

Be Well!

The UConn Buzz

Value of Vacations

Spending time away from work obligations for an extended period (more than an evening or weekend) can have health benefits, and is associated with reduced stress. Whether traveling far from home or taking a stay-cation; using a four-day weekend or a two week get-away, employees who use their vacation time tend to be more productive and happier at work.

One way to look at your time away from the office is that a vacation is an opportunity to have a different schedule, see new things, experi-



ence senses you normally don't, and even a chance to learn something new. You might think of it as a state of mind — it really does not matter where you are or where you go, it is how you approach your time off that matters.

According to the U.S. Travel Association, 71% of adults in the country reported taking a leisure trip in the past year (close to a 10% drop from 5 years ago).

Did you take a vacation in the past 12 months?

Take the Be Well poll by clicking on the button!



August is Immunization Awareness Month

Did you know that immunizations are not just for kids? Immunizations received as a child do not continue to offer the same level of protection as we age, and there are health risks for adults that do not impact children. According to the Center for Disease Control and Prevention (CDC), the need for getting immunizations is just as important for adults as it is for young children. The specific immunizations you need as an adult are determined by many things like your

age, lifestyle, high-risk conditions, international travel plans, and previous immunizations.

Talk with your health care provider to determine the immunizations you need to protect against a variety of diseases including: seasonal influenza, tetanus, diphtheria, Pertussis, shingles, pneumonia, and HPV (human papiloma virus).

Learn more about adult vaccinations from the CDC publication: "You're never too old"

CLICK HERE TO TAKE THE QUIZ

10
9
8
7
6
5
4
3
2
1

the **Flu I.Q.**

Think you know all there is to know about the flu? Answer ten easy questions, then share the Flu IQ!

start



Volume 6 Issue 8

August 2012

Thinking about quitting?

FREE RESOURCES!



CONNECTICUT
QUITLINE
1-800-QUIT-NOW

AUGUST 18th: the 21st annual Steeple Chase Charity bike ride through scenic Northeastern CT—
[click here for info](#)



Health Tip!

Rethink Your Drink!

Did you know that many beverages contain almost 200 calories in just 12 ounces?

Staying hydrated is important, especially in the summer months, but be smart about your choice. Water is one of the best choices, click on the image below for other good options.



Be Well !

4 South Eagleville Rd.
Mansfield, CT 06268

Phone: 860.429.3361
Fax: 860.429.3321
Email: be_well@ehhd.org

An EHHD Wellness
Program



Be Well is an employee wellness program through the Eastern Highlands Health District, and offered at your worksite through a grant from the CT Department of Public Health. The goal of this program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

UConn Work/Life Connections

Find great resources at their website on a variety of topics like:

[Adoption](#) // [Breastfeeding](#)

[Parenting](#) // [Pet Care](#)

[Elder Care](#) // [Child Care](#)

[Coping with Grief & Loss](#)

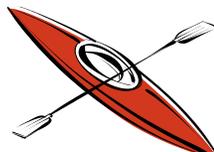
They also have various support groups available—
find the list [HERE](#).



Remember to be sunwise! Choose your cover, and don't forget to apply sunscreen 30 minutes before you go outside and reapply every few hours and after you swim or sweat.

wear a wide-brim hat ~ seek shade ~ wear protective clothing
~ avoid mid-day sun ~ wear sun glasses ~

Click here for the EHHD map
of outdoor recreation opportunities!



Grilled to Perfection!

Add **flavor** and **fun** to your meals by grilling some of these non-traditional items on your outdoor tool:

Pizza! Have you tried home-made pizza? Use your crust recipe and create small pizzas **on the grill**. Use basic toppings like peppers, olives, and spinach with cheese. Or, try this [recipe](#).

Fruit Kabobs! **Grilling** brings out the flavor of everything—including fruits. Try mango, pineapple, peaches, bananas, and strawberries on a skewer. Or, try this [recipe](#).

Zucchini and Yellow Squash— when it overruns your garden, **go for the grill!** Slice it into 1/2 inch strips down the length of the squash to make large slabs that won't fall through the grill. Brush with a little olive oil and sprinkle with garlic. Or, try this [recipe](#).

Corn on the Cob! Husk and wrap in foil; they will cook **on the grill** over medium heat in about 20 minutes. For added flavor, add a teaspoon of olive oil and a sprinkle of garlic to the foil before wrapping.



Check out the UCONN **farmers' market** Thursdays (Fridays once school is in session) on Fairfield Way! Open from 11:30—2pm. (Cash only)

For more info contact Dining Services. Or, search for a market in your area at the [CT Farmers' Market](#)

Active Living Tip:

Build up over time

If you want to do more vigorous-level activities, slowly replace those that take moderate effort like brisk walking, with more vigorous activities like jogging.