



April 2016

### April: National Distracted Driving Awareness Month

We all see it. People talking on their cell phones, texting, eating, putting on makeup, even reading a book – all while DRIVING! We may also be guilty of doing these things, too. The problem is these activities distract us from our first responsibility for driving safely!



Distracted driving is an increasing problem. Over 9 deaths and 1,150 injuries every day are due to distracted driving!

The three categories of driving distractions are:

**Visual** – people take their eyes off the road

**Manual** – people take their hands off the wheel

**Thinking** – people take their minds off the road

The most dangerous distraction today is *texting* because it involves **visual, manual and thinking distraction—all at the same time.**

Other distracted driving facts:

- o 26% of all car crashes involve use of a cell phone, including hands-free.
  - Brain activity that handles moving images drops by 33% when on the phone.
  - Looking out the windshield while on the phone decreases what you see by 50%.
- o No, you can't multitask while driving. Your brain cannot do two things at once and assure safe driving.
- o Texting increases risk of motor vehicle accidents the same as drinking 4 beers and is responsible for 25% of all driving accidents each year.



### To drive safe you need to:

- 1. Turn off your phone.** Put it out of reach before you get in the car. Avoid temptation!
- 2. No Texting.** Do not text, read text or emails, or surf the net. Use of "voice-to-text" distracts you even more than typing texts.
- 3. Put passengers to work.** Ask them to make calls, answer texts, and handle navigation duties while you focus on driving.
- 4. Pull over.** Need to make a call or manage a situation with your kids? First, pull over and stop the vehicle in a safe location.
- 5. Be sure pets are secured** in the vehicle before rolling.
- 6. Let people know you are driving.** Put a message on your phone telling people you are on the road and when you expect to be at your destination.
- 7. Safely operating the vehicle is your main responsibility when you are behind the wheel.** So focus on driving. Do not eat, drink, groom, read, smoke or do any other activity that takes your eyes and brain off the road!

### Tech Corner

#### Drive Alive App

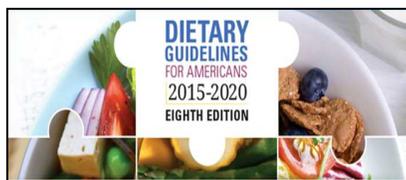
- Get rewards for not texting while driving!
- Drive Alive is an app that monitors your application usage while it is running.
- It gives you credit for being a safe driver.



<https://itunes.apple.com/us/app/drive-alive-lite/id569048203?mt=8>

<https://play.google.com/store/apps/details?id=com.drivealive.demo&hl=en>

## What Has Changed in the New Dietary Guidelines?



Published in January, here are the main goals:

- ♦ **Follow a healthy eating pattern across your lifespan** – to support a healthy body and weight; and reduce risk for chronic disease.
- ♦ **Eat a variety of foods with high nutrition and low calories** – choose foods, across all food groups, such as lean meats, fruits, vegetables, grains, cereals, nuts and low-fat dairy products that have a high nutrient to calorie ratio.
- ♦ **Limit calories from added sugar & saturated fat; and cut sodium/salt intake** – these are often found in processed foods and beverages, such as sweet tea, soft drinks, energy drinks and sports drinks!
- ♦ **Shift to healthier food and beverage choices** - and keep in mind your personal and family preferences to make this shift easier to achieve and maintain.
- ♦ **Support healthy eating for all** - encourage healthy eating in your home, and also in your child's school and other community settings.

## Recipe of the Month — Argentinean Grilled Steak with Salsa Criolla

Serves 4 | Calories 220 | Saturated Fat 3.5 g | Protein 25 g | Sodium 80 mg

### For the Salsa Criolla:

- 1 large, ripe tomato (finely chopped, ½ cup)
- ¼ small red onion (finely chopped, ¼ cup)
- 2 Tbsp. fresh parsley (finely chopped)
- 2 tsp. olive oil
- 2 tsp. red wine vinegar
- ½ tsp. minced garlic
- ¼ tsp. oregano leaf
- ⅛ tsp. low-sodium adobo seasoning
- ⅛ tsp. crushed red pepper

1. Mix all ingredients in small bowl. 2. Cover and refrigerate for at least 1 hour up to 48 hours.

### For steak:

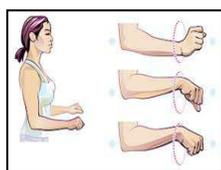
- 1 pound skirt steak
- ⅛ tsp. low-sodium adobo seasoning

1. Sprinkle steak on both sides with low-sodium adobo seasoning. Grill on medium-high heat. 2. Cook, flipping once, until browned on both sides and through (about 6 minutes for medium rare). 3. Let rest for 5 minutes. 4. Thinly slice steak. 5. Top with Salsa Criolla.

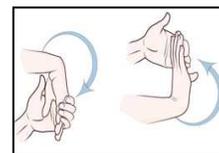


## Fit Tip - Wrist Stretches

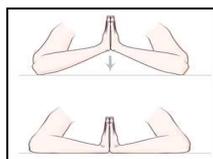
Our hands and wrists are used a lot for our jobs, chores, and playing sports. These stretches can help keep muscles around your wrists and forearms loose.



- ♦ Start with wrist circles by rotating them 10 times in each direction
- ♦ Next, straighten your arm in front of you with palm side down.
  - Bend your wrist so your fingertips face the floor.
  - Gently pull that hand towards your body until you feel a stretch in the muscle on the top of the forearm going up towards your elbow.



- ♦ Keeping your arm straight and the palm facing down, bend your wrist so your fingertips face the ceiling - like you are stopping traffic.



- Pull back on the fingers so you feel a stretch on the bottom of your forearm.
- Hold the stretch 30 seconds and do 2 reps on each arm for both stretches
- ♦ Finish by placing your palms together and resting your elbows on a table. Drop your hands toward the table until you feel a stretch in your wrists. Hold 30 seconds and do 2 reps. You can also do this standing without resting your elbows on a hard surface.