



MAY 2019 **DIY HEALTH**

## LET'S GET HYDROPONIC

Hydroponics is a method of growing plants in a water-based, nutrient-rich solution. Rather than using soil, plants' roots are supported using an inert medium, allowing the roots direct contact with the solution and access to oxygen. The use of the growing medium aerates and supports the plant and channels the water and nutrients.

The easiest and most common hydroponic system is deepwater culture, or the reservoir system. Roots are suspended in a nutrient solution with an aquarium air pump oxygenating it. Other types of systems include nutrient film technique (a continuous flow of nutrients over the roots) and aeroponics (roots are suspended in the air and misted with nutrient solution).

Benefits include:



**Speed.** A hydroponic plant can have a growth rate 30% to 50% faster than a soil plant.

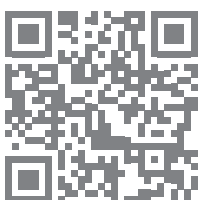


**Yield.** Scientists believe the extra oxygen in the growing medium stimulates root growth.



**Environment.** It uses less water, as the water is constantly reused. It also requires little to no use of pesticides, and removes any risk of topsoil erosion, as soil isn't even used.

Compared to soil gardening, hydroponics is more expensive due to the cost of equipment and nutrients. It can also take up a lot of space. Research what plants and method will work best for you.



**BONUS ARTICLE OF THE MONTH:**  
**WASTE NOT**

**LDBLIFESTYLEBENEFITS.COM**

DISCLAIMER: The information contained herein is intended to serve as a general guide. Please consult your physician, insurance company and/or tax advisor for information specific to your individual needs.

© 2019 Lockton, Inc. All Rights Reserved.

## HIKING HOW-TO

Hiking can be a fun way to exercise and spend time outdoors. Check out these tips for beginners.



**Always take at least one person with you. It's good to have a buddy to stay safe.**



**Know your trails. Park rangers can school you on the terrain and wildlife.**



**Gear up! Make sure your feet have enough support and the shoes are broken in. Dress for the weather by layering.**



**Don't forget food and water. A good rule is to eat 200 to 300 calories per hour to keep your strength up. You should bring at least a half-liter of water for each person for each hour.**



**Stay safe. Bring along a first-aid kit, your phone and a compass. Make sure someone knows where you are, and consider leaving a note with your route plans in your car.**



**Hike kindly. Leave the trail how you found it - don't litter, leave any plants or animals alone, and be considerate of other hikers.**

## BENEFIT SPOTLIGHT



### WELLNESS AT WORK

Employer-sponsored wellness programs began as company fitness programs, but now they offer a lot more, including incentives, social support, interactive tools to sustain healthy behavior, and insurance premium discounts. They work to create healthier employees and prevent chronic diseases like heart disease and diabetes. And federal regulations ensure data privacy.

- **Take advantage of the health tools offered.** You'll find guidance and programs for weight loss, exercise, eating healthier and quitting smoking.
- **Enjoy premium discounts.** Many employers offer a discounted premium for your health insurance if you participate in or reach a certain level in the wellness program. You can earn points through exercise, online classes, a biometric screening and more.
- **Events and camaraderie.** Often going hand in hand with wellness programs are company-sponsored events such as 5Ks or yoga classes. This gives you a chance to earn points and get to know your coworkers in a different way.