

MAY 2022



MIGHTY METABOLISM

Metabolism is simply the process by which your body turns food and drink into energy to fuel itself. It varies from person to person based on body size and composition, sex, and age. Some popular supplements promise to accelerate your metabolism for weight loss.



30 minutes of daily aerobic exercise aids in weight loss by increasing the amount of fuel your body needs.



Strength training will help you build muscle tissue, which requires more energy than fat.



Make sure you're getting enough **sleep** and try to reduce **stress** in your life.

In some rare cases, there are medical conditions that can lead to weight gain. If you are struggling to lose weight, talk to your doctor about what method is best for you.

WHAT BIN DOES THIS GO IN?

Plastic bottles, aluminum cans, and cardboard boxes are staples of the recycling life. However, there are other lesser-known household recyclables. Let's take a look at how we can responsibly dispose of them.

Cooking oil can stop up drains, pipes, and even citywide sanitation systems when poured down sinks. Pour your used oil in a sturdy container such as a metal coffee can, and then find a recycling location near you.

Batteries contain mixes of chemical elements and metals that can be harmful to human health and to the environment if disposed of improperly. There are many different kinds of batteries; Visit epa.gov for a rundown of where and how to safely recycle each type.

Even **shoes** are recyclable! Nike will accept any type of athletic sneaker at any of their stores.

Taking a little time to recycle these uncommon objects helps reduce waste and harm to the earth.



BENEFIT SPOTLIGHT

BONUS ARTICLE OF THE MONTH: WORK-LIFE HARMONY



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HSA: HEALTH NEST EGGS

Many of us sock away money for retirement each month in 401(k)s, 403(b)s, or any flavor of IRA. Health Savings Accounts are also an excellent way to save for specific retirement needs.

Rollover. While there is a fixed annual amount you can set aside (limits for 2022 are \$3,650 for an individual and \$7,300 for a family), you keep any amount you don't spend.

Tax advantage. Other traditional retirement accounts require you to pay taxes on the funds, whether it's now or later. As long as HSA funds are used to pay for qualified medical expenses, they are never taxed.

Investing. If you are in a financial position where you can pay some medical expenses in cash, you may be able to save enough funds in your HSA to invest.

Important: You must elect an HSA-compatible medical plan in order to open an account. At your company's next Open Enrollment period, check whether you have an HSA-compatible plan available to you.