

THE BIG SNEEZE GUIDE TO AVOIDING ALLERGIES THIS SEASON

BY: WELLWORKS FOR YOU

Don't let seasonal allergies get the best of you! Find out how to combat sneezing, itching, and fatigue.

>>CONTINUED BELOW



DID YOU KNOW?

According to the CDC, upwards of 50 million Americans suffer from allergies every year.

QUICK FACT

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Time to nip allergies in the bud by attacking them before they can burden you!

Follow our tips below to reduce your exposure to allergens.

- Filter up by bringing a portable, high-efficiency particulate air (HEPA) filter to your most utilized indoor spaces to help cleanse the air of allergen triggers.
- Turn on the air conditioning in your house and car to keep the allergens out.
- Avoid outdoor tasks (especially gardening) on high-pollen and high-pollution air warning days. If you already have outdoor activities planned for the day, take your allergy medications before the symptoms begin. The best time for outdoor activities are the days after rain has cleared pollen from the air.
- Shower in the evening to literally wash allergens away that are collected throughout the day.
- Practice vigilance in taking antihistamines and decongestants, especially during peak allergy season (January-November)!
- If these home remedies don't ease your symptoms, schedule an appointment with your Primary Care Physician.

Source: Wellworks For You

FEATURED RECIPE:

WATERMELON FRUIT PIZZA

Serves: 8

INGREDIENTS

- ❑ ½ cup low-fat plain yogurt
- ❑ 1 teaspoon honey
- ❑ ¼ teaspoon vanilla extract
- ❑ 2 large round watermelon slices (about 1 inch thick), cut from the center of the melon
- ❑ ⅔ cup strawberries
- ❑ ½ cup halved blackberries
- ❑ 2 tablespoons torn fresh mint leaves

DIRECTIONS

1. Combine yogurt, honey, and vanilla in a small bowl
2. Spread ¼ cup yogurt mixture over each slice of watermelon
3. Cut each slice into 8 wedges
4. Top with strawberries, blackberries, and mint



NUTRITION

Serving Size: 2 slices

Per serving: 64 calories; 1 g fat (0 g sat); 1 g fiber; 15 g carbohydrates; 2 g protein; 13 mcg folate; 1 mg cholesterol; 12 g sugars; 1 g added sugars; 893 IU vitamin A; 22 mg vitamin C; 46 mg calcium; 1 mg iron; 13 mg sodium; 237 mg potassium

Source: <http://www.eatingwell.com/recipe/254624/watermelon-fruit-pizza/>

MONTHLY DRAWING



Please e-mail info@wellworksforyou.com with your response to be placed in a drawing to possibly win a **\$25.00 Wellworks For You Visa Reward Card**. If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the **last day of the month**.

What sleep habits will you change for better sleep and improved energy?

HEALTH OBSERVANCE

BETTER SLEEP MONTH

Getting adequate and consistent sleep leads to a variety of health benefits: **weight maintenance**, improved **concentration** and **memory**, increased **energy**, reduced inflammation and stress, and more! So, what is considered the adequate amount of sleep to reap these health benefits?

The ideal amount of sleep differs between individuals. Most healthy adults will benefit from **7-9 hours** of sleep each night. You may be wondering how you could fit that much sleep into your already busy schedule. Just like changing any other lifestyle habit, take it slow! Start by incrementally going to sleep and waking up **15 minutes earlier** until you reach the amount that helps energize you not only when you wake up, but keeps you energized and productive throughout the day.

The hours you sleep aren't the only factor in improving health. You will also want to pay attention to your mood and energy the day after a good versus a poor night's sleep.

TIPS FOR SLEEPING BETTER:

- Set a **sleep schedule**, even on the weekends
- **Turn off electronics** before bed
- Limit alcohol and caffeine at night
- Evaluate your bedroom **temperature, sounds, and light**

Sources: <https://www.sleepfoundation.org/excessive-sleepiness/support/how-much-sleep-do-we-really-need>

