

Live Well & Work Well

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Brought to you by: Brady, Chapman, Holland & Associates

Explore the Great Outdoors

Spending even a few moments outside daily can significantly improve your physical health by reducing muscle tension, regulating sleep and improving your work performance. Experiencing the outdoors — specifically, green spaces — can also provide some mental health benefits, including reduced anxiety and depression symptoms, decreased stress levels and improved overall mood.

The Environmental Protection Agency reports that the average American spends only 7% of their life outdoors, leaving 93% spent indoors.

It may seem difficult to incorporate fresh air into your daily routine, so here are a few tips to spend more time in the great outdoors this summer:

- **Find Time Throughout the Day to Be Outside:** Try walking or doing a similar activity before or after your workday. Alternatively, enjoy lunch outside instead of eating at your desk during the workweek. If working remotely, you could join virtual meetings outside in a quiet place with little background noise or try “walking meetings” with teammates. Focus on finding small ways to incorporate fresh air each day.

- **Move Your Workout Outside:** If you usually run on the treadmill, consider jogging around your neighborhood instead. Additionally, doing bodyweight or free-weight exercises in your backyard or at a park can give you the same workout you get in the gym while letting you spend more time outside.
- **Focus on the Quality — Not Quantity — of Your Time Outdoors:** While outside, try to really listen to and look at what’s around you. Are there birds chirping? What color are the flowers? An intentional presence outdoors can help you feel more connected to nature and increase the benefits you receive from the fresh air.
- **Find Someone to Explore with:** It can be much easier to start a new habit when you have someone to do it with. As such, consider getting together with a partner or a group of friends to participate in outdoor activities.
- **Bring Nature Indoors:** Even when you can’t get outside for very long, you can still bring in little pieces of the outdoors. Consider purchasing a few houseplants to place around your home or starting an indoor herb garden.

Spending time outdoors can improve your physical and mental health, so take advantage of the longer summer days and get outside.

When's the Best Time to Eat Protein?

Protein is important for overall health. Health experts note that there isn't one perfect time of day to eat protein. What matters most is how evenly you include it throughout the day. Instead of saving most of your protein for dinner, spreading it across meals and snacks allows your body to use it more efficiently for energy, fullness and muscle repair.

The 2025-2030 Dietary Guidelines for Americans prioritize protein at every meal, aiming for 1.2 to 1.6 grams per kilogram of body weight daily.

Eating protein at different times of the day has certain advantages. For example, protein in the morning after an overnight fast supports steady energy, sharper focus and

improved appetite control, which may reduce overeating later in the day. Adding protein to snacks also plays a key role, helping stabilize blood sugar and prevent afternoon energy crashes. Similarly, protein is useful after workouts, as it helps muscles recover and grow stronger. Dinner protein remains important, but loading most of the day's intake into a single meal isn't ideal, since the body can only use so much at once. Most people don't need excessive protein supplements, as regular meals often provide enough.

In the end, a practical approach is to include protein at every meal, aim for moderate portions, and balance it with carbohydrates and healthy fats. Consistency delivers the biggest benefits.

Summer Medicine Cabinet Checklist

Summer brings more time outdoors, and with it, a higher chance of sunburns, bug bites, minor injuries, allergies and heat-related issues. Medications can also lose effectiveness or even become unsafe after expiration, and heat and humidity can further degrade products that are already past their prime. When summer ailments or accidents strike, you want relief that works quickly and safely.

The average American opens their medicine cabinet 468 times each year. However, nearly 3 in 4 people admit they often forget to replace their expired products.

A cabinet check today ensures you're prepared for common summer needs without last-minute store runs. Consider these 10 summer essentials:

1. Pain reliever and fever reducer
2. Antihistamines, nasal sprays and eye drops
3. Hydrocortisone cream for rashes and bug bites
4. Broad-spectrum sunscreen
5. Aloe vera or after-sun gel
6. Insect repellent
7. Oral rehydration packets or electrolyte drinks
8. Bandages and basic first-aid supplies
9. Antibiotic ointment for minor cuts
10. Instant cold packs

Refreshing your medicine cabinet is a small task that can make a big difference, allowing more time for fun in the sun. Make it a habit to check expiration dates every six months so you're always prepared.

Recipe of the Month



Trail Mix Bars

Makes: 28 servings

INGREDIENTS

- 3 cups crispy rice cereal
- 3 cups toasted oat cereal
- 1 ½ cups raisins
- ½ cup no-salt sunflower seeds
- 1 cup honey
- ¾ cup sugar
- 16 oz. chunky peanut butter
- 1 tsp. vanilla

PREPARATIONS

1. Combine dry ingredients in a bowl.
2. Combine honey and sugar in a pan and bring to a boil.
3. Add the peanut butter and vanilla. Stir until the peanut butter melts.
4. Pour the mixture over the cereal and mix well.
5. Press into a 13-by-9-inch pan and cool.

NUTRITIONAL INFORMATION

(per serving)

Total calories	225
Total fat	10 g
Protein	5 g
Sodium	106 mg
Carbohydrate	31 g
Dietary fiber	2 g
Saturated fat	2 g
Total sugars	23 g

Source: MyPlate