

# Live Well, Work Well

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Health and Well-being Tips for Your Work and Life  
Provided by Blackfriars Insurance Brokers Ltd



## Keep Your Heart Happy and Healthy This Valentine's Day with These Top Tips

As Valentine's Day draws near, many people start preparing by purchasing various gifts or scheduling different activities to celebrate with their partner. And while you might view the season of love as the perfect time to shower your significant other with sweet treats, the unfortunate reality is that many classic Valentine's Day gifts don't benefit your heart whatsoever.

In fact, overindulging with chocolate, wine or a lavish late-night dinner can increase your likelihood of suffering from a variety of health complications, including high blood pressure or cholesterol and cardiovascular disease. Keep your heart in mind this Valentine's Day with the following tips:

- **Swap your sweet treats**—While giving sweets may seem like a kind gesture, consuming excess sugar could increase your risk of hypertension. Consider giving your loved one a healthy treat, such as fresh fruit instead. And if you can't resist, try freezing your sweet treats and eating them in small increments rather than all at once.
- **Switch up your plans**—Rather than overindulging in a late-night restaurant dinner, take your romantic plans home this year by cooking a healthy meal together with your partner. If cooking isn't in your skill set, try going out to lunch instead of to dinner so your body has more time to digest. In addition, make smart choices by avoiding foods that are high in fat or salt, swapping chips with a healthy side dish or sharing a large main course with your partner.
- **Stay active**—Instead of staying on the sofa to watch a movie, pick a Valentine's Day activity that will keep you and your partner on your feet. Take advantage of the winter weather by going sledding or ice-skating. If you aren't feeling as adventurous, taking a brisk walk to keep you warm is just as fun.
- **Sip smart**—Ditch going out for an alcoholic drink or coffee and stay hydrated with healthy choices, such as kombucha, tea, a smoothie or fresh juice.

## 3 Simple Tips to Keep Your Skin Smooth this Winter



Cover your skin with a hat, gloves, and scarf when outside.



Use safe skin products, such as unscented cleansers.



Drink water and regularly moisturise your skin.

## As Cold Weather Continues, Here's How You Can Avoid Suffering From Dry Skin

Although the festive season and the excitement of the new year has passed, winter weather is here to stay. Not to mention, these cold temperatures bring more than just the burden of ice and snow—experts estimate that frigid conditions decrease your body's ability to hold moisture by over 25 per cent, resulting in dry, itchy skin. Make sure your skin stays smooth and comfortable in winter weather with this guidance:

- **Watch what you wear**—Protect your skin from the icy temperatures by wearing multiple layers and using accessories such as hats, gloves and scarves whenever you're outside. If you have sensitive skin, avoid woollen clothing, as this material is known to further irritate dry skin. Try softer fabrics, like cotton, instead.
- **Use safe skin products**—Especially in the winter, it's crucial to ensure you are using effective skincare products. Instead of soap (an 'emulsifier' that removes moisture from your skin), use unscented cleansers with ingredients such as Cetaphil or Aquanil.
- **Stay hydrated**—You can prevent dry skin with various hydration methods, including drinking water and using moisturiser. Try to moisturise within the first few minutes after showering (while your skin is still damp). Choose creams that have lactic acid or ammonium lactate, which help preserve skin moisture.

## Eating a Balanced Diet Includes the Flavouring, Too: Use These Healthy Spices

While many people focus their healthy eating habits on the major food groups—such as fruits and vegetables—having a balanced diet stems down to the spices you use as well. Indeed, adding certain flavours into your meal can offer various health benefits, including a decreased risk of disease, reduced inflammation and improved brain functioning. Sprinkle these spices on your next dish and reap the benefits:

- **Turmeric**—This spice contains an ingredient known as curcumin, which helps reduce inflammation and prevent brain degeneration. Some studies have even linked the spice to helping kill cancer cells. You can include turmeric in your diet by adding it to soups and curries.
- **Cinnamon**—This flavouring has been linked to helping regulate metabolism and promote weight loss. It's also known to be effective in reducing cholesterol and blood pressure, thus protecting against heart disease. You can incorporate cinnamon into your meals by sprinkling it on yoghurt or fruit and using it when baking.
- **Ginger**—This ingredient's main component is a compound known as gingerol, which helps reduce pain and inflammation. Additionally, ginger can reduce the effects of nausea. You can put ginger in your fruit smoothies or drink ginger tea.