



### Spring Forward

Daylight-saving time begins Sunday, March 8 and while moving the clock forward an hour gives us those long summer nights we enjoy in south Louisiana, waking up on Monday morning may not be so easy. These sleep tips can help you spring forward easily and sleep better all year long:

- **Gradually Transition Into the Time Change** – Go to bed 15 minutes early, starting several days before the time change.
- **Keep Regular Sleep Hours** – Go to bed and wake up at the same time each day. This helps your body regulate its sleep pattern and get the most out of the hours you sleep.
- **Get Some Exercise During the Day** – Moderate exercise, like walking, can help you sleep better. Aim for at least 30 minutes of moderate exercise, three times a week or more.
- **Avoid Stimulating Substances** – Alcohol and caffeine can interfere with sleep. Try to avoid alcohol and caffeine for 4 to 6 hours before bedtime. Smokers should also avoid tobacco too close to bedtime.
- **Eat Lightly at Night** - Indigestion from spicy or fatty food or having too much food in your stomach can cause insomnia. For a better night's sleep, eat light, simple foods several hours before bed.
- **Relax Before Bed** - Stress and overstimulation can make it hard to fall asleep. Try to avoid intense television programs or movies before bed. Relax with a soothing, warm bath and curl up with a book instead.

### Upcoming Clinics

You can spring forward into healthy living by attending one of the Live Better Louisiana wellness clinics. Below is a schedule of clinics scheduled for the month of March. To sign up for one of these clinics, or to search for a date that works better for you, click here [www.timeconfirm.com/ogb](http://www.timeconfirm.com/ogb).

Live Better Louisiana Clinics	
Date	Location
03/09/2015	Bienville Building (Baton Rouge) Richland Parish - Delhi Elementary School (Delhi) University of New Orleans (New Orleans)
03/10/2015	Bienville Building (Baton Rouge) Richland Parish - Mangham High School (Mangham) Vernon Parish School Board - Central Office (Leesville) University of New Orleans (New Orleans)
03/11/2015	Richland Parish - Rayville Elementary School (Rayville)

University of New Orleans (New Orleans)  
Eastern Louisiana Mental Health System - DD (Jackson)

**03/12/2015** Richland Parish - Central Office (Rayville)  
University of New Orleans (New Orleans)  
Eastern Louisiana Mental Health System - DD (Jackson)

**03/13/2015** University of New Orleans (New Orleans)  
Probation and Parole (Shreveport)  
Eastern Louisiana Mental Health System - DD (Jackson)

**03/16/2015** Probation and Parole (Shreveport)  
River Parishes Community College (Gonzales)  
Galvez Building (Baton Rouge)  
University of Louisiana Lafayette (Lafayette)  
Probation and Parole (Harvey)  
ELMHS Main Compound - ASSA (Jackson)

**03/17/2015** Galvez Building (Baton Rouge)  
University of Louisiana Lafayette (Lafayette)  
Probation and Parole (Harvey)  
ELMHS Main Compound - ASSA (Jackson)

**03/18/2015** University of Louisiana Lafayette (Lafayette)  
Galvez Building (Baton Rouge)  
Probation and Parole (Covington)

**03/19/2015** University of Louisiana Lafayette (Lafayette)  
Galvez Building (Baton Rouge)  
DCFS (Livingston)  
DCFS (Covington)

**03/20/2015** Central Louisiana State Hospital (Pineville)  
Vernon Parish School Board - East Leesville Elementary School (Leesville)  
DCFS (Covington)

**03/23/2015** Central Louisiana State Hospital (Pineville)  
Bossier Parish Community College (Bossier City)  
Probation and Parole (Ville Platte)  
Louisiana Tech University - (Ruston)

**03/24/2015** Iberville Building (Baton Rouge)  
Vernon Parish School Board - Simpson High School  
Southern University (Shreveport)  
Louisiana Tech University - (Ruston)

**03/25/2015** Iberville Building (Baton Rouge)  
Vernon Parish School Board - Pitkin HS (Pitkin)  
Southern University (Shreveport)  
Louisiana Tech University - (Ruston)

**03/26/2015** Probation and Parole (Alexandria)  
Delgado CC City Park (New Orleans)  
Bossier Parish Community College (Bossier City)  
Louisiana Tech University - (Ruston)

**03/27/2015** Delgado CC City Park (New Orleans)

DCFS (Lake Charles)  
Bossier Parish Community College (Bossier City)  
Louisiana Tech University - (Ruston)

**03/30/2015** Vernon Parish School Board - Rosepine HS (Rosepine)  
DCFS (Amite)  
East Feliciana Parish - Slaughter Elementary

**03/31/2015** Vernon Parish School Board - Hicks HS (Leesville)  
DCFS (Amite)

### Importance of Routine Checkups

Remember the old saying about an ounce of prevention being worth a pound of cure? When it comes to regular doctor visits, it couldn't be truer. Regular health exams and tests can help find problems before they start. They can also help find problems early, when your chances for treatment and cure are better.

But how do you know if it is time to have a preventive check-up? The specific exams and screenings you need depend on your age, health and family history, and lifestyle choices. That is why it is important to visit with your doctor for an individual assessment of when preventive check-ups should take place.

At your check-up, you will need to be prepared to discuss with the doctor and/or nurse:

- Your family history
- Past surgeries
- Allergies
- Tobacco, alcohol or illicit drug use
- Any herbal or over-the-counter medicines or vitamins

Young or old, regular check-ups are important in assessing your general state of health. By getting the right health services, screenings, and treatments, you are taking steps that improve your chances for living a longer, healthier life.

### Celebrate Nutrition

A healthy diet is one of the most powerful medicines you have to keep you well. Eating nutritious foods not only increases your energy and improves your mood, but it can add years to your life by helping fight off heart disease, diabetes, dementia, and many other conditions.

This month, make it a habit to make your own dressing. Homemade dressings don't have unnecessary additives and artificial flavors.

#### Lemon Lime Vinaigrette

- Juice of 1 lemon
- Juice of 1 lime
- 1 tablespoon sugar (or Splenda)
- ½ teaspoon salt
- 1 ½ times as much extra virgin olive oil as juice

**Directions**

Whisk or shake everything together. Pour over salad and enjoy.

When you prepare your own meals, you have control over the ingredients and portion sizes at your table, which is key to maintaining a healthy weight.

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)

Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)