



Partners in Prevention

Taking Health & Safety to Higher Ground

February 2017

YOUR GAMEPLAN TO LIVE

FEBRUARY IS AMERICAN HEART HEALTH MONTH

February is American Heart Month. Heart disease is the No. 1 killer of men *and* women in the U.S. One big warning sign that your heart may be in trouble is lower exercise tolerance: You used to be able to walk up the stairs easily, but now you feel *very* breathless or even have to stop mid-way and take a break. That should be taken very seriously, doctors say. If you notice changes in your ability to exercise, it may be time for a cardiac evaluation.

In the situation of a heart attack, time is of the essence – it could mean the difference between life and death! Know the symptoms and have a plan.

Don't wait to get help if you experience any of these heart attack warning signs. Although some heart attacks are sudden and intense, many start slowly, with mild pain or discomfort. Always remember to pay attention to your body.

Heart Attack Signs & Symptoms:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

It's very Important to Recognize that Symptoms Can Vary Between Men and Women...



5 Minute Avocado Toast

Serves 2

Ingredients:

- 1 avocado peeled and seeded
- 2 tablespoons chopped cilantro
- Juice of ½ lime
- ½ teaspoon red pepper flakes (optional)
- Salt and pepper to taste
- 2 slices whole grain bread (or bread of choice)
- 2 eggs (fried, scrambled, or poached, optional)

Directions:

Toast 2 slices of whole grain in toaster until golden and crispy.

In a small bowl combine and mash the avocado, cilantro, lime, and salt and pepper to taste. Spread half of the mixture on each slice of toasted bread.

Top with fried, scrambled, or poached egg if desired.

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Heart Attack Signs in Women:

Chest pain is the most common heart attack symptom, but some women may experience it differently than men. Many women may not experience it the way you would classically see in a movie- very sudden and intense. It may feel like a squeezing or fullness, and the pain can be anywhere in the chest, not just on the left side. But it is usually *truly uncomfortable*. Many women have also thought they were experiencing horrible heartburn.

Pain or discomfort in one or both arms, the back, neck, or jaw. Women, in particular, can have pain in either arm — not just the left one like many men. Pain in the lower or upper back often starts in the chest and spreads to these areas. The pain is sometimes sudden, not due to physical exertion, and can wake you up at night. You may feel pain that is *specific to the left, lower side of the jaw*.

Sometimes women mistake stomach pain that signals a heart attack with flu symptoms such as nausea and vomiting. If you are experiencing nausea and vomiting as well as other heart attack symptoms seek emergency help.

Shortness of breath. If you're having trouble breathing for no apparent reason, you could be having a heart attack, especially if you're also having one or more other symptoms.

Sweating. Breaking out in a nervous, cold sweat is common among women who are having a heart attack. This isn't the same as exercise or being outside in the heat type of perspiration, it feels more like *stress-related* sweating.

Fatigue. Some women who have heart attacks feel *extremely* tired, even if they've been sitting still for a while or haven't moved much. For example, you're so tired you can't do simple activities, like walk to the bathroom.

Remember to listen to your intuition and don't dismiss what you feel. If you have a gut feeling something is seriously wrong seek help. If you're having symptoms of a heart attack call 911. You have to get it checked out right away.

Things That Contribute to Bad Breath

Speaking of Heart Health month, did you know your oral health is directly connected to heart health? The buildup of bacteria and plaque in the mouth can cause a build up of inflammatory substances in the blood, possibly worsening any kind of heart or circulatory issues.

Mouth infection. Infections are caused by bacteria, which, when they putrefy, release odors. If you think you could have an infection it's time to see a dentist and depending on how bad it is you may need an emergency appointment.



One Pan Parmesan Chicken and Broccoli

Serves: 4

Ingredients:

- 1 lb. boneless skinless chicken breasts or tenders (about 4 breasts)
- ½ cup Italian-style bread crumbs
- ¼ cup parmesan cheese
- Juice and zest of 1 lemon
- 1 lemon sliced
- ½ teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 2 tablespoons melted butter or oil
- 2 cups broccoli florets
- Cooking spray or oil for drizzling

Directions:

Preheat oven to 400F. Line a baking sheet with foil or grease with oil. Cut chicken breasts in halves then into long tenders about 2 inch wide. Combine the panko breadcrumbs and Parmesan cheese in a bowl. Combine the lemon juice and zest, butter, garlic powder, and Italian seasoning in another bowl. Dip chicken tenders one at a time in the lemon butter mixture then into the breadcrumbs and place on the baking sheet. Top chicken with fresh lemon slices and drizzle with remaining lemon butter mixture. Add broccoli to the pan. Drizzle everything with a tiny bit of oil. Lightly sprinkle broccoli with Parmesan cheese. Bake 20 minutes or until chicken is golden and tender and broccoli is crispy.

