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AIM FOR HEALTH & FITNESS

SUMMER 2018

SUMMER HABITS EVERYONE SHOULD PRACTICE ALL YEAR ROUND

huffingtonpost.com

Stock up on in-season produce. Eating seasonal fruits and veggies ensures your produce will taste, smell and feel its best — which in turn means you'll enjoy eating the good stuff more (and possibly stay away from that cookie jar). Tomato season may not be forever, but with fall superfoods like pumpkins, apples and Brussels sprouts in the distance, eating in season can be just as delicious.

Move more during the day. Sunny summer days may have beckoned you away from your desk for the past few months, but you don't have to go outside to move more throughout the workday. Try fashioning a DIY standing desk or workstation, take meetings on the go or simply do a few laps around the office when you can.

Stick with sunscreen. Yes, the sun's rays are strongest during the summer months, but your skin is still exposed after the season is over. You likely won't have to apply as much or as frequently as, say, during a day at the beach, but a little protection is still a good idea.

Protect against mosquitoes. Mosquito-related conditions like the West Nile and Zika viruses are no joke. Commercial insect repellents can help, as can some more natural techniques, like covering exposed skin and avoiding going outside during dawn and dusk hours. And if bites do happen this fall, remember not to scratch — it will only make that itch worse.

Try a water workout. The indoor pool at your local gym is a great place to hang out to capture that summer spirit. Thirty minutes of light to moderate lap swimming can burn over 230 calories, according to My Fitness Pal. Less experienced swimmers can try water aerobics classes or even Aqua Zumba to really turn up the heat.



Did you know?

Scientists estimate that laughing 100 times is equivalent to a 10-minute workout on a rowing machine. The levels of two stress hormones, cortisol and epinephrine which suppress the body's immune system, will actually drop after a dose of laughter.

AIM is managed by Bloss & Dillard, Inc. Bloss & Dillard, Inc. was founded in 1954 and has grown into a successful insurance enterprise with thousands of clients throughout the Southeastern and Eastern United States. More information can be garnered about the firm from www.bloss-dillard.com.





TURKEY TENDERLOIN WITH APRICOT-GINGER RELISH

www.cleaneatingmag.com/recipes/turkey-tenderloin-with-apricot-ginger-relish

Smoked paprika is a wonderful spice for adding smoky flavor to poultry, and we top it off with a tangy relish that uses one of summer's jewels: apricots.

Ingredients

- 1 tsp. smoked paprika
- 1/2 tsp. ground cumin
- 1/2 tsp. sea salt, divided
- 1/8 tsp. ground cayenne pepper
- 1 lb. turkey tenderloin, trimmed of visible fat
- 2 tsp. high-heat cooking oil (such as sunflower, safflower, peanut, or grape seed oil)
- 2 yellow summer squash, halved lengthwise
- 1 tsp. olive oil
- 1/4 tsp. fresh ground black pepper

Relish

- 2 ripe apricots or peaches, pitted and diced
- 1 packet stevia
- 1 tsp lemon zest
- Juice 1/2 lemon
- 1/4 cup finely diced red onion
- 3 tbsp. chopped fresh mint or cilantro
- 1 tbsp. white balsamic or white wine vinegar
- 2 tsp. peeled and finely grated fresh ginger

Directions

In a small bowl, combine paprika, cumin, 1/4 tsp salt and cayenne. Sprinkle evenly on all sides of turkey. Heat a large grill pan on medium and brush with cooking oil. Add turkey and cook, turning occasionally, for 10 minutes. Brush squash with olive oil and add to sides of pan. Cook, turning both turkey and squash occasionally, for 15 minutes or until turkey is slightly pink in center. (NOTE: Turkey will continue to cook while resting.) Remove from heat. Season squash with remaining 1/4 tsp salt and black pepper. Transfer turkey to cutting board and let rest for 5 minutes. Thinly slice turkey. Meanwhile, in a small bowl, combine relish ingredients. Divide turkey, squash and relish among serving plates.

Nutrition Information

Serving Size: 3 oz turkey tenderloin, 1/2 squash, 1/3 cup relish
Calories: 189 | Carbohydrate: 9 g | Cholesterol: 45 mg | Fat: 5 g
Content: 2 g | Protein: 30 g | Saturated Fat: 0.5 g | Sodium: 310 mg | Sugar: 5 g



2018 FITNESS TRENDS

ffmag.com

Drop the intensity for next level results

Low Intensity Interval Training will still burn the same calories as a solid High Intensity Interval Training session, but will take an extra 30-40 minutes to complete, and can be as easy as taking a walk. While you still need to incorporate intervals, the intensity isn't as brutal as a HIIT session.

