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NAF HBP Benefits Information

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Colonoscopy Reminder



Stop a killer in its tracks! March is National Colorectal Cancer Awareness Month. Men and women over the age 50 should make an appointment to take this life-saving test. 95% of colon cancers are curable when they are detected early. Sources: The Damon Runyon Cancer Research Foundation, www.dcrf.org and Centers for Disease Control and Prevention, www.cdc.gov/Features/ColorectalAwareness/. Regular physical activity and a healthy diet may help you lower your risk of cancer of the colon or rectum.

Desk Exercise of the Day



Finger Curl - Keep fingers limber and help prevent carpal tunnel syndrome with these "hands-on" helpers. This exercise takes a little concentration, but it can be done quickly at your desk and helps to relax your hands by moving the small muscles of fingers. Do it before and after work, as well as during breaks throughout the day.

Start with your hands in front of you, palms facing each other. Straighten your fingers and thumbs, then bend the top two joints of your fingers down toward the top of your palms. Keep the knuckle joint straight. If your fingers are very stiff, bend each finger individually, helping with the other hand. Repeat one to two times with each hand.

Here's to a Healthy Lifestyle!



A typical 12 oz sugared beverage = 140+ calories. Water = 0 calories. Replacing just one sugared beverage a day with water can trim 50,000+ calories a year from your diet.

Anything Bothering You?



The top ten disease conditions within the NAF HBP as of January 2010 are (from most prevalent condition downward): High Blood Pressure, High Cholesterol, Non Specific Gastritis/ Dyspepsia, Diabetes Mellitus, Allergies, Chronic Thyroid Disorders, Lower Back Pain, Ischemic Heart Disease, Depression and Cataracts. The majority of these conditions can be improved with a proper diet, exercise and medication. Schedule your annual physical exam today!

The Right Tool to Balance Your Diet



You can use the Nutrition Facts label to check calories, fat or sodium content. The more familiar you are with the information, the more you'll want to use it daily to ensure you're eating a healthy, balanced diet. Use the label when you shop, as you plan your meals, and as you cook each day. The label makes it easy to determine the amounts of nutrients you're getting and to compare one product to another.

You can't obtain all nutrients for a healthy body from a single food. Expand your food selections through healthy eating especially in vegetables, whole grains and fruits.

Regular physical activity is important for your overall health and fitness. It also helps you control body weight by balancing the calories you take in from food with the calories you expend each day.

For more information on healthy living, visit the websites below:

- Nutrition Facts Label
www.cfsan.fda.gov/~dms/foodlab.html
- Dietary Guidelines for Americans
www.healthierus.gov/dietaryguidelines
- Fruits and Veggies Matters More
www.fruitsandveggiesmatter.gov
- Nutrition and Physical Activity
www.cdc.gov/nccdphp/dnpa

What Causes Spring Allergies?



According to the Asthma and Allergy Foundation's website at <http://www.aafa.org/display.cfm?id=9&sub=30>, about 50 million people in the United States suffer from allergies, and those numbers continue to rise. As springtime approaches, many people find that they experience allergy symptoms because the spring season brings with it a burst of new growth.

Common allergy symptoms may include: congestion; sneezing; coughing; runny nose; itchy and watery eyes; and fatigue. To learn more about common causes of allergy symptoms and how to help lessen allergic symptoms before they begin, visit: <http://allergies.suite101.com/article.cfm/what-causes-spring-allergies>.