



# Peak Performance

## THE TRUTH ABOUT JUICING

Between juice bars and high-powered home juicing machines, drinking your fruits and veggies has certainly gone mainstream.

Depending on the specific mixes you sip -- a vegetable blend, for instance -- juice can be a filling snack when you're on the go. But is juicing a way to lose weight and boost health?

Some juicing proponents claim that your body can better absorb nutrients in juice form. But there's no scientific evidence of this -- or that drinking only the juice of a fruit or vegetable is any healthier than eating the fruit or vegetable itself.

Another claim is that juicing gives your system a break from digesting fiber. But the fact is that most Americans fail to get enough fiber in their daily diet.

There's also a lot of talk about juicing to get rid of toxins. But many health experts say the body removes toxins on its own.

Juices may have some long-term health benefits -- grapefruit, lemon, celery and red grape juices have all been the subject of research. But while experts agree that juices are a good way to get more fruits and vegetables into your diet, they shouldn't be the only source of nutrients, as in a juice fast. No juice is a weight-loss miracle, and fruit juice in particular can cause spikes in blood sugar. Some fruit-based smoothies can also contain hundreds of calories.

If you like making your own juice blends, prepare only as much as you can drink at one time -- harmful bacteria can develop quickly. And if you're in the market for a new juicer, choose one that juices the entire fruit, or else add the pulp back in, to get needed fiber.

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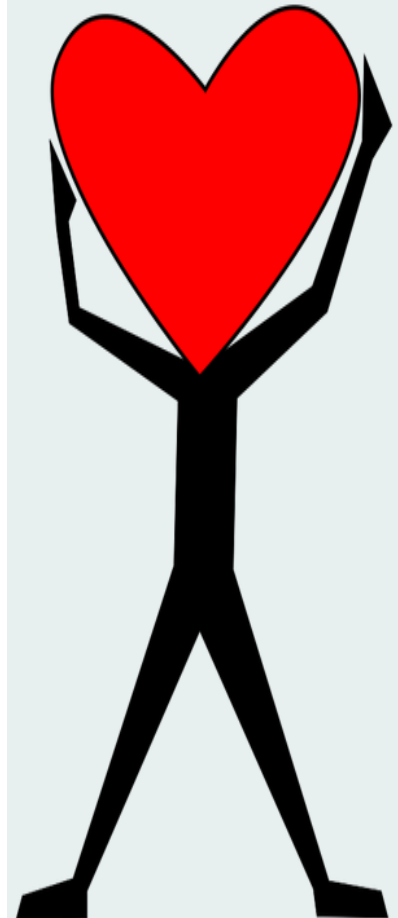
## PAY ATTENTION TO NUTRITIONAL INFORMATION

It's important to look for and understand the nutritional information for any product you eat or drink, the U.S. Food and Drug Administration says.

People often underestimate the number of calories they consume when they eat out. Beginning this month, the agency is requiring that calorie information be listed on the menus of food establishments with 20 or more locations.

### The FDA suggests how to use this information to make healthier choices:

- \* Swap high-calorie choices for lower-calorie options.
- \* If a favorite food has a lot of calories, consider sharing or eating only part of your meal and saving the rest for later.
- \* Cut down on salt and saturated fats, and increase fiber in your meals.



# 8 TIPS FOR EXERCISING IN SUMMER HEAT

Summer is the perfect time to go outside and have fun. It's one of the favorite times of year because there are so many **outdoor** activities to choose from. Everything is more fun outside, whether you're swimming, running or cycling.

But the summer heat can be a problem if you're not careful, particularly in areas with extreme heat and humidity.

The biggest problems are staying hydrated and maintaining your body's electrolytes and salt. When you sweat, your body loses not only water, but electrolytes and salt, too. This delicate balance of water and electrolytes is crucial to keep your body functioning properly.

If you don't drink enough water, you can get dehydrated and suffer from light-headedness and nausea. If not recognized, dehydration can even result in kidney failure and or, in extreme cases, death. However, if you drink too much water without replenishing your electrolytes, you can experience hyponatremia. This can lead to confusion, nausea, muscle cramps, seizures or even death in extreme cases.

You may not be racing in the desert, but there are some things to keep in mind when it comes to exercising in the heat:

- **The time of day is important.** Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to work out, especially if it's going to be scorching that day.
- **Wear loose, light-colored.** The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.
- **Sunscreen is a must.** Use SPF 45 just to be safe. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.
- **Stay hydrated.** Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water.
- **Replenish your electrolyte and salt intake while exercising.** You can use SUCCEED capsules--small, simple packs of sodium and electrolytes that will keep your system in check. If you can, choose shaded trails or pathways that keep you out of the sun.
- **Check the weather forecast before you start your workout.** If there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors. These pollutants can damage your lungs.

