



# BalanceWorks® Newsletter

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## Wishing You A Happy & Healthy Summer

There are many colloquialisms that signify summer, “the lazy days of summer” and “fun in the sun” are two that come to mind and with good reason. For many people summer is a time to slow down and focus a bit more on family, friends, and fun. Make the most of the season, by incorporating a few of the simple ideas below to optimize your overall health and happiness this summer!

### Eat Fresh

There are a great deal of delicious fruits and vegetables that are in season during the summer months. Berries are at their peak during the summer, so do your body and taste buds a favor by incorporating fresh berries into your diet this summer. Blueberries, blackberries, and strawberries are all packed with antioxidants, which can help prevent damage to tissues and reduce the risk of age-related illnesses. Berries are also high in fiber and relatively low in calories making them a satisfying summer snack.

### Exercise Outdoors

Take advantage of the warm and sunny weather and get outside to do something active every day. It can be as simple as taking a walk around the neighborhood, playing in the backyard with your kids, or trying out a “playground” exercise circuit. On the weekends you can make a day of it by taking a hike, swimming, rollerblading, or taking a bike ride. Exercising outdoors is a great way to break up the monotony and reinvigorate your workouts.

### Ground Yourself in Nature

Some emerging research has suggested that “grounding” or “earthing” can supply natural energy and help relieve physical and mental stress. Simply put, grounding is having physical contact with the natural world, such as walking barefoot or digging in the dirt. A great way to implement this is taking a barefoot walk on the beach or planting a garden. Being in touch

For more information or support on summer health, contact the work/life experts at BalanceWorks® by calling:

**1.800.327.2255**

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physically with nature can help us slow down, take a quick break from technology, and truly relax.

## Protect Your Skin

One problem with spending so much time outdoors is that it can negatively affect your skin and even cause health problems. According to the CDC the sun's rays can damage your skin in as little as 15 minutes. Remember to always apply broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. If you plan on spending an extended amount of time outside, it's a good idea to wear a hat. For optimal protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. If it's not too hot outside wear long sleeved shirts and long pants to protect skin from UV rays. It also helps to seek shade when spending the day outdoors. Set up under a tree or bring an umbrella when at the beach or if spending the day at the park choose one that has pavilions.

## Protect Your Eyes

Similar to your skin, spending time outdoors can negatively affect your eyes if proper precautions are not taken. To protect your vision, simply wear protective eyewear whenever you are outdoors or driving during the day. Be sure that your sunglasses block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent vision problems such as cataracts down the road and even help prevent wrinkles around the eyes.

## Take a Vacation

Schedule a relaxing vacation to help you de-stress this summer. Of course vacations are fun, but they can also positively impact your health. Vacations can help lower your stress levels, which can do wonders for your mental and physical well-being. When on vacation you can truly relax as you're not worried about deadlines at work, cleaning your house, taking the kid's to soccer practice, grocery shopping, or any of the other typical "to-do"s that make up your daily schedule.

## Enjoy The Summer!

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