

OCTOBER 2020  
YOU'VE GOT THIS

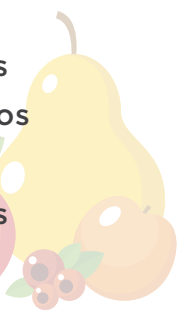


ENERGY THROUGH EATING

We all know that food equals fuel, but not all food sustains energy. Certain foods are high in vitamins and minerals for the amount of energy they supply, so selecting nutrient-dense foods will fuel your daily energy needs. The nutrients in food contribute to the energy it provides. For example, foods high in carbohydrates, potassium and vitamin B6, like bananas, boost your body's energy levels. Here are some options you can incorporate into your daily diet.

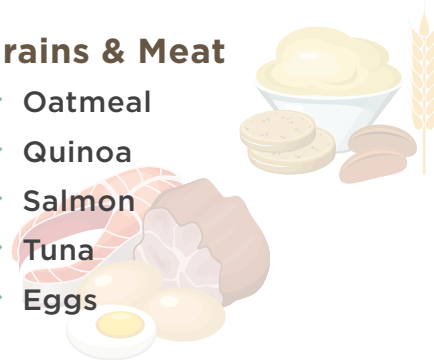
Fruits

- ❖ Bananas
- ❖ Avocados
- ❖ Berries
- ❖ Oranges
- ❖ Apples



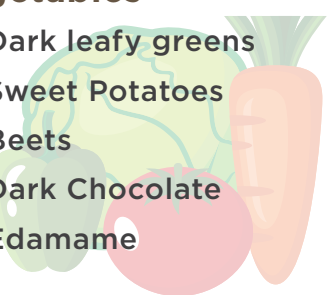
Grains & Meat

- ❖ Oatmeal
- ❖ Quinoa
- ❖ Salmon
- ❖ Tuna
- ❖ Eggs



Vegetables

- ❖ Dark leafy greens
- ❖ Sweet Potatoes
- ❖ Beets
- ❖ Dark Chocolate
- ❖ Edamame



Snacks & Drinks

- ❖ Peanut Butter
- ❖ Greek Yogurt
- ❖ Green Tea
- ❖ Water
- ❖ Hummus



In general, integrating healthier choices into your daily diet will create well-balanced meals that support our bodies. Consuming products that have vitamins, fiber, fats and proteins will result in you feeling physically and mentally ready to tackle the day.



BONUS ARTICLE OF THE MONTH:  
CANCER SUPPORT SYSTEM

LDBLIFESTYLEBENEFITS.COM

THE SCIENCE OF SINUSES

Life has a lot of daily pressures – work, bills, a busy schedule. The last thing you want is added pressure from your sinuses. The sinuses are the hollow spaces behind your lower forehead, nose and cheeks. They produce mucus (the protective coating that covers surfaces in your mouth, throat, nose, and more) to keep sensitive tissues from drying out and to trap bacteria and dust.

**Sinusitis** is inflammation of the sinuses often caused by an infection. **Over 30 million people in the U.S. are diagnosed with sinusitis annually.** Symptoms include fever, weakness, fatigue, cough, drainage and congestion. Treatment includes antibiotics, pain meds and decongestants.

A **deviated septum** can lead to frequent sinus infections. Your sinuses are divided into two halves with a bone and mucous membrane barrier between them – this is the septum. If the septum is deviated, or off center, it can interfere with the drainage of your sinuses.

If you have sinus or nasal discomfort, talk to your doctor, especially if your symptoms last more than a week. An ear, nose and throat (ENT) doctor may be able to help with chronic issues.

BENEFIT SPOTLIGHT

COAST INTO COMMUTER BENEFITS

With Commuter Benefits through your employer, you can set aside tax-free money for eligible parking expenses or mass-transit fees.

**Parking Reimbursement Accounts (PRA)** allow you to set aside an allotted amount per month tax free in a PRA. Use the funds, which are deducted from your paycheck, in this account for work parking expenses. When you have a parking expense, submit a claim to your employer's PRA claim administrator. Any unused funds in your PRA roll over each month; however, you must use your account balance within 180 days or you will lose those dollars.

**Mass Transit Reimbursement** lets you set aside an allotted amount per month tax free if you commute via mass transit (bus, train, etc.). The funds are automatically deducted from your paycheck. You can order a voucher or fare card through your employer's provider to use for commuter fees.

