



8 Summer Steps for Healthy Living

In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

To get you started, WebMD went to eight health experts in fields such as diet, [fitness](#), stress, [vision](#), and [oral health](#). We asked them this: If you could only suggest one simple change this season to boost personal health, what would it be?

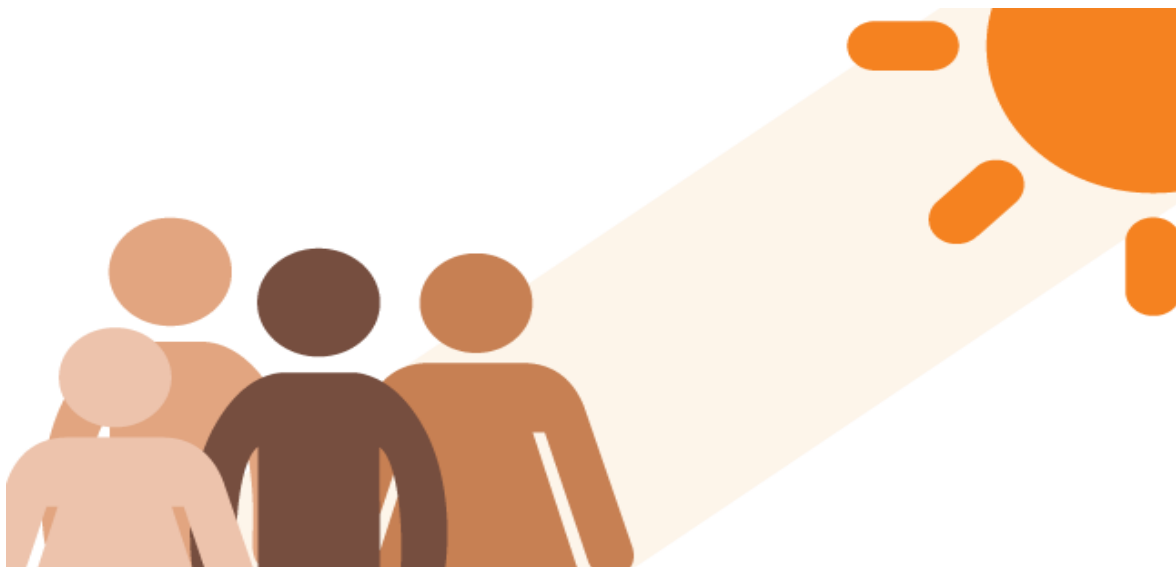
Here are their top eight tips.

1. **Give Your Diet a Berry Boost** – If you do one thing this summer to improve your diet, have a cup of mixed fresh berries – blackberries, blueberries, or strawberries – every day. They'll help you load up on [antioxidants](#), which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. A big bonus: Berries are also tops in fiber, which helps keep [cholesterol](#) low and may even help prevent some cancers.
2. **Get Dirty – Stress Less** – To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots – indoors or out. Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.
3. **Floss Daily** - You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV – and the task will breeze by. Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.
4. **Get Outside to Exercise** - Pick one outdoor activity – going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or [swimming](#) – to shed that cooped-up feeling of gym workouts. And remember, the family that plays together not only gets fit together – it's also a great way to create bonding time.
5. **Be Good to Your Eyes** – To protect your [vision](#) at work and at play, wear protective eyewear. When outdoors, wear [sunglasses](#) that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as [wrinkles](#) around the [eyes](#). And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your [eye](#) doctor about the best type; some are sport-specific.
6. **Vacation Time** – Improve your [heart health](#): take advantage of summer's slower schedule by using your vacation time to unwind. Vacations have multiple benefits: They can help lower your [blood pressure](#), [heart rate](#), and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.
7. **Alcohol: Go Lite** – Summer's a great time to skip drinks with hard alcohol and choose a light, chilled [alcoholic](#) beverage (unless you are [pregnant](#) or should not drink for health or other reasons). A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation – defined as one to two drinks daily – alcohol can protect against [heart disease](#).
8. **Sleep Well** – Resist the urge to stay up later during long summer days. Instead pay attention to good [sleep](#) hygiene by keeping the same [bedtime](#) and wake-up schedule and not drinking alcohol within three hours of [bedtime](#). It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

There they are: eight super simple ways to boost your health this summer. Try one or try them all. They're so easy you won't even know they're – shhhh – good for you.