**Most importantly, listen to your body. Stop immediately if you're feeling dizzy, faint or nauseous.**



## CONGRATULATIONS TO EMPLOYEES WITH HEALTH IMPROVEMENTS SECOND QUARTER - 2018

LAST NAME	FIRST NAME	AGENCY	LAST NAME	FIRST NAME	AGENCY
TORREY	GLEN	DOC	VON LINSOME	CAMERON	NHP
DAY	TERRY	DOC	SEVIER	ALBERT	NHP
YBARRA	DAVID	DOC	JENKINS	BENJAMIN	NHP
BLAJOS	RUDY	DOC	BEACH	KIRT	NHP
DOUGLAS	ROBERT	DOC	BROWN	CHRISTOPHER	NHP
RYNERSON	COLTER	DOC	MOSES	JOSHUA	NHP
WILLIAMS	KENDALL	DOC	MONTGOMERY	NICHOLAS	NHP
PHILIPPI	RYAN	DOC	FICKEL	RODGER	NHP
WILSON	CANDICE	DOC	O'KEEFE	PATRICK	NHP
WHITE	AARON	DOC	MILLER	ROSS	NHP
VILLEZCAS- GARCIA	JOSE	DOC	COMBA	MICHAEL	NHP
CAVITT	KELSEY	DOC	WINDER	JESSE	NHP
WILSON	JONATHAN	DOC	DIAZ	SILVIO	NHP
LINDER	STACY	DOC	ARIAS	JUAN	NHP
BUI	TIFFANY	DOC	PINEAU	DANIEL	NHP
BRAZELL	COLBY	DOC	VAN OEVEREN	TOMMY	NHP
THALMAN	MICHAEL	DOC	STEPIEN	ROBERT	NHP
VELEZ	OSVALDO	DOC	KELLY	CHRISTOPHER	NHP
CHACON	JASON	DOC	FARLEY	JAMES	NHP
ELY	DENNIS	SFM	RASCHEN	DAVID	OOTM
PAUL	EMORY	NDF	KAUTZ	JOSHUA	P&P
MERLINO	DOMINIC	NDF	TAYLOR	BRIAN	P&P
GERALDS	KEVIN	NDF	GRESOCK	JOHN	P&P
CULBERTSON	CHRIS	NDF	WINTERSTEEN	ANDREW	P&P
MESINA	GABRIEL	NDF	MORGAN	DON	P&P
STEPHENSEN	CHRISTIAN	NDF	JAIMES	HUMBERTO	P&P
GROMIS	ARIK	NDF	BROWN	DENNIS	P&P
GROMIS	AARON	NDF	MACDERMAID	CHRISTINE	P&P
EASON	DANIEL	NDF	BONNELL	KEVIN	P&P
DORY	DUANE	NDF	PETERSON	ZACHARY	P&P
GARCIA	EDUARDO	NDF	HALL	CLINTON	P&P
MILLER	MATHEW	INVEST	ASHBY	ALLEN	P&P
PRESTIPINO	GREGORY	INVEST	LUSETTI	RANDY	DOW
JOHNSON	DANIEL	INVEST	BRAGG	KRIS	DOW
LEFLER	WESLEY	INVEST	BOWMAN	ZACHARY	DOW
DUNCKHORST	JOHN	INVEST	LYDON	ROMA	DOW
DAGDAGAN	HOMER	LAKES X	ANDERSON	JOHN	DOW
REED	ROBERT	LAKES X	MCCUSKER	MICHAEL	DOW
MLECZKO	MARTIN	NHP	KNIGHT	IAN	DOW
HOSKINS	CHAN	NHP	CRANE	BRADLEY	DOW
DAJALOS	GARY	NHP	FROLICK	BRITTANY	DOW
SERENA	SHANNON	NHP	JORDAN	VICTOR	DOW
UTT	JASON	NHP	HUMPHRIES	CASEY	DOW
			COWAN	MELINDA	DOW

# Congratulations Peak Performers 2nd Quarter 2018

LAST NAME	FIRST	AGENCY	METS
LUSETTI	RANDY	DOW	16.1
HESTERLEE	QUINN	DOW	18.2
MILLER	MATTHEW	INVEST	16.9
PRESTIPINO	GREGORY	INVEST	16.0
MERLINO	DOMINIC	NDF	16.0
DAVIDSON	MICHAEL	NHP	21.0
BEACH	KIRT	NHP	16.9
BROWN	CHRISTOPHER	NHP	16.1
COMBA	MICHAEL	NHP	16.9
YOUNG	MARSHALL	NHP	16.9
EVANS	AARON	NHP	16.1

## Try to Get the ZZZZZ.... You Need

There are a million reasons to stay up at night - from watching the end of a movie to finishing that project you've been working on for weeks. So why aren't there more reasons to skip the alarm in the morning for the extra hour of sleep?

Fact is, 1 in 7 Americans don't get the recommended 7 - 9 hours of sleep they need each night. So that's why we're challenging you to the Health for Good Snoozefest.

### Try making a few minor changes to your sleep habits, including:



Add some stress-relieving exercise to each day.

Plug in your phone and devices **AWAY** from your bed.

Add a 20-minute power nap to your afternoon.

Not sleeping enough can increase your risk of obesity, high blood pressure, Type 2 diabetes, stroke, coronary heart disease and overall cardiovascular disease. It can also affect your job, interaction with your family and your overall health.

So challenge yourself to improve your sleep habits - and your over all health!

American Heart Assoc. 2018

We will continue to keep you informed on topics ranging from the Heart-Lung Program, to diet, exercise and nutritional advice. We are always looking for contributors to relate personal accomplishments and success stories. We encourage you to drop Risk Management a note at 201 S. Roop St, Ste 201, Carson City, NV 89701, or call Marlene Foley at (775) 687-1757 or e-mail her at [mfoley@admin.nv.gov](mailto:mfoley@admin.nv.gov). You can also contact the State Health and Wellness Coordinator, Laura Streeper, at (775) 291-7881 or email [Laura.Streeper@WillisTowersWatson.com](mailto:Laura.Streeper@WillisTowersWatson.com) for a free individualized consultation in regard to addressing your risk factor(s) or request information on wellness and a heart-healthy lifestyle.