

A: Fresh lean meat, fish, fruit, vegetables, eggs, nuts and seeds, olive oil and coconut oil

Q: What food should you avoid?

A: Anything processed, along with a host of other items:

- ❖ Dairy
- ❖ Potatoes
- ❖ Salt
- ❖ Peanuts
- ❖ Grains
- ❖ Legumes

Q: Are there any cons to the Paleo Diet?

A: Aside from saying goodbye to your favorite processed foods? Yes:

- ❖ Lifestyle change rather than a short-term diet
- ❖ Many banned foods are nutritious
- ❖ Approved foods can be expensive
- ❖ Meal preparation requires planning

Tackle Your Sweet Tooth



Researchers have found two sweet-receptor genes that could predict a preference for sweets, according to CNN Health. Well, who can resist chocolate?

The key to maintaining a healthy diet that includes sugar is eating it in moderation, which may be easier than you think.

Throw Out Processed Foods

- ❖ Sodas and fruit drinks
- ❖ High fructose corn syrup
- ❖ Candy
- ❖ Honey
- ❖ Dairy desserts
- ❖ Milk products
- ❖ Baked treats
- ❖ Sauces and condiments

Get Moving

Sweating helps get rid of the extra salt and could reduce your craving for sugar.

Eat Tons of Vegetables

Trick your sweet tooth by eating sweet-tasting vegetables such as sweet potatoes and beets.

Get Rid of Salt in Your Diet

The more salt you eat, the more sugar you'll crave.

Benefit Spotlight

ER vs. Urgent Care

If your condition isn't life threatening, you can save time and money by visiting an urgent care center rather than the emergency room. Educate yourself now so your next unplanned medical visit won't cost you an arm and a leg.

Visit an **emergency room** if you experience:

- ❖ Excessive bleeding
- ❖ Coughing or vomiting blood
- ❖ Severe chest pain or pressure
- ❖ Difficulty breathing
- ❖ Dizziness, weakness or changes in vision
- ❖ Mental confusion

According to Consumer Health Ratings, the average cost of an emergency room visit is around \$1,300, but rates depend on your insurance coverage.

Visit an **urgent care center** if you experience:

- ❖ Flu symptoms
 - ❖ Insect bites
 - ❖ Many banned foods are nutritious
 - ❖ Fever
 - ❖ Cuts
 - ❖ Sprains
 - ❖ Simple fractures
- Urgent care center visits typically cost one-third to one-half the cost of an emergency room visit.



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DISCLAIMER: The information contained herein is intended to serve as a general guide. Please consult your physician, insurance company and/or tax advisor for information specific to your individual needs.
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