

February 2009

# Healthclips

from  
Herbruck Alder



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## Quote

"The journey of a  
thousand miles  
begins with a single  
step."  
- Lao Tzu

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Healthclips is Herbruck Alder's monthly electronic newsletter that contains helpful Health & Wellness information that you can share in your workplace or community.

## ***Benefits Briefs, Herbruck Alder's Blog***

Herbruck Alder is pleased to announce *Benefits Briefs*. This blog will focus on topics regarding employee benefits, health and wellness, and financial services. We look forward to providing timely industry-specific information to you.

[Click here](#) to read Herbruck Alder's recent post.

## **Heart Health Month**



Heart Disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2008, an estimated 770,000 Americans will have a new coronary attack, and about 430,000 will have a recurrent attack. About every 26 seconds, an American will have a coronary event, and about one every minute will die from one.

### **Know Your Signs & Symptoms**

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

[Click here](#) to read about the signs that can mean a heart attack is happening.

## **National Cancer Prevention Month**

February is National Cancer Prevention Month. You are probably wondering, how can I help prevent cancer? The American Institute for Cancer Research (AICR) published three guidelines for cancer prevention that can help you focus on what's most important.



[Click here](#) to read more.

## **Herbruck Alder Wellness Adventurers**



### **Getting Into Shape...Playing Video Games?**

One of the biggest challenges for parents during the last 20 years, or so, has been getting their kids to put down the video game controller to go outside and get some exercise. Now, there is a way for kids, as well as adults, to play their favorite games and get exercise at the same time. That way is the Nintendo Wii.

[Click here](#) to read more.

## **Local Community Events**

There are numerous events in Northeast Ohio every week that help individuals lead a healthy lifestyle.

[Click here](#) to see a list of upcoming events.

## **Helpful Health Hints from Herbruck Alder**

### **Sit Properly at the Computer**

Stretching your neck and working your wrists at a computer for hours at a time can strain much of the body. The American Academy of Orthopaedic Surgeons offers suggestions to help reduce computer pain and discomfort.

[Click here](#) to read more.

### **Home Repair Raises Lead Levels in Kids**

Repair, renovation, and painting of older homes can raise lead in the blood of children living in such environments to dangerous levels, the CDC says.

[Click here](#) to read more.

## Healthy Recipe

### **Quick Pizza Margherita**

From pre-baking the dough for crispness to drizzling the finished pie with balsamic vinegar, this 30-minute recipe is full of flavorful tricks that have made it one of *Cooking Light's* most popular pizzas.



[Click here](#) for recipe.

## Contact Us!

We want to be your resource for Health & Wellness. Please contact your Herbruck Alder representative at 216.623.2600 about how we can continue to help your company with their wellness endeavors.

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