



COLBURN GROUP INSURANCE

3001 West Big Beaver Road, Suite 302
Troy, Michigan 48084-3192
Phone (248) 643-4800 Fax (248) 643-0874



Healthy Living

This month we will be focusing on healthy living, with a few helpful reminders on how you and your family can stay healthy and happy for years to come!

Health is a lifestyle whether it's getting enough sleep, eating healthy, exercising regularly, relaxing after a stressful day or just enjoying a hobby. It's important to take steps to balance work, home and play. Eating right and exercising regularly can help you feel better, think more clearly, and live a longer, healthier life.

Did you know that if you burn at least 150 extra calories per day, you significantly reduce your risk in developing heart disease, high blood pressure, diabetes, anxiety and depression? The U.S. Surgeon General recommends that adults should be physically active for at least 30 minutes a day most days of the week.



One great way to get active is walking; walking for 30 minutes can burn anywhere from 85 to 150+ calories. To ensure you're walking at an optimum level, try the "talk test." If you can carry on a basic level of conversation without being too winded, you're probably walking at a good pace. But if you can easily

sing a song, you're not working hard enough. Even if you don't have 30 consecutive minutes each day, try taking three 10-minute walks; it will have about the same health benefits as if you walk for 30 minutes straight.

Some other easy ways to increase your daily physical activity are taking the stairs instead of the elevator. You burn 10 calories every minute when taking the stairs. Try parking a little further away from your destination, or try walking or biking somewhere instead of driving.

Find fun ways to stay active, such as dancing, swimming, tennis, golf or any other game or sport you enjoy.



Eating a well balanced diet low in fat is key to losing weight and staying healthy. The following are a few ways that you can eat healthier:

Eat fewer processed foods

Processed foods are likely to be higher in calories, fat, and salt, which contribute to high blood pressure.

Use portion control

The key to any meal is to have three-fourths of your plate covered with vegetables and one-fourth with meat or pasta. For example, a serving of meat should be about the size of a deck of cards or the palm of your hand.

Reduce your salt intake

Instead of using salt try substituting herbs and spices such as garlic, lemon, vinegar, cumin, cinnamon, nutmeg, pepper, or oregano.

Add more whole grains, fish, poultry, and nuts as part of a balanced diet.

Eat more fruits and vegetables

The USDA suggests that adults should eat 2 ½ cups of vegetables and 2 cups of fruit each day. Fruits and vegetables contain essential vitamins such as vitamin C, which helps the body repair tissue and heal cuts. Minerals, such as potassium, help maintain healthy blood pressure and decrease bone loss and fiber, a key in reducing blood cholesterol levels. Fruits and vegetables are also naturally low in fat, sodium and are cholesterol free.

If you are bored with eating common fruits and vegetables like apples and carrots, you can try a few of these unconventional choices that provide the same amount of nutritional value if not more.

This newsletter is not intended to be exhaustive nor should any discussion or opinions be construed as legal advice. Readers should contact legal counsel or an insurance professional for appropriate advice.

Fruits



Pluots and Apriums are hybrid fruits that are part plum and part apricot.



Star fruit is a tropical fruit that comes in two types: tart and sweet. Their flavor is a combination of plums, pineapples, and lemons.



Persimmons look similar to a tomato. They can be eaten dried or fresh like you would eat an apple, and are great sources of Vitamin A and C and rich in fiber.



Kiwi can be eaten with or without the skin. Its flavor is a mixture of peach, strawberry and melon. One kiwi provides 140% of the recommended daily value of Vitamin C.

Vegetables



Tomatillos are a member of the tomato family. The flesh is slightly acidic with a hint of lemon. They are often used in salsa and soups.



Leeks are a member of the onion and garlic family. They are slightly sweet tasting and are often served as a side dish.



Edible cactus is most popular in Mexico. It has a soft but crunchy texture and tastes similar to a green bean, asparagus or green pepper.



Okra is also known as gumbo. It is a member of the cotton family, and its mild flavor can be compared to eggplant.

If you are more comfortable sticking with what you know, the following fruits and vegetables pack the most nutritional value:

Fruits - Cantaloupe, oranges, apricots, strawberries, and grapefruit

Vegetables - Artichokes, broccoli, lentils, spinach, sweet potatoes, tofu, tomatoes, sweet peppers, chili peppers, and pumpkin

Drink more water

Try drinking a big glass of water whenever you feel hungry and before a meal or snack. Water fills the stomach briefly and makes you feel fuller and often helps you to stop eating sooner.



Staying properly hydrated is very important in being healthy; studies show that 75% of Americans are chronically dehydrated. Being dehydrated even if it is only a mild case can cause fatigue, dizziness, muscle weakness, and fuzzy short-term memory. It also slows down your metabolism. Researchers in Germany measured the resting metabolism of 14 men and women before and after they drank just over 16 ounces of water. Within 10 minutes, metabolism began to rise. After 40 minutes, the volunteers' average calorie-burning rate was 30 percent higher, and it stayed elevated for more than an hour.

The best way to make sure you are properly hydrated is called the replacement approach, which simply means replacing the normal amount of fluids you typically lose each day. On average adults lose 2.5 liters or more than 10 cups of water a day just by doing everyday tasks. To get the amount of water you need each day, try drinking water with every meal and between meals. Take water breaks instead of coffee breaks, and substitute sparkling water for alcohol.

