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LIVE WELL, WORK WELL

Your Monthly Employee Wellness Newsletter

OCTOBER 2026

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FEATURE · SEASONAL HEALTH

What to Know About This Year's Flu Season

U.S. FLU SEASON

O	N	D	J	F	M	A	M
OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY

PEAK ACTIVITY

VACCINATE BY END OF OCTOBER

In the United States, influenza season runs from October through May, with peak activity between December and March. The 2026 season was notably milder than 2025's record-breaking outbreak, with case counts about half as high — but experts caution that a mild start doesn't guarantee a mild finish.

9.4M – 51M

Flu illnesses per year in the U.S., 2010–2025 (CDC estimate)

How to Stay Healthy

- **Get the flu vaccine.** The CDC recommends a shot every year for everyone 6 months and older.
- **Avoid close contact** with people who are sick, and stay home when you feel unwell.
- **Wash your hands often** with soap and warm water, or use an alcohol-based sanitizer.
- **Cover your mouth and nose** with a tissue or your elbow; discard tissues immediately.
- **Sleep seven to nine hours** each night to support your immune system.
- **Exercise regularly** to build your body's resilience against infection.
- **Stay hydrated and eat well** — whole grains, lean protein, fruits, vegetables and fiber.

Experts recommend getting vaccinated by the end of October, so don't delay. Contact your doctor to learn more.

FROM THE APEX TEAM

Flu season is the easiest win in employee health — most plans cover the shot at 100% in network. Ask us about on-site clinics and a ready-to-send communication kit.

— Jeff & the Apex Benefits Team

WELLNESS · SLEEP

How Your Body Reacts to Daylight Saving Time

FALL BACK
1 HOUR
SUN, NOV. 1, 2026

Clocks are set back one hour on Sunday, Nov. 1, when daylight saving time ends. Even a one-hour shift can throw off your circadian rhythm — the internal clock that times melatonin and cortisol release and influences digestion, body temperature and immune function.

Tips to Adjust

- **Exercise in the morning** to increase wakefulness and reset your internal clock.
- **Prioritize daylight exposure,** especially in the morning, to realign your rhythm.
- **Keep a regular sleep routine** — seven to nine hours. Avoid the urge to oversleep.
- **Remove sleep disturbances** (alcohol, caffeine, blue light) a couple of hours before bed.

FITNESS MYTHS

Does Sweating Burn Calories?

SWEAT ≠ CALORIES BURNED

Sweat cools the body; it doesn't burn calories. When activity raises core temperature, sweat glands release fluid that evaporates and pulls heat away — a process that uses very little energy. The calories burned come from muscle activity, not a wet shirt.

WHAT SWEAT ACTUALLY TRACKS

Volume depends on genetics, body size, hormones, hydration, fitness and humidity — not effort. Track strength and endurance instead.

HEALTHY RECIPE

Pumpkin Protein Loaf



Makes 4 mini loaves · An Apex original

Ingredients

- 1½ cups King Arthur Keto Wheat Flour
- ¾ cup organic pumpkin purée
- ¾ cup plain high-protein skyr
- 3 eggs, plus 1 egg white
- 2 Tbsp. baking powder (for lift)
- Cinnamon and clove — be generous
- Dark chocolate chips, most of a bag
- Optional: chopped nuts

Directions

1. Preheat the oven to 350°F.
2. Whisk the flour, baking powder, cinnamon and clove in a large bowl.
3. In a second bowl, combine the pumpkin, skyr, eggs and egg white; mix until smooth.
4. Stir the wet mixture into the dry ingredients until just moistened.
5. Fold in the chocolate chips and nuts, if using.
6. Divide among four mini loaf pans and bake about 45 minutes, until a tester comes out clean.

Nutrition Information

500–525	CALORIES / LOAF
30–33g Protein	**60–65g** Total carbs
17–19g Fiber	**43–47g** Net carbs
22–24g Fat	**25–30g** Sugar

Estimated per loaf · Recipe and figures: Jeff Bastien

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