Live Better Louisiana Health Capsule – Beat the Burn

Skin cancer is the most common cancer in the United States. Some people are at a higher risk of skin cancer than others, but anyone can get it. The most preventable cause of skin cancer is overexposure to ultraviolet (UV) light, either from the sun or from artificial sources like tanning beds. The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Take the summer sun safety quiz below to learn how to protect yourself from the summer heat.



Live Better Louisiana

Earn your 2021 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with an industry leader, Catapult Health, to bring preventive checkups to a **site near you**. You can schedule a free checkup with a licensed nurse practitioner and health technician through the online scheduler. You'll get **lab-accurate diagnostic tests** and receive a full **Personal Health Report** with checkup results and recommendations.

What do you do? Schedule your appointment online at www.TimeConfirm.com/OGB or call **1-877-841-3058**. Complete your clinic to get the credit. If you are not able to go to a clinic, have your doctor fax a completed Primary Care Provider form, found at info.groupbenefits.org, to Catapult Health.

Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Due to clinics being canceled in response to the COVID-19 stay at home order, OGB has extended the deadline to complete your wellness visit until **October 30, 2019!**

Live Better Louisiana Clinics	
Date (Week)	Location
06/15 - 19/2020	LA Workforce Commission (Baton Rouge) St. Bernard Parish School Board - Admin Building (Chalmette) Child Support Enforcement Center (Lake Charles) McNeese State University - LaJeuneese Room (Lake Charles) LA Retirement Systems Building TRSL (Baton Rouge)
06/22 – 26/2020	Louisiana Correctional Institute for Women (Baton Rouge) St. Bernard Parish School Board - Admin Building (Chalmette) Claiborne Building (Baton Rouge) Avoyelles PSB - Marksville HS (Marksville) Probation and Parole (Covington) Orleans Parish Civil District Court (New Orleans)
06/29 – 30/2020	St. Bernard Parish School Board - Admin Building (Chalmette) Claiborne Building (Baton Rouge)

Men's Health Month

Did you know there was a month entirely dedicated to raising awareness for issues impacting the health and wellness of men and boys? Check out this easy list of things to do to be active, aware, all month long.

1. **Early screenings!** They will not only save money in the long run but also save your life and/or make life easier to manage if diseases are caught early on.
2. **Exercise, it's summertime!** Why do you think most TV shows and football are off? So men can finally go out and move around. (Note: there is no true correlation between summer broadcast schedule and reason to exercise) You shouldn't need a reason to get at least 30 minutes of exercising in, just help your heart and just do it like Nike says.
3. **Father's Day is coming up!** Why not give the father figure in your life the gift of knowledge along with your gift? There are many resources at www.MensHealthNetwork.org that help educate you and your father about risks of prostate cancer and other diseases that may be prevalent to you.
4. **Remember!** Anyone can assist in the men's health movement, and help is not limited by gender basis. Anyone can be supportive and help men make that first step towards a better life. Everyone should be an ally.

For more information, visit www.menshealthmonth.org.

Chicken Cutlets with Strawberry Avocado Salsa



This colorful, flavor-forward dish makes the most of peak-season produce with a sweet and tangy fruit salsa that would be equally delicious served over pork chops or with whole-grain tortilla chips. The heat from the seeded jalapeño is mild, but it can be omitted. To round out your plate, try serving the chicken and salsa over a bed of rice or with a simple side salad.

Ingredients:

- 1 ½ c chopped strawberries
- ½ c peeled, diced avocado
- 2 tbsp minced, seeded jalapeño pepper
- 2 tbsp fresh cilantro
- 2 tsp fresh lime juice
- ¾ tsp kosher salt, divided
- 1 tbsp olive oil
- 4 (4 ounce) chicken breast cutlets
- 1.4 tsp freshly ground black pepper
- 4 lime wedges

Directions:

1. Combine strawberries, avocado, jalapeño, cilantro, lime juice, and 1/4 teaspoon salt in a small bowl; toss to combine.
2. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Sprinkle chicken with remaining 1/2 teaspoon salt and pepper. Add chicken to pan; cook 3 minutes on each side or until done.
3. Divide chicken among 4 serving plates, and spoon salsa evenly over each serving. Garnish each serving with a lime wedge.

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