

FEBRUARY 2020

LB LIFESTYLE BENEFITS

Locke
Lord^{LLP}



CHECK THE LIST TWICE

Creating an organized and budget-friendly grocery shopping list before you go to the store will help you eat healthy and save money. Make a plan on which meals to make that week to avoid overbuying and ending up with a refrigerator of expired food.

Don't know where to start? Go to the 'Gram, Instagram, Pinterest and Facebook can provide meal inspiration.

Healthy or unhealthy? If a healthy lifestyle is your goal, make sure your grocery list reflects that. Leave off the sweets and processed foods in favor of fruits, veggies and lean meats.

Stay focused. Check your list first before you grab. If that doesn't deter you, remember your goal and ask yourself if this treat will help you work toward that grocery goal or hinder it.

Execute the plan. Meal prep and eat the foods you planned for. Resist the temptation to order takeout mid-week.

Planning ahead and knowing what you will eat, and what you will buy, will help you not only eat healthier, but will also prevent you from overspending and wasting time wandering down the grocery store aisles.



**BONUS ARTICLE
OF THE MONTH:
OVERCOMING
ASTHMA**

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CHALLENGE: EXERCISE YOUR MIND**



THE VARIED VALUE OF VEGGIES

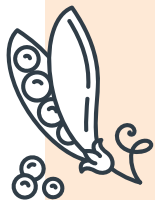
Get your veg-ucation here, folks! We all know we're supposed eat this food group, but are different vegetables good for certain things?



Spinach. One cup of raw spinach provides more than 50% of your daily vitamin A needs, plus all of your vitamin K needs. And it's high in antioxidants connected to reducing the risk of cancer.



Carrots. You've likely heard they're good for your eyes, but there's more to carrots! This root vegetable is high in vitamin A, vitamin C, vitamin K and potassium. Eating carrots weekly could decrease risk of prostate cancer and lung cancer.



Green peas. Though they're a starchy vegetable, peas are high in fiber and protein, as well as vitamins A and C. The fiber helps support digestive health. Peas are also rich in saponins, plant compounds know for anti-cancer effects.



Beets. Beets and beetroot juice can help improve heart health, as they're high in heart-healthy nitrates. Beets could also help those with diabetes - they contain the antioxidant alpha-lipoic acid, which studies show could help with diabetic nerve problems.

BENEFIT SPOTLIGHT

UNPACKING URGENT CARE CENTERS

Urgent Care Centers are popular, but there are a few things to consider before you step inside. For starters, these centers are purposed for minor medical emergencies, lab work and vaccinations. They are mostly walk-in facilities, meaning you don't need to make an appointment before you go. At many locations you can even check in online to reduce your wait time.

It also might be a good idea to find an urgent care near you before you become ill or in need of medical attention in preparation. But not every urgent care center is created equal. Some specialize in pediatrics and others specialize in women's health.

While every urgent care center does staff doctors, you might not necessarily see one. Physician assistants and nurse practitioners are also staffed and able to treat patients. You should also know when to go. Check the clinic's hours, but if you have a life-threatening emergency, go to the emergency room for advanced treatment.

Urgent care centers are convenient, affordable, and could provide a quick and temporary alternative to your primary physician in a pinch for minor medical needs. Just make sure it's covered by your insurance.

