

# HealthyBy Choice

...One Day at a Time

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## WORKPLACE EYE WELLNESS MONTH

With so many of us using computers at work, computer eye strain has become a major job-related complaint. Studies show that eye strain and other bothersome visual symptoms occur in 50 to 90 percent of computer workers.

These problems can range from physical fatigue, decreased productivity and increased numbers of work errors, to minor annoyances like eye twitching and red eyes.

Here are **10 easy steps** you can take to reduce your risk of computer eye strain and other common symptoms of computer vision syndrome (CVS):

1. Get a comprehensive eye exam every year
2. Use proper lighting – avoid sunlight or too bright interior lights
3. Minimize glare – position your computer screen, use an anti-glare screen or wear anti-glare glasses
4. Use an LCD screen with a large display area
5. Adjust computer settings for brightness, text size, contrast
6. Blink more often
7. Exercise your eyes – look away from any screen often and focus in the distance
8. Take frequent breaks – stand up, stretch
9. Check your workstation – proper ergonomics can help with eye, back and neck strain – your screen should be 20-24 inches from your eyes and 10-15 degrees below the level of your eyes
10. Consider computer eyewear – talk to your eye doctor, particularly if you wear contact lens



## Follow the 20-20-20 rule

Every 20 minutes of screen time, take a 20-second break and look at an object at least 20 feet away from you.

To enforce this simple rule, try leaving your desk and taking a quick stroll around the office, giving your eyes a break and a refreshing change of scenery.



Healthy Eyes...A Job Well Done!



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## NATIONAL NUTRITION MONTH

Here are some tips to **save** you money while **nourishing** your family.

- **Be healthier to be wealthier.** Consider the money you'll save down the road by eating well today and teaching your family to make wise food choices. Good nutrition means fewer days missed from work and school and fewer medical bills now and in the future.
- **Expect to spend a little extra time buying groceries – at least at first.** Making lists, checking store flyers and comparing unit prices on packages take time. Give it a few weeks, and you'll get faster.
- **Make your mantra: Raw, whole and bulk.** Raw and whole foods are not prepared or processed. So, these items usually cost less than buying their precooked and ready-to-eat counterparts. Buying staples in bulk can mean big savings on those family favorites.
- **Start a Love Affair with Your Freezer.** When you prepare a recipe, double it and put the extra portions in the freezer. You'll be glad it's there on that night when nothing goes as planned.
- **Keep a running grocery list.** Each trip to the supermarket will cost you extra time and gas money. By keeping a list, you won't have to run out for single items.
- **Plan your menus around the sales.** Planning is key. Review several supermarket flyers or look for their specials online. You'll save the most money on sales for meats.
- **Follow your favorite brands on Twitter and friend them on Facebook.** You'll find some great bargains and coupons this way.
- **Grow your own.** Plant tomatoes, peppers, carrots, lettuce and more. Save money, have fun and get better flavor at the same time.
- **Cook more meals at home.** You get to control the ingredients, and you won't have the labor costs involved with restaurant meals.
- **Identify the foods you can prepare more cheaply at home.** There's no need to buy prepared gelatin, pudding and tea when they're simple and inexpensive to make yourself.
- **Serve appropriate portions, especially with higher-priced items like meats and cheeses.** Save money and take care of your waist by not overeating.
- **Do a 5-minute inventory of your refrigerator at least twice a week.** Find a use for everything before it goes bad. Toss wilting vegetables into a pot of soup or spaghetti sauce. Freeze leftovers for another day.
- **Use coupons only for foods you normally buy.** Try to shop on double- and triple-coupon days.
- **Don't shop when you or the kids are hungry.** Have snacks before heading out to help you resist those impulse buys.
- **Stock up.** Buy extra canned and frozen goods, cereals and even meats and fish when they're on sale. Wrap meats in a freezer bag before freezing. **Buy generic.** Store brands often are as good or better than the pricier name brand. Compare ingredients lists and Nutrition Facts panels.
- **Check unit prices or prices per serving.** Search high & low because often, least expensive items are on top and bottom shelves.
- **Use these high-nutrition, low-cost foods.** Instead of expensive meats, try beans, lentils, eggs, peanut butter, tofu and canned fish (salmon, tuna or crabmeat). You also can usually find good prices on grains including oats, brown rice and barley. Frozen fruit and vegetables are rich in nutrients and less expensive than their fresh counterparts.



*Make Good Nutrition Your New Tradition!*

