APEX BENEFITS PARTNERS

LIVE WELL, WORK WELL

Your Monthly Employee Wellness Newsletter

JUNE 2026

apexbenefitsonline.com

Vol. 1 · June 1, 2026 · Where Clients Come First · apexbenefitsonline.com

FEATURE · OUTDOOR WELLNESS

Explore the Great Outdoors

Spending even a few moments outside daily can significantly improve physical health — reducing muscle tension, regulating sleep, and improving work performance. Green spaces also reduce anxiety and lift overall mood.

> *"The EPA reports the average American spends only 7% of their life outdoors — 93% spent indoors."*

- **Find time daily.** Walk before/after work or eat lunch outside. Small wins add up.
- **Move workouts outside.** Swap the treadmill for a neighborhood jog or park
- **Quality over quantity.** Stay present — listen, observe, connect with nature.
- **Find a partner.** New habits stick better with a friend or group.
- **Bring nature in.** Add houseplants or an indoor herb garden.

Take advantage of longer summer days — your body and mind will thank you.



FROM THE TRAIL

Our team has hiked the backcountry trails of **Glacier National Park** — a place that brings the science of outdoor wellness to life. The mountains, fresh air, and challenge of the trail remind us why we champion employee wellness every day. Getting outside is measurably good for you.

— Jeff & the Apex Benefits Team

NUTRITION

When's the Best Time to Eat Protein?

Spreading protein **evenly across every meal** lets your body use it more efficiently for energy, fullness, and muscle repair. Instead of saving most protein for dinner, consistency throughout the day delivers the

1.2–1.6g

per kg body weight daily (2025–2030 Dietary Guidelines)

Morning	Steady energy & appetite control
Snacks	Stabilizes blood sugar
Post-Workout	Muscle recovery & growth
Dinner	Avoid overloading one meal

Consistency delivers the biggest benefits.

SUMMER HEALTH

Summer Medicine Cabinet Checklist

Summer brings more time outdoors — and a higher chance of sunburns, bug bites, minor injuries, and heat-related issues. A quick cabinet check today means you're ready

> **468×** — Average Americans open their medicine cabinet 468 times/year, yet nearly **3 in 4** forget to replace expired products.

10 Summer Essentials:

1. Pain reliever & fever reducer
2. Antihistamines & eye drops
3. Hydrocortisone cream
4. Broad-spectrum sunscreen
5. Aloe vera / after-sun gel
6. Insect repellent
7. Electrolyte drinks
8. Bandages & first-aid kit
9. Antibiotic ointment
10. Instant cold packs

Check expiration dates every 6 months.

HEALTHY RECIPE

Trail Mix Bars

28 servings · Perfect trail fuel!



INGREDIENTS

- 3 c. crispy rice cereal
- 3 c. toasted oat cereal
- 1½ c. raisins
- ½ c. no-salt sunflower seeds
- 1 c. honey
- ¾ c. sugar
- 16 oz. chunky peanut butter
- 1 tsp. vanilla

DIRECTIONS

1. Combine dry ingredients in a bowl.
2. Boil honey and sugar together.
3. Add peanut butter + vanilla; stir until melted.
4. Pour over cereal and mix well.
5. Press into 13×9-inch pan and cool.

NUTRITION INFO (per serving)

225 Calories	**10g** Total Fat
5g Protein	**106mg** Sodium
31g Carbs	**2g** Fiber
2g Sat. Fat	**23g** Sugars

Source: MyPlate / USDA

Informational purposes only. © 2026 Apex Benefits Partners. Content: Zywave, Inc.

info@apexbenefitsonline.com

330 Cochituate Rd #761, Framingham, MA 01701