

June 2009

# Healthclips

from  
Herbruck Alder



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## Quote

"Why not go out on a limb? Isn't that where the fruit is?"  
- Frank Scully

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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.

## Sun Safety

Summertime is upon us! That means it is time for family vacations, outdoor sports, and other fun, sun-filled activities. Be sure to "block the sun, not the fun" by wearing a wide-brimmed hat and sunglasses! Remember, the sun is at its highest and strongest between 10:00 AM-4:00 PM.

The Sun Safety Alliance encourages parents to lead by example. If you practice sun safety, your children are likely to model those sun safe habits. Teach your children to apply sunscreen and stay in the shade!

[Click here](#) for more sun safety information.

## **IRS Increases 2010 HSA Contribution Maximums**

The Internal Revenue Service (IRS) announced the 2010 annual contribution limits for HSAs and the minimum deductible and maximum out-of-pocket limits for single and family HSA compatible health plans.

[Click here](#) for the new annual contribution limits.

## **Herbruck Alder Wellness Adventurers**



**First Annual Cleveland VisionWalk**

The inaugural Cleveland VisionWalk, organized through the Foundation Fighting Blindness, was held on Saturday May 9th. It was held at Wade Park Oval at University Circle.

[Click here](#) for additional information.

### **Shape Up The Nation Update**

We are now through four rounds of our Shape Up The Nation competition. Everyone has done a great job of sticking with the program after our eighth week. It is really tough to maintain activity levels and to build the habits necessary to stay regularly active.

[Click here](#) for additional information.

## **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**

### **Physical Fitness Cuts Heart, Death Risk**

People who are physically fit, as measured by a high level of cardiorespiratory fitness (CRF), are less likely to develop heart disease and less likely to die from any cause, a study shows.

[Click here](#) for additional information.

### **Good Carbs, Bad Carbs: Why Carbohydrates Matter to You**

What's the difference between a sandwich made on white bread and one made with 100% whole grain bread? Or, the difference between French fries and side salad made with spinach, tomatoes, carrots, and kidney beans? All the foods above are carbohydrates. But the second option in both questions includes good carbohydrate foods (whole grains and vegetables).

[Click here](#) for additional information.

## **Healthy Recipe**



**Santa Fe Salad with Chili-**

### Lime Dressing

Storing this salad in layers (instead of tossing it immediately) and keeping the dressing separate, helps to keep the salad fresh. It can be stored up to 4 days in the refrigerator.

[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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