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Work well, sit well

Poor posture at your desk can lead to back pain, fatigue, and even headaches. A few simple adjustments can make a world of difference. Creating an ergonomic setup improves your physical comfort and boosts productivity and overall well-being.

WORKSPACE SETUP

- **Chair:** Choose a chair with good lumbar support. Your feet should be flat on the floor or use a footrest. Adjust the chair height so your elbows are at a 90-degree angle when typing.
- **Monitor:** Position your monitor at arm's length, with the top of the screen at or slightly below eye level. This helps prevent neck strain.
- **Keyboard and mouse:** Keep your keyboard and mouse close to your body, allowing your elbows to stay close to your sides. This reduces reaching and strain.
- **Breaks:** Get up and move every 20-30 minutes. Even a short walk or some stretches can improve circulation and prevent stiffness.

Skin care trends

The world of cosmetic procedures offers many options, from minimally invasive treatments to more intensive interventions. With so many choices, it's smart to be informed. Here's what you need to know before undergoing injections or laser therapy procedures.



SKIN TREATMENTS	POSSIBLE SIDE EFFECTS
Botulinum toxin injections, known as Botox: Relaxes facial muscles to reduce wrinkles. Administered by a qualified professional.	Pain, bruising, swelling, redness at the injection site, and flu-like symptoms or headaches. More serious, but rare, side effects can include muscle weakness, breathing or swallowing difficulties, and vision problems.
Microdermabrasion: A noninvasive procedure that uses a special tool to exfoliate the skin's surface. Improves skin texture and reduces the appearance of fine lines and age spots.	While generally safe, it can cause temporary redness, dry, flaky skin, and sensitivity. More serious risks include bruising, sensitivity to the sun or skincare products, and, in rare cases, infection or scarring.
Dermal Filler injectables: Typically uses hyaluronic acid or collagen to plump up skin, fill in wrinkles, and add volume to the cheeks and lips.	Allergic reactions, infection, and uneven results
Dermaplaning: A simple and effective method of exfoliation. It uses a scalpel to remove dead skin cells and vellus hair (peach fuzz) from the face. A trained aesthetician or dermatologist should perform it.	Redness, irritation, and increased sensitivity, but these typically subside within a few days
Microneedling: A device with tiny needles to create micro-injuries in the skin, which stimulates collagen production and improves skin texture.	Infection, scarring, and hyperpigmentation



RESEARCH IS KEY

- Before undergoing any cosmetic procedure, thoroughly research the treatment and the practitioner. Check their credentials, experience, and patient reviews. Don't be afraid to ask questions about their training, certifications, and the products they use.
- Cosmetic procedures can enhance your appearance but won't necessarily make you look 20 years younger. Having realistic expectations is crucial for satisfaction.
- Every minimally invasive procedure carries potential risks and side effects.
- Certain medical conditions can increase the risk of complications. Be sure to disclose your complete medical history to your doctor or aesthetician.
- It's essential to consider the psychological aspects of cosmetic procedures. If you're considering a treatment to address insecurities about your appearance to improve self-esteem, it can be helpful to discuss these feelings with a mental health professional.

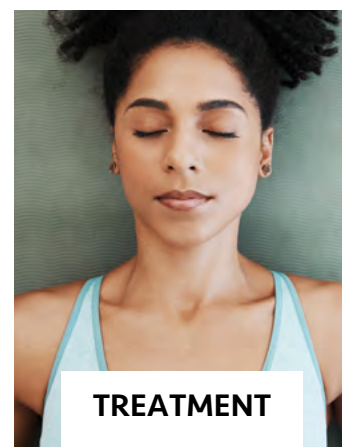
Finding freedom from OCD

Obsessive-compulsive disorder (OCD) is a cycle of obsessions and compulsions that disrupt daily life. This involves persistent and distressing thoughts and behaviors that consume significant time and energy. With appropriate treatment and support, individuals with OCD can learn to manage their symptoms and live fulfilling lives.



THE BASICS

- Obsessive-compulsive disorder is a mental health condition in which individuals experience recurring, unwanted thoughts (obsessions) that drive them to perform repetitive behaviors (compulsions).
- Obsessions can include fears of contamination, need for symmetry, or forbidden thoughts. Common compulsions include excessive handwashing, ordering or arranging objects, checking things repeatedly, and mental rituals.
- Many with OCD recognize that their obsessions and compulsions are irrational, but they feel unable to control them.
- This condition is not the same as having a “neat” or “organized” personality. It can be a serious mental health condition.
- While the exact cause of OCD is unknown, research suggests that it may involve a combination of genetic, neurobiological, and environmental factors.



