



Welcome to the April edition of the H&S Newsletter. Spring has already begun and now that the weather is improving and the days are longer, it's a great time to get outside for fresh air and outdoor activities. This month we give you some tips on how to put a spring in your step health-wise, we list the best ways to combat those annoying spring allergies, we pause to remember those who have lost their lives to work-related incidents or occupational diseases, and we offer a great tasting salad recipe. Have a great month everyone!

7 Ways to Put Spring into Your Health

With the change of season comes the impulse to clean and replace the old with the new. But spring doesn't just have to be about cleaning and reorganizing – it's also a great way to start healthy new habits and break the old. Here are a few tips to get a head start in your spring health!

1. Start an Exercise Routine – The weather is warm and the days are longer which makes it a perfect combination to get active outside. The American Heart Association recommends that individuals do moderate exercise for at least 150 minutes per week, or 75 minutes per week of vigorous exercise.

2. Revamp Your Diet with Fresh Fruits and Vegetables – Take advantage of the variety of vegetables available during spring. A healthy diet includes adding vegetables and fruit every day. Vegetables like broccoli, green beans, leafy greens, zucchini, cauliflower, cabbage, carrots, and tomatoes are low in calories and high in fiber, vitamins, and minerals. Try to eat about 3 to 5 servings every day. Fruit is also a good source of fiber, vitamins, and minerals. You should try to eat about 2 to 3 servings of fruit each day. It goes without being said that it's OK to indulge in the occasional ice cream cone. Although, frozen yogurt would be a healthier alternative.

3. Drink More Water – As the heat kicks into high gear it is harder to stay hydrated and more important to drink more water. Drink plenty of water before going outside and have plenty on-hand to stay hydrated. If you aren't a fan of water, try one of our recipes for Cucumber Water—it makes a great party beverage for those hot days!

4. Cut Out the Night Cap – If one of your habits is having a drink before bed, or having a few at dinner, you may want to reconsider your next glass of Merlot. Alcohol not only causes dehydration, but is also associated with sleep disorders, high blood pressure and certain types of cancer. It is recommended that women limit themselves to one drink per day, and men up to two alcoholic beverages each day.

5. Check In for a Check Up – You may have chalked up some symptoms and illnesses to the winter blues, but now that it is spring, it's time to get back to the doctor for a head-to-toe check up! A periodic well-exam for all ages is not just about good medical care, but it also gives you the opportunity to learn more about beneficial health habits, counseling and community support services as well as an overall view of the best ways to take care of yourself and your family for a lifetime. Your doctor will let you know how often they need to test for high blood pressure, diabetes, other diseases, and cancer screenings.





6. Protect Your Skin – Its going to get hot, the sun is shining, and your skin needs protection. Not only do men and women need to regularly moisturize their skin, but also protect it from the harsh rays of the sun. If you're outside, make sure to use a sunscreen with SPF 15 or higher that protects against UVA and UVB rays. It doesn't hurt to throw on a pair of sunglasses and hat as well!

7. Renew Relationships – It's time to get out of the house and visit with your friends and family. Research has shown that good, strong relationships benefit your overall health and happiness. Spend the day with people you love, and schedule regular outings to enjoy the great spring weather.

TEN BEST TIPS TO EASE SPRING ALLERGIES

It's about that time: Temperatures rise, trees bloom and your nose starts to run. It itches, too; you keep sneezing or coughing, and your eyes won't stop watering. These are all signs of seasonal allergic rhinitis, also known as hay fever and most commonly caused by tree pollen that irritates your nasal passages.

Pollen from birch, cedar, cottonwood and pine are particularly big allergy triggers. And if you feel as if your symptoms are getting worse every year, you're not crazy: Research shows pollen counts are slowly rising and expected to double by 2040. Also, if you suffer from migraines and could swear you get more of them when your allergies attack, you might be right again: Recent preliminary research linked nasal allergies and hay fever to an increase in the frequency and severity of these painful headaches.

In the past year, almost 17 million adults were diagnosed

with hay fever. Steering clear of allergens is the best way to reduce symptoms, but that's tough with billions of tiny pollen particulates in the air.

