

HEALTH SERVICES PROTECTION PLAN

July 2017

4 Top Ways to Live Longer

John Hopkins researchers found that people who made certain healthy choices reduced their risk of death significantly. See if you're taking these smart steps to live a longer life.

A John Hopkins-led study of 6,200 men and women over eight years found that those who adopted four smart behaviors reduced the chance of death from all causes within that time frame by an astounding 80 percent.

How to live longer? Here are those four factors, all within your control.

1. Don't smoke.

Although your best plan to live longer is to adopt all four lifestyle factors, if you had to choose one, the researchers say, this is it!

"Smoking affects coronary arteries and lungs," says Haitham Ahmed, M.D., M.P.H., a cardiologist at Johns Hopkins and the lead author of the study.

"Smokers have increased rates of cancer and risk of stroke. It just affects so many organ systems."

2. Maintain a healthy weight.

The healthiest people in the study maintained a body mass index (BMI)—a ratio of height to weight that measures body mass—of less than 25.

To find out your BMI, try using a free BMI calculator that you can find online. To reach (and maintain) a healthy BMI, get busy on lifestyle changes and follow steps 3 and 4.

3. Get up and move.

Aim for about 30 minutes of activity a day 3-5 days a week. Try breaking it into three 10-minute bouts of activity per day—a 10-minute walk in the morning, another at lunch and a stroll after dinner.

4. Make healthy food choices.

The study found that the healthiest people followed a Mediterranean-style diet. That means a diet rich in fresh fruits and vegetables, tree nuts with healthy oils, fish (and less red meats), whole-grain carbs and olive oil for cooking.

TIP OF THE MONTH

"It is better to clean your Hearing Aids in the morning when the wax is hard verses the night before when the wax is soft. When the wax is soft it gets in the cervices and will clog the Hearing Aid. "

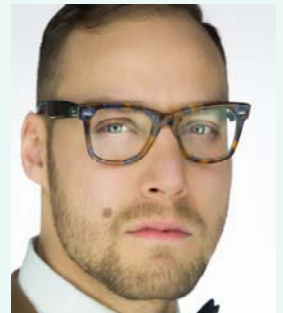
Steve Olsen, Consultant & Co-Owner of Health Services LLC

Consultant of the Month Sam Plisskin



Sam is the Hearing Aid consultant at our Medford location. What got Sam into the hearing business is he loves helping people. His favorite part of the job is when he sees the patient hear better and knows that Ben and him made a difference in their quality of life. Fun fact about Sam is that his dog auditioned for a Purina commercial, unfortunately the dog didn't make the cut.

PCC of the Month Ben Morales



Ben is the PCC at our Medford location. When Ben had the opportunity to work for Miracle-Ear, he knew this is what he wanted his career to be. "Growing up, I witnessed firsthand the impact of Hearing Loss and what it could do to a loved one. I know how devastating it can be to watch a close relative want to be a part of family affairs, but instead feel marooned on an island because of their struggle with hearing loss. Now I get to be part of the solution to help other families feel whole again. I say in all seriousness, I come to work every day proud, knowing that Sam and I are doing something that is changing people's lives for the better. "

CHILI LIME CHICKEN

Serves 4

Prep Time: 15 Mins **Marinate:** 2 Hrs **Cook Time:** 10 Mins

Ingredients:

2-2.5 lbs skin on chicken

Marinade:

1/2 cup fresh lime juice

3 teaspoons fresh lime zest

1/4 cup olive oil

4 tablespoons fresh cilantro, chopped finely

2 jalapeno, chopped finely

4 garlic cloves, chopped finely

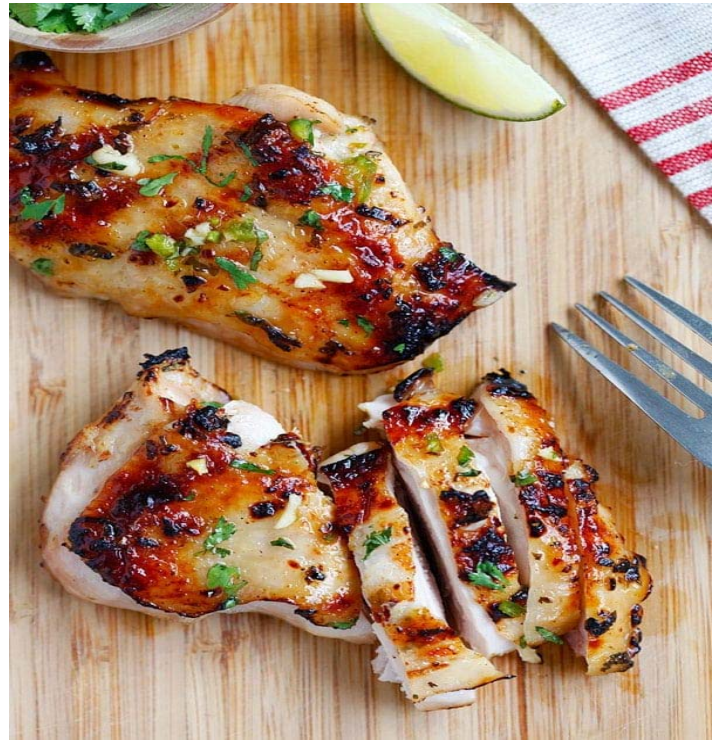
1 tablespoon honey

2 teaspoon salt

1 teaspoon chili powder or to taste

Method:

1. Rinse the chicken thighs, remove the bones, leave the skin on, and pat dry with paper towels. Set aside.
2. Get a big bowl, mixing all the ingredients of the Marinade together using a whisk. Make sure the Marinade is well combined together.
3. Add chicken to the Marinade, make sure to stir and coat the chicken evenly. Marinate for 2 hours.
4. Fire up the grill, brush a little bit of oil on the surface. Add a little bit of the garlic, cilantro, and jalapeno from the Marinade on top of the chicken and grill them until they turn golden brown and charred on both sides.
5. Serve Immediately



<http://rasamalaysia.com/chili-lime-chicken/2/>

A Little Laughter

3 drunk guys entered a taxi. The taxi driver knew that they were drunk so he started the engine & turned it off again. Then said, “ We have reached your destination”. The 1st guys gave him money & the 2nd guy said “Thank you”. The 3rd guy slapped the driver. The driver was shocked thinking the 3rd drunk knew what he did. But then he asked “What was that for?”. The 3rd guy replied, “Control your speed next time, you nearly killed us!”

Riddle of the Month

*What always runs, but never walks,
often murmurs, never talks, has a bed,
but never sleeps, has a mouth, but never
eats?*

Answer: _____

STAY TUNED! Answer will be in our August's Newsletter

Answer to June's Riddle: An Egg