TREATMENT

- The most effective treatment involves working with a certified therapist, using a combination of cognitive behavioral therapy (CBT), specifically exposure and response prevention (ERP), and medication. Using ERP involves gradually exposing the individual to their fears while preventing the compulsive response.
- Techniques like deep breathing, meditation, and mindfulness can help manage anxiety and reduce the urge to engage in compulsions.
- Connecting with others who understand OCD can provide valuable support and reduce feelings of isolation. Sharing experiences and coping strategies can be incredibly beneficial.
- Recovery from OCD is a process. Start with small, achievable goals and gradually work toward managing more challenging obsessions and compulsions.

Recipe:

Lemon herb chicken & veggies



INGREDIENTS

- 1 pound boneless, skinless chicken breast, cut into 1-inch pieces
- 3 cups mixed veggies, chopped into 1-inch pieces (broccoli, peppers, onions, etc.)
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon fresh herbs (such as rosemary, thyme, and oregano), chopped
- 1 teaspoon paprika
- 2 cloves garlic, minced

DIRECTIONS

1. In a large bowl, combine the chicken, vegetables, olive oil, lemon juice, herbs, paprika, and garlic. Toss to coat.
2. Preheat the griddle to medium-high heat.
3. Pour the chicken and vegetable mixture onto the griddle. Cook for 10-12 minutes, or until the chicken is cooked through and the vegetables are tender-crisp, stirring occasionally.

NUTRITIONAL INFORMATION:

Serves 4. Per serving: 188 calories, 9 g total fat, 1 g saturated fat, 3 g carbohydrates, 0 g added sugar, 2 g fiber, 25 g protein, and 74 mg sodium.

Sizzling smart

Blackstone, or flat-top, griddles have become a backyard cooking sensation, offering a versatile surface for everything from pancakes to stir-fries. Like any cooking method, using a flat-top griddle to create healthy meals requires some know-how, but with a little planning and preparation, you can make the most of it while keeping nutrition in mind.



HEALTHY EATING ESSENTIALS

- Opt for lean proteins like chicken breast, turkey, fish, and lean ground beef. These provide essential nutrients without excess saturated fat. Trim visible fat from meats before cooking.
- Load up on colorful vegetables! Bell peppers, onions, zucchini, broccoli, and mushrooms are all excellent choices. Roasting or grilling vegetables on the flat-top brings out their natural sweetness and enhances flavor.
- Include complex carbohydrates like whole grains, sweet potatoes, and corn. These provide sustained energy and are essential for overall health. Avoid or limit refined carbohydrates like white bread or sugary sauces.

COOKING TECHNIQUES

- Many flat-top griddles are non-stick, so you don't need a lot of oil. Use a light spray of cooking oil or a small amount of avocado or olive oil to prevent sticking.
- Be mindful of portion sizes. Use smaller plates and avoid overfilling them. This helps manage calorie intake and prevents overeating.
- Limit processed meats, such as sausages and hot dogs, as they are often high in sodium and unhealthy fats. Focus on cooking fresh, whole foods whenever possible.
- Overcooking can destroy nutrients and create harmful compounds. Cook food until it's just done. Use a food thermometer to ensure meat, poultry, and seafood are cooked to a safe internal temperature.

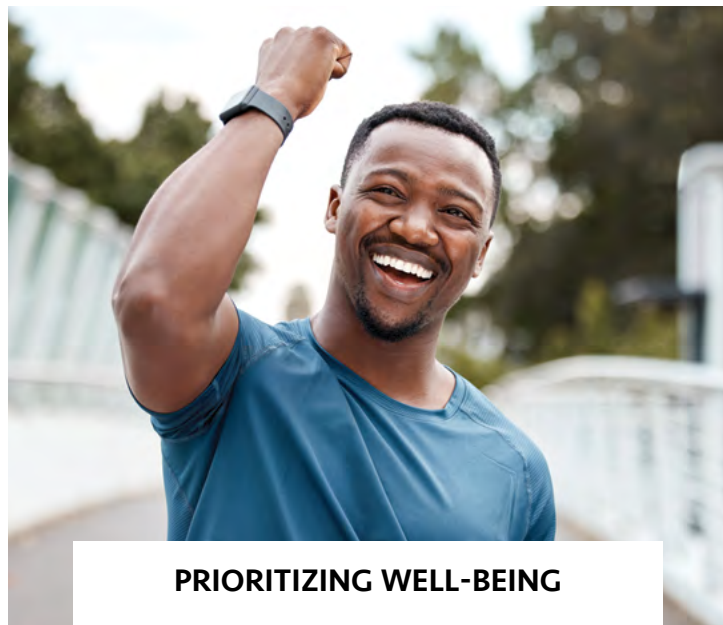
Men's health matters

Many men face unique health challenges, and breaking down barriers to care is essential. Let's explore some key areas of men's health, including some actionable steps, empowering men to take charge of their health journey.