The final tip to stay healthy is to make sure your immunizations are up to date. Vaccines are among the safest medical products available, are very effective, and can prevent the suffering and costs associated with many preventable diseases. The following shows the recommended immunization schedule for adults.

Recommended Adult Immunization Schedule

Note: These recommendations must be read with the footnotes that follow.

**Figure 1. Recommended adult immunization schedule, by vaccine and age group
United States, October 2007 – September 2008**

VACCINE ▼	AGE GROUP ►	19–49 years	50–64 years	≥65 years
Tetanus, diphtheria, pertussis (Td/Tdap) ^{1*}		1 dose Td booster every 10 yrs		
		Substitute 1 dose of Tdap for Td		
Human papillomavirus (HPV) ^{4*}		3 doses females (0, 2, 6 mos)		
Measles, mumps, rubella (MMR) ^{5*}		1 or 2 doses	1 dose	
Varicella ^{6*}		2 doses (0, 4–8 wks)		
Influenza ^{8*}			1 dose annually	
Pneumococcal (polysaccharide) ^{7*}		1–2 doses		1 dose
Hepatitis A ^{3*}		2 doses (0, 6–12 mos or 0, 6–18 mos)		
Hepatitis B ^{3*}		3 doses (0, 1–2, 4–6 mos)		
Meningococcal ^{9*}		1 or more doses		
Zoster ¹⁰				1 dose

*Covered by the Vaccine Injury Compensation Program.



For all persons in this category who meet the age requirements and who lack evidence of immunity (e.g., lack documentation of vaccination or have no evidence of prior infection)



Recommended if some other risk factor is present (e.g., on the basis of medical, occupational, lifestyle, or other indications)

Report all clinically significant postvaccination reactions to the Vaccine Adverse Event Reporting System (VAERS). Reporting forms and instructions on filing a VAERS report are available at www.vaers.hhs.gov or by telephone, 800-822-7967.

Information on how to file a Vaccine Injury Compensation Program claim is available at www.hrsa.gov/vaccinecompensation or by telephone, 800-338-2382. To file a claim for vaccine injury, contact the U.S. Court of Federal Claims, 717 Madison Place, N.W., Washington, D.C. 20005; telephone, 202-357-6400.

Additional information about the vaccines in this schedule, extent of available data, and contraindications for vaccination is also available at www.cdc.gov/vaccines or from the CDC-INFO Contact Center at 800-CDC-INFO (800-232-4636) in English and Spanish, 24 hours a day, 7 days a week.

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**Figure 2. Vaccines that might be indicated for adults based on medical and other indications
United States, October 2007 – September 2008**

VACCINE ▼	INDICATION ►	Pregnancy	Immuno-compromising conditions (excluding human immunodeficiency virus [HIV], medications, radiation) ^a	HIV infection ^{a,c,d}		Diabetes, heart disease, chronic pulmonary disease, chronic alcoholism	Asplenia ^a (including elective splenectomy and terminal complement deficiencies)	Chronic liver disease	Kidney failure, end-stage renal disease, receipt of hemodialysis	Health-care personnel		
				CD4+ T lymphocyte count <200 cells/ μ L	>=200 cells/ μ L							
Tetanus, diphtheria, pertussis (Td/Tdap) ^{1,*}				1 dose Td booster every 10 yrs Substitute 1 dose of Tdap for Td								
Human papillomavirus (HPV) ^{1,*}				3 doses for females through age 26 yrs (0, 2, 6 mos)								
Measles, mumps, rubella (MMR) ^{1,*}		Contraindicated		1 or 2 doses								
Varicella ^{4,*}		Contraindicated		2 doses (0, 4–8 wks)								
Influenza ^{4,*}				1 dose TIV annually								1 dose TIV or LAIV annually
Pneumococcal (polysaccharide) ^{6,7}				1–2 doses								
Hepatitis A ^{4,*}				2 doses (0, 6–12 mos, or 0, 6–18 mos)								
Hepatitis B ^{4,*}				3 doses (0, 1–2, 4–6 mos)								
Meningococcal ^{8,*}				1 or more doses								
Zoster ¹¹		Contraindicated		1 dose								

^aCovered by the Vaccine Injury Compensation Program.

 For all persons in this category who meet the age requirements and who lack evidence of immunity (e.g., lack documentation of vaccination or have no evidence of prior infection)

 Recommended if some other risk factor is present (e.g., on the basis of medical, occupational, lifestyle, or other indications)

These schedules indicate the recommended age groups and medical indications for which administration of currently licensed vaccines is commonly indicated for adults ages 19 years and older, as of October 1, 2007. Licensed combination vaccines may be used whenever any components of the combination are indicated and when the vaccine's other components are not contraindicated. For detailed recommendations on all vaccines, including those used primarily for travelers or that are issued during the year, consult the manufacturers' package inserts and the complete statements from the Advisory Committee on Immunization Practices (www.cdc.gov/vaccines/pubs/acip-list.html).

The recommendations in this schedule were approved by the Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP), the American Academy of Family Physicians (AAFP), the American College of Obstetricians and Gynecologists (ACOG), and the American College of Physicians (ACP).



DEPARTMENT OF HEALTH AND HUMAN SERVICES
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