



# Fred's Healthy BeansTalk

...extending your Lifetime Warranty



## Promoting Workplace Mental Health in the Age of COVID-19

Given the current state of the world, it is hard to avoid the topic of Coronavirus. The pandemic is cancelling and postponing important, monumental events with friends and family, forcing us to find a new normal. Although we see a lot of information on how to protect our physical health, it is necessary to discuss ways to maintain a healthy mental well-being. At Fred Beans, we care about both the physical and mental health of our employees. When you are feeling overwhelmed or anxious about the situation, consider the following advice:

- Know when to disconnect
- Remind yourself of the facts
- Flex your mindfulness muscles
- Have a plan
- Reach out to family and friends

Also, be sure to check out the new Zoom online fitness classes with Andrea Volm. See more information on page 3 of this newsletter.

Setting aside time to unwind and focus on keeping your mental health in check will help you get through this pandemic and come out stronger than before. If you need more help, call your doctor and talk about what options might be best for you.

*Fred Beans*

## Employee Health Highlights

Congratulations to Andy Watts, Newtown Ford on his health transformation! Andy kick-started his fitness goals by running, after learning he had high blood pressure.

Andy started off slow with running and walking, but has worked his way up to 3 mile runs regularly.

Andy says running has been the best exercise he has found for weight loss and mental health. Andy describes how he gets a sense of accomplishment from running and will be shooting for 10 miles in June!

Congrats Andy, we wish you the best of luck on your health journey and hope that it inspires others to stay active!



## Spring Fitness Challenge

**Our spring fitness challenge will focus on your core, lower and upper body, cardio and balance.**

Heading into the hot days of summer, this challenge will prepare you for developing a strong core, enhancing lower and upper body strength and increasing your heart health. Reshape your fitness goals with only 5 minutes a day.

May 26th - June 24th  
**30 Day Fitness Challenge**

Just in time for Summer!

1 min Plank	1 min Squats	1 min Pushups	1 min Jumping Jacks	1 min Bird Dogs
CORE	LOWER BODY STRENGTH	UPPER BODY STRENGTH	CARDIO	BALANCE

**5 min of exercise a day for 30 days!**



## Take care of your knees and back with IBC's pain management benefits.

Independence Blue Cross covers 20 chiropractic visits per year. If you have the POS or PPO plan, there is a \$50 per-visit copay. If you have the HDHP plan, you pay 60% after the deductible.

Additionally, IBC has also included acupuncture treatment\* with the health and wellness member-exclusive programs to help with pain management. Please inquire about this treatment with your health care provider.

**\*Note:** This benefit will need to be through an INN provider who can be located at [www.ibxpress.com](http://www.ibxpress.com).



## Maintaining Mental Wellbeing During a Quarantine

Public health officials are recommending that healthy individuals practice social distancing to help prevent the spread of COVID-19. Social distancing is important, but if you don't take proper precautions, your mental wellbeing could suffer while you're quarantining. Keep the following tips in mind to maintain your mental wellbeing during this period of isolation:

- Maintain a Routine
- Get a Good Night's Sleep
- Spend Time outside
- Leverage the power of technology
- Don't obsess over the news
- Practice positivity and gratitude



### Meditation

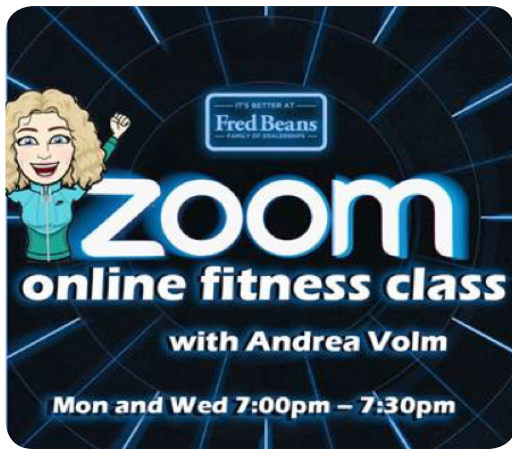
Meditation is an activity that can calm your mind and keep you focused on the present. Studies even show meditation is effective in controlling anxiety, enhancing the immune system and reducing conditions such as high blood pressure, substance abuse and chronic pain. There are numerous kinds of meditative techniques, but concentrative, mindful and transcendental are the most common.

- During concentrative meditation, you focus your attention on a single sound, object or breathing pattern to bring about a calm, tranquil mind.
- During mindful meditation, you keep your mind aware, but you do not react to sensations, feelings or images going on around you.
- During transcendental meditation, you put your body at full rest but keep your mind fully alert, bringing about a deep state of relaxation.

### How to Practice Meditation

There are countless ways that you can practice meditation. During the coronavirus pandemic, many meditation apps are offering discounted or free memberships to help you lower your stress during these uncertain times. Mastering meditation takes practice, but getting started is easy and takes just minutes of your time. Try these two quick mindful meditation techniques next time you're feeling stressed.