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You haven't had your wisdom teeth removed. These teeth and the operculum—the piece of gum over wisdom teeth that are growing in—can trap food and bacteria and become infected.

You have a cavity. Here's a great reason to keep a date with your dentist every 6 months. Sometimes cavities can cause sensitivity and pain; however, sometimes they go unnoticed. Bacteria essentially eat away at tooth structure and release odors.

You neglect your tongue. Your teeth and gums aren't the only things that need attention. Bacteria thrive *all over* your mouth, especially on your tongue. Pick up a tongue scraper at your local drugstore and use it every time you clean your teeth. Just be careful—you don't need much pressure.

Gingivitis. AKA gum disease is a common cause of bad breath. If you have it, you'll likely notice that your gums bleed easily, are tender, puffy and inflamed or are receding. In this case, you need to schedule a dental cleaning and checkup ASAP and you need to make your oral hygiene a priority.

Medications. Often a side of effect of certain medications such as blood pressure medication, antidepressants, and antihistamines is dry mouth. Saliva is necessary to wash away food particles from your mouth and keep it moist. A lack of saliva means food particles, cells, and bacteria accumulate. If you're on a med that's causing this, drink water often and chew gum with xylitol in it, which can help add moisture.

You're brushing and flossing incorrectly or not enough. Trapped food particles accelerate the growth of bacteria leading to bad breath. You should brush twice a day for 2 minutes each time. As for flossing? Gentle and thorough are key words. The floss should go slightly under your gum line and hug each tooth. Brushing alone misses almost half of the tooth surfaces, so flossing is also a MUST. Flossing once a day should do the trick.

AT HOME GLUTE & LEG TONING EXERCISES

In the wintertime it can definitely be hard for a lot of people to muster up the energy to hit the gym. But if you want to tone up your glutes, legs, and hamstrings there are definitely simple exercises you can do at home and in a very short amount of time! The great thing about the following exercises is that you can start as a beginner using no equipment and just do as many reps as you can and then continue to stay challenged by the exact same exercise simply by adding weight, as you get stronger.

GLUTE BRIDGE - Set up for the exercise by lying flat on your back with your legs bent and knees facing upwards. Exhale, drive the heels against the floor and elevate pelvis upwards until your body reaches a 45 degree angle in relation to the floor. Briefly hold this position. Inhale and lower back down



Egg Plant Pizza Bites

Serves 4

Ingredients:

- 1 large eggplant, cut into ¼ inch slices
- 1 tablespoon salt
- 3 cloves garlic, minced or crushed
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- 1 cup pizza sauce
- 1 cup mozzarella, shredded

Directions:

Sprinkle the eggplant with the coarse salt, let sit on paper towels for 10-15 minutes and wipe dry. Preheat oven to 400F. In a small bowl, combine the crushed garlic, olive oil, and Italian seasoning, Brush the mixture onto both sides of the eggplant slices and bake for 15 minutes. Remove eggplant from oven and flip eggplant slices, top each slice with a tablespoon of marinara sauce, and a sprinkle of cheese. Return to oven and bake for another 10 minutes or until cheese is fully melted.

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slowly. If you're a beginner, start with about 10 reps. As you get stronger, you can place a weight in between your hips, holding it with your hands and continue the same motion.



CURTSY LUNGE- Stand with your feet hip-width apart, hands on your hips. Take a big step back with your left leg, crossing it behind your right. Bend your knees and lower your hips until your right thigh is nearly parallel to the floor (shown). Keep your torso upright and your hips and shoulders as square as possible. Return to start. Perform 10 reps and repeat, stepping back with your right leg. Add dumbbells once you become stronger and have mastered the movement with perfect form.



SINGLE CHAIR LUNGE- Begin by placing a chair behind you. If it has wheels you may want to place it against a wall. Take the right foot and place the top of your foot on the seat of the chair and the opposite foot out in front of you. Lower the knee of the foot that is on the chair towards the floor. Hold it for a second, and return to the start position. As you get better you may be able to lower down further and you can also add weight to this move.



At Occupational Athletics, we know that the future of healthcare is in the *prevention* of illness and injuries.

It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!



Crunchly Lemon Almost Crusted Salmon

Serves 2

Ingredients:

- 2 (6-8 oz.) salmon fillets
- 1 tablespoon olive oil
- 1/2 cup almonds, chopped or crushed
- 1 teaspoon lemon zest
- 1/2 cup panko breadcrumbs
- salt and pepper to taste

Directions:

Season salmon with salt and pepper. Brush with a thin layer of olive oil. Pre-heat a large heavy pan to medium/high heat. Pour 1 tablespoon olive oil in pan. While the oil is heating, combine the crushed almonds, panko, and lemon zest in a medium shallow bowl. Dip salmon fillets into mixture and place in pan. Cook for 5 minutes per side or until the almonds are golden and the center is cooked through. Note, the salmon will continue to cook as it rests.

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