You can take steps, however, to minimize exposure; over-the-counter allergy remedies also may help, as well as prescription medications or allergy shots. Talk to a doctor to determine the best treatment plan.

10 BEST TIPS

1. Check pollen counts.

Before heading out, check the local news or visit <http://www.theweathernetwork.com> for up-to-date readings. If levels are high, limit your time outside and take allergy medications.

2. Shut the windows.

Good advice for at home and in the car to help keep pollen out. Cool with the air conditioner instead.

3. Move outdoor activities to the afternoon.

Pollen counts are usually highest from 5 to 10 a.m. If you plan to garden, mow the lawn or take on other allergen-stirring chores, wear a mask.

4. Head out on rainy days.

Moisture helps clear pollen from the air. Dry, windy days are more likely to have a lot of pollen.

5. Strip and shower.

After being outside, it's a good idea to toss your clothes in the hamper and rinse pollen from your skin and hair.





6. Dry laundry indoors.

As nice as the fresh-air smell may be, pollen can cling to your clothes, sheets and towels.

7. Use high-efficiency filters.

They can help keep indoor air cleaner by trapping pollen and other allergens if you use forced air-conditioning or heating systems.

8. Try a neti pot.

Rinsing your sinuses is a quick, natural and effective way to flush out mucus and allergens so you can breathe easier.

9. Run OTCs by your doctor.

Some over-the-counter oral decongestants can cause side effects, including increased blood pressure and insomnia; certain nasal sprays should be used for only a few days. Your doctor or allergist can help determine the best medication for you.

10. Treat early.

Most medications work best if taken before pollen hits the air. Ask your doctor when you should start treatment; some allergists recommend treatment about two weeks before symptoms typically surface.

National Day of Mourning — April 28

A day to remember lives lost in the workplace and resolve to prevent future tragedies

The numbers tell the story. In 2012, 977* workplace deaths were recorded in Canada – an increase from 919 the previous year. This represents more than 2.7 deaths every single day.

In the 20 year period from 1993 to 2012, 18,039* people lost their lives due to work-related causes (an average of 902 deaths per year).

The National Day of Mourning, held annually on April 28, was officially recognized by the federal government in 1991, eight years after the day of remembrance was launched by the Canadian Labour Congress. The Day of Mourning has since spread to about 80 countries around the world and has been adopted by the AFL-CIO and the International Confederation of Free Trade.

The Canadian flag on Parliament Hill will fly at half-mast. Workers will light candles, don ribbons and black armbands and observe moments of silence. Businesses are asked to participate by declaring April 28 a Day of Mourning and to strive to prevent workplace deaths, illnesses and injuries.

CCOHS hopes that the annual observance of this day will strengthen the resolve to establish safe conditions in the workplace, and prevent injuries and deaths. As much as this is a day to remember the dead, it is also a call to protect the living.



Greek Green Bean Salad

- PREP: 0 hr(s). 15 min / Total: 0 hr(s). 15 min
- SERVINGS: Makes 4 servings, 1 cup (250 mL) each

What you need

- 1/2 lb. (225 g) fresh green beans , trimmed, blanched
- 1 cup cherry tomatoes , halved
- 1 red pepper , coarsely chopped
- 1/2 cup finely chopped red onion s
- 1/4 cup finely chopped fresh parsley
- 1 clove garlic , minced
- 1/4 cup Kraft Calorie-Wise Greek with Feta & Oregano Dressing & Marinade
- 1/3 cup Kraft Feta with Oregano, Sun Dried Tomatoes and Cracked Peppercorns Cheese



Make It

- Combine first 6 ingredients in large bowl.
- Add dressing; toss to coat.
- Top with cheese.
- SPECIAL EXTRA

For extra flavor, mix 1 tsp. dried oregano leaves with dressing before tossing with salad.

HOW TO BLANCH FRESH GREEN BEANS

Add beans to saucepan of boiling water; cook, uncovered, 2 to 3 min. or just until bright green in colour. Drain, then immediately plunge beans into bowl of ice water. When completely cool, drain beans and pat dry.