- One-minute relaxation breathing—Close your eyes and take a deep breath in for a count of four, and then exhale for a count of eight. Repeat five times.
- Five-minute body scan meditation—Sit or lay down in a comfortable position and take a few moments to find a calm, steady breath. Bring your awareness to sensations in your body, where you will spend several slow breaths on each focal point beginning with the left toes and all the way through the left hip. Repeat on the right side. From there, follow the same process through your torso, arms and up through your head.



## Zoom Online Fitness with Andrea Volm

- Monday and Wednesday 7:00 a.m. - 7:30 p.m.
- No equipment workouts for all fitness levels
- Combination of strength, cardio and core
- Complete full body exercises with stretch to help distress and enhance sleep
- Invest in your health, and release endorphins
- Family and friends welcome
- No costs

## Simple Cooking from the Heart

### Chocolate Energy Bites Recipe\*

#### Ingredients

- 1 cup old fashioned oats
- 1/4 cup almonds, chopped
- 2 tbsp. chia seeds
- 1 1/2 tbsp. cacao powder
- 2/3 cup unsweetened coconut flakes, toasted
- Pinch of cinnamon
- Pinch of salt
- 2 tbsp. mini dark chocolate chips
- 2 tbsp. sunflower seeds
- 1/4 cup + 2 tbsp. peanut butter
- 1/4 cup + 2 tbsp. honey
- 1/4 tsp. vanilla extract



#### Steps

1. Toast coconut in a frying pan over low heat until browned; Meanwhile, combine oats, almonds, chia seeds, cacao powder, toasted coconut, cinnamon, salt, chocolate chips, and sunflower seeds in large mixing bowl.
2. Melt peanut butter in microwave for 30 seconds. Once cooled, add in honey and vanilla extract; Pour melted peanut butter over dry ingredients and stir until combined.
3. Roll into bite sized balls; Store in refrigerator.

\*Recipe courtesy of Eats by Emsley.



### Take Care of Your Body by Maintaining Healthful Food Choices

Meet Emsley Willingham, Registered Dietitian Nutritionist and the face behind Eats by Emsley. Emsley loves eating food, talking about food, and teaching others about food that tastes good and leads to optimal health. Making healthful food choices does not have to be boring, expensive, or depriving yourself of foods you love. Ditch the all-or-nothing approach and let Emsley help you create a healthier future. Contact Emsley today for more information: [info@eatsbyemsley.com](mailto:info@eatsbyemsley.com).



## May Health Tip

If you're new to meditation, it can be tricky to get started. Keep the following tips in mind to have a successful meditation session:

- Schedule a meditation session like an appointment
- Find a designated meditation spot
- Use noise-canceling headphones
- Don't get discouraged; practice makes perfect

## Who is My Healthy Living Representative?

### Andrea Volm - Wellness Consultant

<b>AutoExpress/Doylestown/Langhorne</b>	<b>Nissan Doylestown</b>
Bill Dannehower	Jill Katona
<b>Ford Newtown/CARSTAR Newtown</b>	<b>Cadillac/Used Car Annex</b>
Josie Espindola	Bill Pytleski
<b>Subaru</b>	<b>Ford Langhorne</b>
Pam Zurad	Jeanine Smith    Tawnee Potts
<b>Chevy</b>	<b>VW Doylestown</b>
Al Damone	
<b>Hyundai Langhorne</b>	<b>CARSTAR Doylestown</b>
Lyndsey Schwartz	Anna Reif
<b>Hyundai Doylestown</b>	<b>Nissan Flemington/CARSTAR Flemington</b>
Christine Leister	
<b>Detail</b>	<b>Ford Boyertown/CARSTAR Boyertown</b>
Sam Zook	Leigh Ann McCabe
<b>Parts/Carquest</b>	<b>Dodge</b>
Ashley Mathews    Jamie Watts Beth Snyder	
<b>Toyota Flemington</b>	<b>Management</b>
Cathy Cannon	Dan Milewski
<b>Hyundai Flemington</b>	<b>Ford West Chester</b>
Janine Pignatone	Angela Nash
<b>Ford Doylestown</b>	<b>Kia Langhorne</b>
Pam Teichgraber    Lillian Kleckner	
<b>Devon VW</b>	

**Please note:** a healthy living coordinator is needed for the Nissan Flemington/CARSTAR Flemington, Kia Langhorne and Devon VW locations. If interested, please contact Andrea Volm, Wellness Consultant by email at [avolm@fredbeans.com](mailto:avolm@fredbeans.com) or phone at **215-345-8270 x2410**.



## Immunity Health

### Respiratory Infection

### Immunity Boosters

### Vitamin D, Zinc, and

**Vitamin C** are vital for immune health. Supplementing with these nutrients may reduce your risk of getting an upper respiratory infection. They may reduce the duration and severity of upper respiratory tract infection.

Moreover, new provisions under the CARES ACT allows consumers to now purchase these supplements as well as other over-the-counter drugs using your FSA. Prescriptions and letters of medical necessity are no longer required for reimbursement of these products.

