

April 2009

Healthclips

from
Herbruck Alder



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Quote

Life is not merely to
be alive, but to be
well. ~Marcus
Valerius Martial

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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.

Anthem Healthy Woman Event sponsored by Herbruck Alder and University Hospitals Case Medical Center

Ready for a healthy dose of inspiration? You're invited to attend the Healthy Woman event

Date: Tuesday, April 7, 2009

Time: 8:00am - 12:30pm

Place: Hilton Garden Inn, downtown, 1100 Carnegie Ave., Cleveland, OH 44115

Healthy Woman is a no-cost event that lets you and a colleague experience an inspiring morning of healthy lifestyle information and activities, including:

- Soothing chair massage
- Free health screenings & health fair
- Cooking demonstration
- Tips on planning your financial future
- Fitness demonstration...and much more!

Plus, enjoy a delicious lunch while nutrition and fitness expert Zonya Foco discusses the power of developing one good habit and the difference it can make in your life.

Register

[Click here](#) to register. Or, contact Alison Muth at 216-377-2595 or amuth@herbruckalder.com.

National Public Health Week
April 6 - 12



Building the Foundation for a Healthy America

Americans are not as healthy as they should be. Although we spend more on health care than any other country, our nation is falling behind in many important measures of what it means to be healthy. We have reached a point where we must examine our health system and the foundation upon which it stands.

Join the American Public Health Association in celebrating National Public Health Week 2009 and supporting public health efforts aimed at "Building the Foundation for a Healthy America."

[Click here](#) to learn more.

Herbruck Alder Wellness Adventurers

An Extra Spring In Your Step

Now that spring has sprung, it's time to get outside and workout! With warmer temperatures on the way, many people will be moving their exercise activities outdoors. Here at Herbruck Alder, we have two employees who will be doing the same.



[Click here](#) to read her story.

Training Like A Champion

Chris Wilson, a member of the Herbruck Alder team, does a lot of strength training to stay fit. He has just started a new training program to maximize his fitness. The P90X is a unique system of 12 high-intensity muscular workouts broken out in a 90 day time frame. This program is a boot camp style program that institutes a muscle confusion training technique.

[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

Vitamin D Pills Cut Bone Fracture Risk

A daily dose of vitamin D supplements may cut the chance of bone fractures in people 65 and older -- provided the dose is high enough.

[Click here](#) to read more.

Too Much Salt Hurting Majority of Americans

Americans already eat way more than the recommended amount of salt, and now the CDC finds that even lower recommendations apply to 70% of us. New data show that the average U.S. adult consumes one-and-a-half teaspoons of salt every day.

[Click here](#) to read more.

Healthy Recipe



Apple Crisp

This apple crisp is extremely tasty and thanks to ground flax, it may contribute to the health of your heart. Use apples or pears.

[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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