

# AIM FOR HEALTH & FITNESS



SPRING 2017

## DEEP SPRING CLEANS

[www.hgtv.com](http://www.hgtv.com)

### Degunk Cabinets

Kitchen and bathroom cabinets take a beating. Get them extra clean with a light scrub of 1/2 cup of vegetable oil and 1 cup of baking soda. Wipe away the mixture with a clean, damp cloth.

### Refresh the Microwave

Your microwave is one of the most used and abused appliances in your kitchen, so its interior is likely spotted with cooked-on food and liquid. To loosen the mess, combine one cup of water with a splash of vinegar, a couple of drops of vanilla extract and two tablespoons of lemon juice. Heat the mixture for one minute on high. Let the bowl sit for several minutes before opening the door. This allows the aromatic steam to get to work softening the burnt-on residue. Open the door and carefully remove the bowl. Using a damp, clean cloth, wipe out the inside of the microwave.

### Renew Shower Fixtures

Mineral deposits and calcium buildup can cause your showerheads to clog up and look spotty. Go the extra mile, and submerge them in zipper storage bags filled with warm, white vinegar. Just be sure to fill the bags so that the fixtures are completely submerged, then secure the bags with a zip tie.

### Freshen-Up Mattresses

We spend a lot of time in our beds — 3,000 hours per year, actually. That's the equivalent of four months! So, keeping your bed clean is important. First, vacuum your mattress, then sprinkle baking soda mixed with a few drops of lavender essential oil on top. Let this sit for a couple of hours, then vacuum the mixture away.



## BEACH TRIP HACKS

[www.hip2save.com](http://www.hip2save.com)

### Baby Powder

Bring along some baby powder and sprinkle on skin to get rid of extra sand. This really works well!

### Pack Smart

Make edible ice packs with frozen grapes, juice boxes, and bottled water to save room in the cooler.

### Fitted Sheet Trick

Lay out a fitted sheet on the sand and anchor with heavier items on each end to slow down the sand from getting on yourself and/or the kiddos.

### Instant Phone Cover

To avoid getting your phone wet, place inside a resealable plastic bag. You'll be able to still view text messages and incoming calls while at the beach without the risk of water damage. Just keep in mind that this is not 100% waterproof since seal or bag could break

### Disguise Your Valuables

Place items in an empty Pringles can or wrap in a clean disposable diaper to keep valuables safe while you swim.

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# SIX SUPER FOODS FOR SPRING/SUMMER

www.health.com

## Walnuts

Walnuts are packed with tryptophan, an amino acid your body needs to create the feel-great chemical serotonin.

## Spring Garlic

The slim-you benefit of this seasonal treat lies in a compound called allicin, which gives garlic its pungent smell. "Allicin may keep you from overeating by stimulating satiety in the brain," says Tara Gidus, RD, a dietitian in Orlando, Florida. Spring garlic has a milder, sweeter taste than the dried white bulbs you buy later in the season. Enjoy it diced on salad for a fat-fighting side or lunch.

## Spinach

These tasty leaves are a great source of iron (especially if you don't eat meat), which is a key component in red blood cells that fuel our muscles with oxygen for energy.

## Strawberries

They may not have the smoothest complexion themselves, but strawberries can get you one. They're loaded with antioxidants that help your skin repair damage caused by environmental factors like pollution and UV rays. Plus, they're packed with vitamin C (less than a cup gets you your entire 75 mg RDA)—the vitamin associated with fewer wrinkles and less dryness, per research in the *American Journal of Clinical Nutrition*.

## Blueberries

Eat them regularly and you may reap big brain benefits. In a recent study, people with age-related memory decline who drank roughly two and a half cups of blueberry juice per day for 12 weeks (the equivalent of eating a cup of blueberries) made significant improvements on memory and learning tests compared with those who drank a placebo juice.

## Artichokes

If you've been huffing and puffing up the stairs, try these spiky-leaved vegetables. They're loaded with magnesium, a mineral vital for more than 300 biochemical reactions in the body—including generating energy, says Forrest Nielsen, PhD, a U.S. Department of Agriculture research nutritionist. "If you're not getting enough magnesium, your muscles have to work harder to react and you tire more quickly." About 68% of us aren't getting enough of this mineral. For women, the goal is 320 milligrams (mg) per day. One medium artichoke provides 77 mg of magnesium (and just 60 calories!).



## DID YOU KNOW?

July is the month when most ice cream is sold, which is why it's named National Ice Cream Month. Americans eat about 5.5 gallons of ice cream per year on average.

# ONE RUN MAY ADD SEVEN HOURS TO YOUR LIFE

[www.time.com](http://www.time.com)

Running is a simple and efficient way to exercise: all you need is a pair of shoes. It's been shown to lower a person's risk for heart disease and cancer, possibly by regulating weight and blood pressure. Now a recent study, published in the journal *Progress in Cardiovascular Disease* last month, reports that people who run tend to live about three years longer than those who don't.

The researchers, who have studied the benefits of running in the past, decided to look at available research and investigate whether other forms of exercise like walking and biking provide the same benefits, or if runners have a special advantage.

The study's authors found that while other types of exercise like walking and cycling were linked to a longer lifespan, it wasn't to the same degree as running. The researchers calculated that a one-hour run may translate to an additional seven hours added to a person's life. The benefits capped out at about three years, and the researchers found that the improvements in life expectancy leveled out at about four hours of running per week. More running wasn't found to be significantly worse for a person, but the researchers say there are no further apparent longevity benefits.

However, the researchers only found an associational relationship between running and longevity. Their data showed that people who run tend to live longer lives, but not that running specifically increases a person's lifespan. Runners tend to have other healthy lifestyle behaviors like maintaining a healthy weight, not smoking and only drinking low-to-moderate amounts of alcohol, the authors note. Still, the findings suggest running is an especially effective form of exercise.

The study also found that runners who also do other types of physical activity have the same lower risk of early death, though combining running with other exercise is "the best choice," the researchers write. (Federal guidelines recommend both aerobic exercise, like running, and strength training for optimal health.) They also acknowledge that it's not yet clear how much running is safe, or if a person can run too much. "Running may have the most public health benefits, but is not the best exercise for everyone since orthopedic or other medical conditions can restrict its use by many individuals," the authors concluded.



## GARDEN PASTA SALAD RECIPE

[foodcuration.org](http://foodcuration.org)

This garden vegetable pasta salad has all of the amazing vegetables that you can harvest from your own garden.

### Ingredients

#### For the salad:

- 2.5 cups uncooked pasta
- 20 cherry tomatoes, sliced in half
- 1 green zucchini, thinly sliced
- 1 yellow zucchini, thinly sliced
- 1 broccoli crown, chopped into small florets
- ½ red onion, sliced
- ½ red bell pepper, sliced

#### For the dressing:

- ½ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 3 Tablespoons lemon juice (the juice from ½ a lemon)
- 1 teaspoon sugar
- 1 teaspoon dried oregano
- ½ clove garlic, minced
- ½ teaspoon salt
- Pepper to taste

**Servings:** Yields 8 servings

### Time:

**Prep time:** 20 mins

**Cook time:** 10 mins

**Total time:** 30 mins

**Calories per serving:** 362

**Fat per serving:** 13g

**Saturated fat per serving:** 2g

**Cholesterol per serving:** 142mg

**Fiber per serving:** 1g

**Protein per serving:** 47g

**Carbohydrates per serving:** 1g

**Sodium per serving:** 737mg

**Iron per serving:** 1mg

**Calcium per serving:** 17mg

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