COMMON HEALTH CONCERNS

- Heart disease is a leading cause of death for men. Maintaining a healthy diet, exercising regularly, and managing risk factors like high blood pressure and cholesterol are vital.
- Several cancers disproportionately affect men, including prostate, testicular, and colon cancer. Early detection through screenings and a healthy lifestyle are crucial.
- Men are at increased risk for type 2 diabetes. Maintaining a healthy weight, eating a balanced diet, and regular physical activity can help prevent or manage this condition.
- Men often face stigma surrounding mental health, leading to underdiagnosis and undertreatment of conditions like depression and anxiety. Seeking help is a sign of strength, not weakness.



PRIORITIZING WELL-BEING

- Schedule regular checkups with your doctor. These visits provide opportunities for screenings, early detection of potential health issues, and discussions about healthy lifestyle choices.
- Consume a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Limit processed foods, saturated fats, and added sugars.
- Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week, along with muscle-strengthening activities twice a week.
- Understand your family's medical history to help identify potential risks and guide preventive measures.
- Find healthy ways to manage stress, such as exercise, meditation, or spending time with loved ones. Chronic stress can negatively impact both physical and mental health.
- Aim for 7-9 hours of quality sleep each night. Adequate sleep is essential for physical and mental restoration.
- Excessive alcohol consumption and tobacco use significantly increase the risk of several health problems. Quitting smoking is one of the best things you can do for your health.
- Openly discuss your health concerns with your doctor, family, or friends. Communication is key to breaking down stigma and getting the support you need.



Fitness without limits

Adaptive fitness emphasizes what individuals can do, rather than what they can't do. It's about modifying exercises and equipment to match unique needs, ensuring everyone can reap the many benefits of physical activity.



ADAPTABILITY MATTERS

- Regular physical activity can help manage chronic conditions, improve cardiovascular health, and increase strength and flexibility. Physical activity is essential for everyone. Adaptive fitness makes it possible for individuals with disabilities to participate safely and effectively. This can also lead to better sleep and a reduction in pain.
- Exercise releases endorphins, which have mood-boosting effects. Adaptive fitness can reduce feelings of isolation and depression, promoting a positive outlook and increased resilience.
- Learning new skills and achieving fitness goals can boost self-esteem and confidence. This can lead to greater independence in managing the tasks involved with daily life.
- Participating in group fitness activities or adapted sports provides opportunities for social interaction and community engagement. This fosters a sense of belonging and support.



ADAPTIVE FITNESS FORMS

- Wheelchair basketball, adapted swimming, and inclusive cycling are examples of adapted sports. These provide competitive and recreational options and promote teamwork and skill development.
- Modified yoga and Pilates classes can accommodate various physical limitations. These classes focus on flexibility, balance, and core strength and are adjusted for individual needs.
- Personalized training programs can be developed with the help of certified adaptive fitness specialists. These programs offer individualized attention, ensuring safety and effectiveness.
- Adapted fitness can incorporate assistive technologies like functional electrical stimulation (FES) bikes or specialized exercise equipment. These tools can help individuals with limited mobility engage in effective workouts, enhancing their overall fitness.



Wallet woes

LIFESTYLE CREEP, ALSO KNOWN AS LIFESTYLE INFLATION, IS THE SNEAKY PHENOMENON WHERE YOUR SPENDING HABITS EXPAND RIGHT ALONGSIDE YOUR INCOME, OFTEN LEAVING YOUR SAVINGS GOALS IN THE DUST.



RECOGNIZE THE RISKS

- Increased spending leaves less room for savings, hindering long-term financial security.
- To maintain the “upgraded” lifestyle, people may rely on credit cards, leading to mounting debt.
- The constant pressure to maintain an ever-increasing standard of living contributes to financial anxiety, which can negatively impact mental health.

STRATEGIZE FOR STABILITY

- Monitor expenses to identify areas where spending has increased. Utilize budgeting apps or spreadsheets.
- Before increasing discretionary spending, allocate a portion of any income increase to savings and investments.
- Appreciate what you have, rather than constantly chasing the next upgrade. This mindset shift can reduce the urge for impulsive spending.



Choose camp right

Summer camp can be a transformative experience, but choosing the right one requires careful consideration. Don't let excitement overshadow essential vetting.



CAMP CHECKLIST

- Check for accreditation from the American Camp Association (ACA). This signifies adherence to safety and health standards.
- Inquire about staff-to-camper ratios, background checks, emergency procedures, and the camp's health and safety policies.
- Ensure the camp's activities align with your child's interests and abilities.
- Ask about the camp's philosophy and how it fosters social and emotional development.
- Confirm the camp has trained staff to handle medical needs, including allergies and medications.
- Ask about communication protocols between staff and parents.
- Determine how the camp addresses homesickness and behavioral issues.
- Investigate the camp's food service to ensure it can manage dietary restrictions and promotes healthy eating habits.

