



# Wellness 2010

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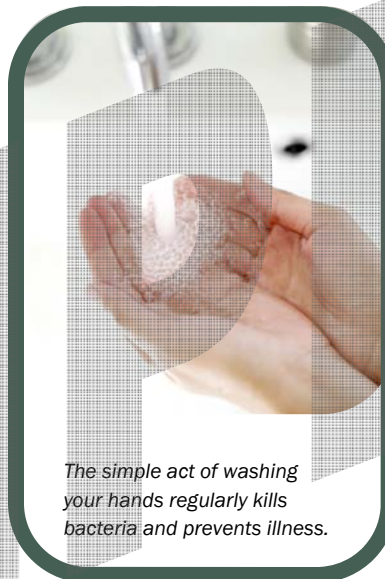
## Stop, Wash, and Go To Avoid the Flu During Travel

You don't have to let the flu bug spoil your next trip. A few simple steps can help prevent the spread of flu, according to the Centers for Disease Control and Prevention (CDC).

**Before Leaving Home** The most important weapon in fighting the flu is vaccination. For this winter travel season, vaccines are available for both seasonal flu and 2009 H1N1 flu. Vaccines are now available for anyone over age six months but are especially important for travelers in high-risk groups including: pregnant women, people who live with or care for infants younger than six months old, health care and emergency medical services personnel, people between six months and 24 years old, and people 25 to 64 years old with certain medical conditions that put them at high risk for influenza related complications. Additional information about high-risk target groups can be found online at [http://www.cdc.gov/h1n1flu/vaccination/vaccine\\_ke\\_yfacts.htm](http://www.cdc.gov/h1n1flu/vaccination/vaccine_ke_yfacts.htm).

**What To Pack** Leave room in your suitcase for a travel health kit. Prevention can be travel sized, and a well stocked

travel health kit will contain helpful items if you should



*The simple act of washing your hands regularly kills bacteria and prevents illness.*

become ill during your trip. Be sure to include tissues, pain or fever medicine, soap, and an alcohol based hand sanitizer.

### Protect Yourself and Others

Remember the simple rules of "Stop, wash, and go."

**Stop:** If you believe you have the flu or are experiencing symptoms, delay your travel plans until your fever has been gone for at least 24 hours without the use of fever reducing medicines.

Be sure to remember to cover your coughs and sneezes with a tissue. If you don't have a tissue, you should cough or sneeze into your upper sleeve rather than your hands or into the air.

**Wash:** Afterwards, don't forget the second step: wash. Wash your hands often with soap and water. If soap and water aren't available, you can use hand sanitizer.

**Go:** Finally, if you are healthy and actively taking these precautions, feel free to "Go" and enjoy the winter travel season.

To learn more about healthy travel, visit [www.cdc.gov/travel](http://www.cdc.gov/travel).

For more information about 2009 H1N1 flu and travel, visit <http://wwwnc.cdc.gov/travel/content/novelh1n1flu.aspx>.

For general information about 2009 H1N1 flu, visit [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or [www.flu.gov](http://www.flu.gov).

**Source:** Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))

## Fit Physical Activity into Your Life, Your Way.



Resources also are available for the public including the booklet, *Be Active Your Way, A Guide to Adults*.

### **The more you do, the more benefits you gain.**

Adults gain substantial health benefits from two hours and 30 minutes a week of moderate aerobic physical activity, and children benefit from an hour or more of physical activity a day, according to the new Physical Activity Guidelines for Americans. On October 7, 2008, the U.S. Department of Health and Human Services (HHS) released the 2008 Physical Activity Guidelines for Americans, a comprehensive set of recommendations for people of all ages and physical conditions.

The comprehensive, science-based guidelines were developed to inform policymakers and health providers about the amounts, types, and intensity of physical activity needed to help Americans aged 6 and older improve their health and reduce their risk of chronic diseases.

