



August 2016

August Health Observances

[Children's Eye Health and Safety Month](#)

Family Health Month

[National Immunization Awareness Month](#)

General Immunization Guidelines

- Everyone age 6 months and older needs to get a flu vaccine every year. Other shots work best when they are given at certain ages.
- If you have a child age 6 or younger, [find out which shots your child needs](#).
- [Find out which shots adults and teenagers need](#).
- Use this [chart for adults](#) to see if you are up to date on your shots.
- If you are pregnant, check out this [recommended immunization schedule](#).
- Encourage people in your community to get the flu vaccine every year.

[National Immunization Awareness Month](#) is sponsored by Centers for Disease Control and Prevention and National Center for Immunization and Respiratory Diseases

Work & Wellbeing

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Celebrate Family Health Month

Research shows that families who eat dinner together and spend time exercising together are healthier and happier. In honor of Family Health Month, try a few new things to strengthen your family bonds:



- Involve everyone in meal planning with a focus on healthy choices.
- Can the soda and sugary drinks -- opt for water or milk.
- While the weather is still nice, spend 20 minutes playing outside each evening. Try basketball, Frisbee or jumping rope.
- Switch to whole grain foods like brown rice and whole grain cereals.
- Turn the TV off and have game night instead.
- Before summer wraps up and kids head back to school, plan a staycation or day trip focused on active exploration of your local area.



Shots All Around

Immunization, or vaccination, helps prevent dangerous and sometimes deadly diseases. National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

To stay protected against serious illnesses like the flu, measles, and pneumonia, adults of all ages need to get their shots – just like kids do. Check out the general guidelines on the left to understand which shots you need and when to get them. Talk to your doctor or nurse to make sure that everyone in your family gets the shots they need.

National Immunization Awareness Month





The term “wellbeing” is often used to describe employee and corporate wellness. But what is it, really? According to Tom Rath and Jim Harter, Ph.D., co-authors of *Wellbeing: The Five Essential Elements*, five key components contribute to a person’s wellbeing over a lifetime. The book takes a holistic view of what makes life

worthwhile, and is based on Gallup, Inc.’s comprehensive study of people in more than 150 countries. The five areas – Career Wellbeing, Social Wellbeing, Financial Wellbeing, Physical Wellbeing and Community Wellbeing – function interdependently to shape our lives. For more information, visit <http://www.wbfinder.com>.

Wellbeing Defined

wellbeing (*wel-bē-ij*), *n.* —

a good or satisfactory condition of existence; a state characterized by health, happiness, and prosperity; welfare:

to influence the well-being of the nation and its people.

Ditch the dinner party, focus on fitness

Party activities may include:

- A swapping session: Ask guests to bring exercise-related items they no longer want or use – DVDs, free weights, tubing, small fitness items, gently used workout clothes or shoes, or past issues of fitness magazines. Guests can opt to loan items or make permanent trades.
- Demonstrations: Hire a qualified instructor to lead your guests through a workout – yoga, Pilates, tai chi, belly dancing, hip-hop dancing, a boot camp, etc.
- Fun and games: Hand out prizes, awards, or trophies to winners of friendly competitions: arm wrestling, most pushups in a minute, or longest plank hold.
- Healthy food and drink: Consider having a salad bar potluck. Everyone can bring an ingredient for the salad bar.



“It is health that is real wealth and not pieces of gold and silver.”

– Mahatma Gandhi