



Wellness For Long Life

Wellness means more than not being sick, or preventing diseases like heart disease, high blood pressure, and cancer. It also means making good decisions. The choices you make each day will help you stay healthy. A focus on wellness will help you prevent illness and disease, reduce medical bills, feel more energetic, look better, and live a longer happier life. We all have different ideas about what makes for a good life. But if you want to live the good life in terms of health, here are some basics that apply to everyone;

1. **Proper nutrition.** A healthful diet contains foods from all of the food groups: fruits and vegetables, whole grains in bread and cereal, fat-free or low-fat milk products, and protein in lean meats, poultry, fish, beans, and eggs. A healthful diet is also low in saturated fat, trans fat, cholesterol, salt, and added sugar. Proper nutrition helps you reduce the risk of disease, maintain a healthful weight, be more energetic, and look and feel better.



2. **Regular activity.** For many people, getting enough exercise requires extra effort. Pick an activity you enjoy, and participate several times a week.

3. **Enough rest.** Develop a routine that helps you relax for a good night's sleep.

4. **Preventive health care.** See your doctor, your dentist, and eye doctor for regular checkups, not just when you're sick. And if you work in a noisy environment, get your hearing checked annually as well.

5. **Positive attitude.** Maintain an upbeat attitude about your work and personal life, because your attitude affects both your physical and emotional health.

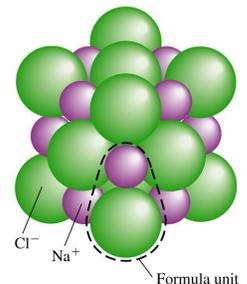
6. **Sense of balance.** A well-balanced life also helps promote wellness, so try to balance work, family, and personal life. And give yourself a little time each day to relax and do something you enjoy.

Salt & You

May has been designated **National High Blood Pressure Education Month** because so many Americans have a potentially serious problem, also known as hypertension. The good news is that high blood pressure can usually be safely controlled with a combination of healthy diet and exercise, along with medication, if necessary. Too much sodium, or salt, in your diet is a major contributing factor in hypertension. According to the American Heart Association, healthy adults should consume less than 2,400 milligrams (mg) of sodium a day, and even less if you already have high blood pressure. Yet the average American adult consumes 6,000 mg to 8,000 mg of salt each day!

To prevent high blood pressure—or to manage it—always check labels on food packages and look for sodium content. You might be surprised to find that some prepared foods contain a lot more sodium than you think. For example:

- 1 cup of canned chicken noodle soup contains over 1,000 mg of sodium.
- 1 link of pork sausage has just over 1,000 mg as well.
- 1/4 of a 12-inch cheese pizza contains nearly 700 mg of sodium.
- 6 1/2 oz. of light tuna has over 500 mg.





Spare the Air: Ozone & You

Heat-related illness isn't the only ailment that steps out of the shadows in the summertime. In the Sacramento region, one type of air pollution is a special concern during the sunnier months. Ground-level ozone, more commonly known as smog, peaks during summer. That's because the chemical process that creates ozone requires sunlight. The long hours of sunshine in Northern California produce perfect conditions for the formation of the pollutant, especially on still days when there is no breeze to help dispersion of ozone's precursors.

According to the U.S. Environmental Protection Agency, breathing ozone can:

- make it more difficult to breathe deeply and vigorously,
- cause shortness of breath and pain when taking a deep breath,
- cause coughing and sore or scratchy throat,
- inflame and damage the airways,
- aggravate lung diseases such as asthma, emphysema, and chronic bronchitis,
- increase the frequency of asthma attacks, and
- make the lungs more susceptible to infection.

Young children, the elderly and those with lung ailments are particularly at risk of these symptoms when ozone concentrations rise. So how do you find out when the air quality will be unhealthy?

Yolo-Solano Air Quality offers free air quality alerts and forecasts throughout the year through its EnviroFlash service. You can sign up for e-mail or text alerts that will notify you when there is an air quality advisory in effect, or you can elect to receive a daily air quality forecast. This information is valuable in protecting sensitive family members, students, employees, and athletes from undue exposure to poor quality air.

In addition, EnviroFlash is used to alert residents when their help is needed to reduce peak ozone levels. The Spare the Air campaign is a cooperative effort in the Sacramento region to drop peak ozone levels when the air quality is expected to approach unhealthy levels. Residents are asked to reduce their driving on these days, refrain from using gas-powered lawn and garden equipment and use gas stations, if needed, only in the mornings. These actions reduce the load of ozone precursors going into the air and help preserve healthier conditions.

Good ways to reduce driving on Spare the Air days are carpooling to work or school, using mass transit, telecommuting, and bicycle or walk if it is safe given the forecasted temperatures.

To find out more, visit SpareTheAir.com.

To subscribe to air quality alerts or forecasts, visit <http://ysaqmd.enviroflash.info>.

Cut Out Cuts

Your hands are exposed to injury more than any other part of your body simply because you use them so often. You can still prevent hand injuries if you're aware of the potential hazards and take the proper precautions. Workplace and home hazards that can result in cuts or puncture wounds include:

- ✗ **Cutting tools**, such as hand or circular saws, knives, box cutters, scissors, and other bladed tools
- ✗ **Sheet metal**, both finished forms and scrap, which almost always have sharp edges and burrs that can tear the skin
- ✗ **Broken glass**, which is particularly dangerous because your first impulse is to pick it up with your bare hands rather than sweeping it up with a broom
- ✗ **Protruding nails and staples** when handling wooden crates, stapled cardboard cartons, empty pallets, and so on
- ✗ **Home appliances** such as food processors, blenders, and slicers

Avoid hand injuries at work or at home by wearing work gloves to protect your hands. Be extra careful when working with sharp or pointed tools and avoid distractions. Store sharp or pointed tools with the blade sheathed or pointing away from you, so no one accidentally grabs the sharp end when reaching in a drawer or storage cabinet.