

# everyday health



www.fourcorners.ne.gov

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## Pesto Tuna Caprese Cucumber Bites

**Ready in 25 minutes; Makes 14 bites**

- 1 medium cucumber, sliced into 1/2 inch rounds
  - 1 (5 oz.) can albacore tuna
  - 3 Tbsp pesto
  - Freshly ground black pepper
  - 7 cherry tomatoes, halved
  - 14 small basil leaves
  - 14 mini mozzarella balls
  - 1 cup balsamic vinegar
  - 1 Tbsp sugar
1. Add balsamic vinegar and sugar to a small saucepan and place over

medium-high heat. Bring to a boil, then reduce to medium-low and simmer for 15-20 minutes, stirring every so often until it becomes a thick syrup-like consistency. Remove from heat and set aside.

2. While the balsamic vinegar is boiling, mix the tuna, pesto and freshly ground black pepper in a small bowl; stir to combine.
3. Place about 1/2 Tbsp of tuna pesto mixture on each cucumber round. Top with mozzarella ball, cherry tomato half, and small basil leaf and secure with a toothpick.
4. Transfer all to a platter. Drizzle with balsamic reduction and serve immediately. Makes 14 bites.



### Nutrition Information Per Bite:

• Calories	62
• Fat	3g
• Sat. Fat	1g
• Cholesterol	9mg
• Sodium	59mg
• Carbs	5g
• Fiber	0g
• Sugar	5g
• Protein	3g

Source: <https://www.ambitiouskitchen.com/healthy-side-dish-recipes/>



**Take a Break!** Some of us need a gentle push to get away from our desks for regular breaks. Take a break and laugh out loud by watching skits of funny people. This activity could be done as a group break at someone's computer or in a breakroom with a screen. Laughing makes you feel good, and it reduces stress. A little comic relief in the workplace also can help build relationships and enhance teamwork. Need somewhere to start? Try watching this video from the archives of Four Corners Health Department!  
<https://www.youtube.com/watch?v=TjExSkKN3R8>

Source: <https://www.workplacestrategiesformentalhealth.com/newsletter/healthy-break-activities>

## Stress Management Corner—Sleep!

It is important to get enough sleep. Sleep helps keep your mind and body healthy.

**Most adults need 7 to 8 hours** of good quality sleep on a regular schedule each night.

**Getting enough sleep has many benefits.** It can help you:

- Lower your risk of health problems like heart disease
- Reduce stress and improve your mood
- Think more clearly
- Get along better with people
- Make good decisions and avoid injuries

**Take action! Make small changes** to your daily routine to help you get the sleep you need.

- Try to spend some time outdoors every day
- Plan physical activity early in the day
- Stay away from caffeine late in the day
- Limit daytime naps
- Don't eat big meals close to bedtime
- Quit smoking—nicotine can make it harder to sleep
- Create a good sleep environment.
- Set a bedtime routine



If you find yourself up at night worrying about things, use these tips to help manage stress:

<https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/manage-stress?widget=1>

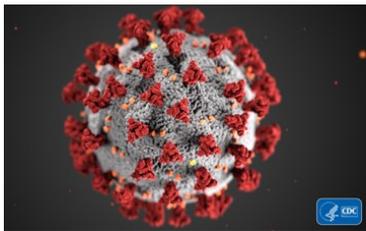
Find more tips and resources here: <https://healthfinder.gov/HealthTopics/Category/everyday-healthy-living/mental-health-and-relationship/get-enough-sleep?widget=1>

## Be ready for COVID-19

Visit this link to help you make plans on handling illnesses and more.

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

Four Corners is available to help you work on your pandemic plan.



## The Value of a Buddy

Most people like to be active, but they need help with the motivation. Getting support from others by walking together can actually help you stick with your health and fitness goals.

Here's an idea: Starting a walking group.

Benefits of a walking group include more accountability, motivation, safety, and social time.

To start a walking group, start by spreading the word. Talk up your walking group among your co-workers. You may be surrounded by people who are ready to start walking and hold each other accountable for regular exercise. **Ask your employer about having a friendly workplace competition.** Challenge those in your work group to an activity tracker contest, for example. Maybe the group that achieves the most steps takes home a simple prize. Or, keep track of the number of minutes of activity for the group and see who comes out at the top each week.

Source: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20045837>

# ONE IN THREE

PEOPLE ARE NOT UP-TO-DATE WITH THEIR COLORECTAL CANCER SCREENING REQUIREMENTS

**COLON CANCER** | **TIME TO FIGHT BACK**

Source: FightColorectalCancer.org



# 1 in 10

people will be diagnosed with colorectal cancer in their lifetime.

**COLON CANCER** | **TIME TO FIGHT BACK**

Source: FightColorectalCancer.org

## App of the Month

**Map My Fitness** is recommended for people who are just getting started on a fitness journey because it has hundreds of activities you can track, everything from vacuuming to rock climbing. When you can track all your activities and see how they add up to a fitter lifestyle, you might feel more motivated to keep at it.

Whether you're new to the weight room, or a seasoned weightlifter, you'll find the features and tools needed to stay on track and motivated to hit your goals. Track your exercise progress over time. Share and discover new workout routines performed by a community of over 60 million fitness enthusiasts. A free version is available for Android or iPhone.



**83.6 MILLION**  
**PEOPLE DRIVE WHILE SLEEP-DEPRIVED EVERY DAY**

**THE DANGER ZONE**



**THE MOST DANGEROUS TIMES OF DAY**

DROWSY DRIVING KILLS BETWEEN **5000 & 8000**

PEOPLE EVERY YEAR, TWICE AS MANY AS DISTRACTED DRIVING



**IF YOU FEEL DROWSY, PULL OVER AND TAKE A NAP**

**7 IS GOOD 8 IS GREAT!**

DRIVERS NEED **AT LEAST 7 HOURS OF SLEEP TO ENSURE SAFE DRIVING ABILITIES**



**1.2 MILLION COLLISIONS ARE CAUSED BY DROWSY DRIVING EACH YEAR**

# TAKE A BREAK DRIVE AWAKE

National Highway Traffic Safety Administration (NHTSA)

# QPR

For Suicide Prevention

*Ask a Question, Save a Life*

**Host a Question, Persuade, Refer** training at your worksite for staff and/or management.

This 1 ½ hour training equips people to know signs of suicide risk and what to do.

This is offered at no cost to your business.