



KEEPING YOU INFORMED

Meet Your Support Staff

Many of you already know Cindy Larsen. She has been with Olympic Crest Insurance for just over a year now. She is a licensed agent with a wealth of knowledge. She will be focusing on sales and renewals for individuals & groups with fewer than 10 employees. In addition she will continue to be your contact for trouble-shooting for any coverage issues or claims issues. She can be reached at: cindy@olympiccrest.com or 253-851-4408

Kristen Sponar is the newest addition to the Olympic Crest Insurance team. Her primary responsibility will be customer service for groups with more than 10 employees. Kristen brings years of customer service and project management experience to our team. She can be reached at: kristen@olympiccrest.com or 253-851-4408.



Cindy Larsen (left) and Kristen Sponar (right)

We are all available to help with ANY problem or question ANY time!

Back-to-School 101



Though its hard to believe, fall is just around the corner and with that the beginning of a new school year. Are you prepared? Avoid a stressful first day by getting ready early.

Don't wait until the night before school starts to get into the habit of going to bed earlier and waking up earlier, gradually ease back into your schedules. This will set the internal clock ticking and avoid any unwanted stressors the first week.

Have a plan! Who's picking up the kids from school? What time is soccer practice? What's for dinner? Try to create one centralized calendar with the whole families schedule.

Set up a homework station and a designated homework time. Choose an area free of clutter and distractions. Make sure someone is available during that time in case there are any sticky problems that need an extra helping hand.

More Matters™ - Eat Your Fruits and Veggies!

Did you know that getting enough fruits and vegetables in your diet has



been proven not only to help you lose weight but also to prevent chronic illness such Heart Disease and Cancer. Each fruit and vegetable has its own unique benefit. For example, foods rich in potassium such as bananas have been shown to help reduce high blood pressure.

For a complete list of the different fruits and vegetables with their health improving properties be sure to visit:

www.fruitsandveggiesmorematters.org

10 Tips For Packing A Healthier Lunch

1. Swap the white bread for whole grains or mix it up by using a whole wheat tortilla or whole wheat pita bread.
2. Skip the chips! Instead try dried fruit, trail mix or veggies sticks.
3. Leave the cookies for the weekends...Instead toss in a piece of fruit or a yogurt.
4. If you are going to include a drink other than water, make sure it is 100% fruit juice .
5. Sneak in extra veggies on the sandwich like lettuce, tomato or cucumber.
6. Use low- fat varieties of lunch meat like turkey or chicken instead of higher fat cuts like bologna or salami.
7. Try to vary it up when it comes to veggies. Different colored vegetables provide different benefits and your kid will be more likely to eat them if they're not bored.
8. Replace high-fat mayonnaise with reduced fat or fat free options. Or better yet try spreading on a healthy alternative such as hummus.
9. If you can't pronounce half the ingredients on the list chance are there's a healthier option.
10. Portions, Portions, Portions! Read the label and limit portions to one serving size.

We Can Help! Call or Visit Us Today.

Toll-free: 1-800-644-2568 or on the web at www.olympiccrest.com