Forget About the Five-Second Rule

That’s right. The next time something tasty hits the ground, throw it away. “But it’s perfectly fine.” “There’s nothing wrong with it.”

Try to tell that to Rutgers University researchers who disproved the five-second rule 2,560 times. They dropped watermelon, bread, and gummy candy on dirty surfaces. In less than one second, some foods were already covered in germs that could make you sick. Moist foods were the worst. And foods dropped on carpet only fared slightly better than foods dropped on hard surfaces.

Here’s a new 5-second rule to follow. When food hits the floor, count to five. Then pick it up and throw it away.

6 Reasons to Get the Flu Vaccine

Protect your health for the whole season in seconds

How busy are you? Think you have a few seconds to spare? That’s how long it takes to get the flu vaccine. And chances are pretty good that even the busiest people can carve out enough time to cross this off the to-do list. Is it worth the hassle? Here are six reasons you should get the flu vaccine:

1. Avoid getting the flu. That means you’ll miss out on having symptoms like a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and even vomiting and diarrhea.

2. Reduce the risk of going to the hospital. If you get the flu, you might need to go to the hospital. Almost three in five flu hospitalizations were working-age adults—those ages 18-64 years old. The flu vaccine can cut hospitalizations for adults by 71 percent. And kids who get the flu vaccine are 74 percent less likely to take a trip to the ER if they do get sick.

3. Protect your health if you have a chronic disease. If you’re already trying to manage a condition like heart disease or diabetes, the flu vaccine can help prevent complications if you do get sick.

4. Stay healthy before and after pregnancy. One study found that soon-to-be moms who get the flu vaccine are less likely to catch a cold. And the vaccine can help protect babies from the flu for up to four months after birth.
Exercise at Any Age Improves Brain Health

Stay active to prevent age-related memory loss

What if you had the mind of Ken Jennings? You know, the memorable Jeopardy! contestant who won over $3.1 million because he knew the answers to obscure trivia facts.

Landing a spot on the show might be tough. But you can do something to keep your brain sharper at any age…exercise.

Researchers at the University of Kentucky found that people who are active have healthier brains.

They put a group of older people through a treadmill test and then scanned their brains. They found that exercise improves blood flow to critical areas of the brain. Lead researcher Dr. Nathan Johnson says that exercise at any age may help prevent memory loss.

Want to keep your brain healthy, remember more, and be physically fit? Start exercising. Go for a walk. Ride a bike. Swim. Or do something active. Make it a daily habit.

And if you do make it on the game show, choose Brainy Facts for $500.

6 Reasons to Get the Flu Vaccine (continued from page 1)

5. Manage milder symptoms if you do get the flu. If you do get the flu, being vaccinated can minimize symptoms, help you recover faster, and save on healthcare costs.

The flu sends about 31.4 million people to the hospital. And it costs an estimated $87 billion a year in medical costs, missed work, and lost wages.

6. Stay healthy to avoid getting others around you sick. If you’re around babies, kids, the elderly, or people with a chronic condition who are vulnerable to the flu, getting the flu vaccine protects you and the people around you.

References


© Wellsource, Inc. All Rights Reserved.