The Guidelines set achievable goals for everyone and can be customized according to a person's interests, lifestyle, and goals. Regular physical activity over months and years produces long-term health benefits and reduces the risk of many diseases. The more physically active you are, the more health benefits you gain.

A main message of the Guidelines is that for inactive persons some activity is better than none. Persons who have been inactive for some time are encouraged to start at a comfortable level and add a little more activity as they go along. For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and /or more time per session. Both aerobic (endurance) and muscle-strengthening (resistance) activities are beneficial and are included as part of the Guidelines.

**Source:** Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))

### For More Information:

Easy-to-use information about the Guidelines is available online at [www.healthfinder.gov](http://www.healthfinder.gov). To access the guidelines and to find links to other resources for professionals, visit <http://www.health.gov/paguidelines> and <http://www.cdc.gov/physicalactivity>.

## Quick List: How To Keep Exercise Affordable

**Split costs with a workout buddy.** Trade exercise videos and equipment, or share the cost of a personal trainer.

**Use your own body as resistance.** Do crunches, push-ups, squats, step-ups, etc.

**Buy used.** Classified ads, garage sales, online auctions, and stores specializing in used exercise equipment have good deals

**Make your own weights.** Fill empty water, milk or detergent bottles with water or sand, then secure the top with duct tape to create an inexpensive set of adjustable weights

**Use the library.** Try out different types

of exercise videos and books for free. If you find one you really like you can buy it.

### **If you choose to purchase new equipment, consider these low-cost, high-return options:**

- Dumbbells. Use these handheld weights to strengthen your upper body. They come in a variety of sizes and weights
- Jump rope. This classic offers a great cardiovascular workout for just a few dollars
- Resistance bands. These portable, lightweight bands come in varying degrees of resistance and can be used for strengthening upper and lower body
- Fitness ball. Fitness balls can help with balance, flexibility, and strength.

Resource: Mayo Clinic health information ([www.mayoclinic.com](http://www.mayoclinic.com))



# Kids and Technology: Tips for Parents in a High-Tech World

Although children may not want to admit it, the school year is here. Parents know that back to school means a packed planner filled with everything from recitals to parent-teacher conferences. As time gets stretched, parents and children may talk less and fall back on timesavers, like notes or text messages.

But when it comes to your child's safety in the virtual world, parents should not rely on one strategy alone.

According to a study published in the Journal of Adolescent Health, children say they know how to get around home and school filters to access MySpace, e-mail or instant messaging programs. Children also admit that they will access blocked sites from friends' computers who do not have limits on their Internet access.

Experts recommend parents use multiple strategies to keep kids safe in the virtual world. "Unfortunately, prohibiting access to technology or sole reliance upon blocking or

filtering software are often not enough to prevent electronic aggression," says Marci Hertz, a health scientist at the Centers for Disease Control and Prevention (CDC). "Kids are savvy and can get around filters and blocking software. Just like putting a seatbelt on before starting the car, there are some fundamental strategies parents should observe to make sure use of electronic technology is a safe experience."



For more tips, visit <http://www.cdc.gov/ncipc/dvp/YVP/default.htm>.

A new CDC resource for educators and parents offers the following strategies:

**1. Talk to your child.** Parents ask their children where they are going and who they are going with whenever they leave the house. They should take the same approach when their children go on the Internet—where are they going and who are they with?

**2. Develop rules.** Together with your child, develop rules about acceptable and safe behaviors for all electronic media.

**3. Explore the Internet.** Visit the websites your child frequents, and assess the pros and cons. Most websites and on-line activities are beneficial. They help young people learn new information and interact with people who have similar interests.

**4. Talk with others.** Talk to other parents about how they have discussed technology use with their children.

**5. Connect with the school.** Parents are encouraged to work with their child's school and school district to develop a class for parents that educates about school policies on electronic aggression and resources available to parents.

**6. Educate yourself.** Stay informed about the new devices and websites your child is using. Continually talk with your child and explore the technology yourself.

**Source:** Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))

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