Self-limiting movement

Despite a rather uninspiring name, self-limiting movement is designed to push your limits and strengthen you from the inside out. The basis of this fitness trend is to complete a combination of exercises which are almost impossible without correct form, such as single-leg deadlift, goblet lunge and pull-ups. The aim of this style of training is to improve muscle imbalances and poor posture by improving the foundations of good skeletal and muscular health — grip strength, balance and correct posture.

Smarter recovery for mind and body

Smashing workouts every day takes its toll on your body, and passive recovery for faster healing seems to be getting hotter than ever. Cryotherapy and infrared saunas aren't new, but this season they have definitely improved.

Virtual reality workouts

Fitness games have left the scene and in their place are virtual reality workouts. Think Matrix level of reality without ever leaving your living room. The Omni by Virtuix is a 360° small treadmill that connects to a game and allows you to run, pivot, jump and crouch while wearing sneakers that interact with sensors on the treadmill. This insanely cool way to keep fit measures steps and calories, so you can track how hard your body's working while your mind is busy chasing bad guys. The introduction of VR fitness means you can go for scenic runs, travel the world and compete in global events without ever leaving your living room.

TOP SUMMER GARDENING TIPS

www.homelife.com

1. Take care of budding plants

Sudden loss of buds and flowers is often a consequence of the plants drying out, particularly when they are growing in containers. Mulch and water deeply once or twice weekly during hot, dry weather to limit this common and irritating problem.

2. Help pots to stay cool

Potted plants, especially those in terracotta pots, are vulnerable to overheating. Lightly mulch and, where possible, position them out of hot western sunshine. Remember that standing potted plants in saucers of water encourages root rot and mosquito breeding. Instead, stand them in saucers filled with sand, and keep the sand moist. This ensures roots stay cool and plants remain healthy. If potted plants dry out to the point where re-wetting is hard, soak them in a bucket of water for half an hour, then drain.

3. Water early to avert mildew

Water in the cool of the day. The best time is morning but, if you water in the afternoon, allow enough time for foliage to dry out before sunset. This reduces the risk of mildew and other fungi attacking leaves, and there's less chance you'll get caught by the evening shift of mosquitoes or sandflies.

4. Add nutrients to the water

If you can only water occasionally, try to water plants deeply and use that opportunity to simultaneously feed and correct mineral deficiencies. Apply a soluble fertilizer with added seaweed.

5. Keep the lawn long and lush

Brown, bare, weed-infested lawns are symptoms of scalping, which means cutting lawns too low. It's a misconception that cutting lawns low reduces the cutting frequency. Instead, mow lawns as high as your mower permits. Longer turf wears better, but most important of all, a thick sward suppresses pernicious weeds such as oxalis and bindii.

6. Keep the water flowing

Check that hoses and irrigation systems are free of leaks and unblock the nozzles. Clear debris from gutters so that every shower funnels extra water into your rainwater tank.



7. Do hard work when it's cool

It's safer, and you're more likely to do a better job, if you complete energetic work such as mowing in the cool of the day – either before 10 am or after 4 pm. A good drink of water and a smear of sunblock are prerequisites, because that one five-minute job often leads to another, and another.

8. Protect new plantings

Freshly planted vegetable and flower seedlings are likely to need a bit of sun hardening. Shelter them with 50 percent shade cloth, old net curtains, dead palm fronds, or leafy branches for a week or two. This helps them establish without harm.

9. Plan shade strategically

Strategically placing a deciduous tree, vine or some clumping bamboo to shield your house and garden from searing western sunshine is often a better option.

10. Boost trace elements

Magnesium encourages robust growth and the production of energy in plants. Gardenias and roses benefit from supplementary magnesium in summer. Also apply it to cymbidium orchids to help initiate flower buds. Add 1 heaped tsp. of Epsom salts to 4.5L of water. Either spray the foliage, or water it in at the roots.



SUMMER SKIN SAFETY

awomanshealth.com

Keep your skin safe for the summer.

- **Broad spectrum:** Choose a broad-spectrum sunscreen that blocks both UVA and UVB rays. UVA rays are associated with wrinkling and aging, while UVB rays are associated with burning.
- **High SPF:** Choose a sunscreen with a SPF of 30 or higher.
- **Apply early and often:** Apply sunscreen 15 to 30 minutes before heading outside. Reapply at least every 2 hours, more often if you're sweating or swimming.
- **Slather it on.** This is no time to conserve. Dermatologists recommend applying at least 1 ounce of sunscreen to all exposed areas—this adds up to about the amount of a shot glass for your entire body.
- **Go white.** Sunscreens with physical blockers such as zinc oxide or titanium dioxide block more rays. Another bonus is that these ingredients are associated with fewer allergic responses.
- **Limit exposure.** The sun's rays are strongest between 10 a.m. and 2 p.m. This is a time to stay indoors or seek shade.



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