A Breath of Fresh Air

Cigarette smoking is a life-threatening habit, decried by every major health organization across the globe. The tobacco epidemic is so pervasive that the World Health Organization (WHO) supports World No Tobacco Day, held annually on May 31. This day is meant to “demonstrate the threats that the tobacco industry poses to the sustainable development of all countries,” according to the WHO website.

The largest threat comes from preventable deaths, with about 6 million people dying each year from tobacco use. Do your part to help curb tobacco consumption with these cessation tips:

- Think of the innumerable benefits to quitting, like saving more money, lowering you cancer risks and feeling healthier overall.
- Put other things in your mouth instead of cigarettes. Try carrots, pickles, sunflower seeds, apples, raisins or sugar-free gum.
- Think about when you smoke and why you smoke—keep track of when you light up. Identifying your triggers can help you prepare to quit.
- If you are using medication to help you quit, make sure to follow the instructions carefully.

Quitting smoking is not easy. Talk to your doctor, friends and family to develop a support network for the journey. The sooner you begin, the sooner you can quit for good.
Age Well in the Workplace

One in every 5 American workers is over 65, and by 2020, 1 in 4 American workers will be over 55, according to the U.S. Bureau of Labor Statistics.

As the average lifespan increases, people will likely be working beyond the typical retirement age. This means it is critical to stay healthy throughout your life.

If you are over the age of 50, consider being screened for the following life-threatening conditions:

- Colorectal cancer
- Diabetes
- High blood pressure
- High cholesterol
- Obesity

Likewise, if you are over the age of 60, consider being immunized annually for the flu, shingles and pneumonia. Prioritizing health now will allow you to live a longer, healthier life well into retirement.

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REFRESHING WATERMELON SALAD

1 cup fresh spring greens
1 cup fresh cilantro
1 cup fresh watermelon (cubed)
½ cup red grapes (halved)
¼ cup walnuts (chopped)
¼ cup feta cheese

PREPARATIONS

1. Using a large salad bowl, toss all the ingredients together. Enjoy!

Makes: 4 servings

Nutritional Information (per serving)

- Total Calories 215
- Total Fat 11 g
- Protein 6 g
- Carbohydrates 27 g
- Dietary Fiber 4 g
- Saturated Fat 3 g
- Sodium 281 mg

Source: USDA

CRITICAL HEALTH CHECKS FOR WORKERS OVER 50

GET SCREENED FOR:
- Breast cancer
- Cervical cancer
- Colorectal cancer
- High cholesterol

GET IMMUNIZED FOR:
- Influenza
- Pneumonia

YOU’RE AT RISK IF YOU:
- Smoke
- Binge drink
- Overeat
- Have high blood pressure