



Partners in Prevention

Taking Health & Safety to Higher Ground

February 2018

YOUR GAMEPLAN TO LIVE

Making Healthy Eating Habits Stick!



It is not easy to *start*, let alone *keep* a new good habit. Obviously, we need to stick with it and have some willpower, but some people have an easier time than others doing that. The following are some ways that might make sticking with healthy eating habits a little bit easier.

Did you know that almost half of what you do each day is pretty much automatic? What you do may be healthy or may not be, just depends upon the person. But using that 50% of minimal thought can be of benefit to you in adding new healthy habits. For instance, if you have an egg each morning, add spinach to it. If you already park your car in a parking lot, just park a little further to get some extra movement in. Do you normally have a bottle of iced tea at lunch? Fill it up with water to hydrate throughout the afternoon when you've finished your tea. If it's already water you drink, fill it up when you are done to increase your water intake. The point is... if you can find a way to connect new habits with your old ones, those new ones just might stick a little easier.

About snacking – we often say, “I’m not going to snack anymore.” This isn’t always realistic, so if you can’t stick to ‘no snacking’, substitution might work better. Important... do not buy or store unhealthy snacks in your home – it’s too much temptation for most of us. Instead, have on hand some grab-and-go items that won’t wreck your healthy eating goals. Prep is often key. Keep ready-to-eat whole or bite-size pieces of fruit, frozen grapes, nuts, hummus and cut-up vegetables. *Note – sometimes when you think you are hungry and need a snack, you may actually just be thirsty, so drink a cup of green or herbal tea or water before you grab a snack.

Fact. Smaller goals are easier to accomplish than big goals. Break your big goals into smaller, realistic goals as you move towards the big picture. Just as you substitute healthy snacks for unhealthy snacks, choose something healthy over unhealthy in your meal choices. Eat that hamburger, but maybe skip the fries and order a side salad or steamed broccoli on the side instead. Or order the hamburger without the bun and wrapped in lettuce. Choose roasted, baked or grilled chicken over breaded and fried. Choose red sauce over cheese sauce. You get the picture.

Which brings us to education and inspiration... Educate yourself on what is healthy. Read. Subscribe to healthy lifestyle newsletters. Inspire yourself by watching videos on healthy lifestyle choices and people who have been successful at making positive



CARROT GINGER TURMERIC SMOOTHIE

Anti-inflammatory, immune-boosting
Serves: 2

Ingredients:

- 1 large carrot (cut in chunks)
- 1 large banana (green tipped or ripe), previously peeled, sliced, frozen
- 1 cup frozen or fresh pineapple
- ½ Tbsp fresh ginger (1 small knob, peeled)
- ½ tsp ground turmeric
- ¼ tsp cinnamon
- 2 Tbsp ground flax
- Juice from ½ small lemon
- 1 cup unsweetened almond milk
- 1 cup water

Directions:

Add smoothie ingredients to blender (liquid first) and blend on medium for a few seconds and then high until creamy and smooth. Add more almond milk if it is too thick. Scrape down sides as needed. Taste and adjust flavors as needed, adding more banana or pineapple for sweetness, lemon for acidity, ginger for bite, and turmeric for warmth. Divide between two glasses and serve. Best when fresh.

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change. Surround yourself with people who also want to live a healthy lifestyle – even if it’s just one person.

If you know something has a good chance of derailing your positive lifestyle habits, do what you can to avoid it! Ideas: don’t pass by your favorite fast food restaurant if you can go another way; dress in workout clothing so you are more likely to exercise; make a date for yoga vs. appetizers and drinks; have a meal-prep day so you have healthy grab-n-go’s during the week when you are busy. Once you’ve removed some obstacles, set yourself up for success. Get rid of all your unhealthy food. Keep healthy takeout menus on hand. Consider signing up for a healthy meal-delivery service if you don’t like to shop. Do whatever you can to make it easier to reach your goal of living a healthier lifestyle.

Setbacks happen! If you have a day of unhealthy eating, don’t think that you’ve ruined all your hard work. You haven’t. You’ve just had a setback. Let this slipup work in your favor; let it remind you that you are truly committed to a healthy lifestyle, that you feel better when you eat healthy, and that you can get right back to eating right. Remember, this isn’t a diet; it’s a sustainable habit... a lifestyle. *Note – Every once-in-awhile a treat is fine. Moderation is key. You shouldn’t feel that eating healthy has a negative connotation or is punishment. Learn to appreciate how healthy eating habits make for a healthier, happier you.

Eat mindfully. This means don’t put yourself in the position to just “stuff your face” not even thinking about what or how much you are consuming. Chew slowly. Taste. Enjoy.

Fighting Inflammation with Food

Just one more reason to eat a healthy nutrient-dense diet... chronic inflammation within the body has negative effects on people, and certain foods increase inflammation therefore increasing risk of disease. For instance, studies suggest that red meat, white flour, and sugar increases your risk of colon cancer in addition to other diseases.

Two studies (Health Professionals Follow-up Study and the Nurses’ Health Study) followed 100,000+ people over 25 years to track potential influences on their health. Food questionnaires were filled out every 4 years and then compiled into a dietary inflammation score for each person. 2,699 cases of colorectal cancer occurred. Researchers then compared the foods these people ate with the foods that the folks who didn’t develop colorectal cancer ate. Results? People who ate the most inflammatory foods were 37 percent more likely to develop colon cancer and 70 percent more likely to develop rectal cancer, compared with those who had the lowest inflammation diet score.



Processed meat, red meat, organ meat, refined flour and sugary drinks were among the foods linked most to cancer-related inflammation. Other foods seemed to reduce inflammation including green leafy vegetables, dark yellow and orange vegetables,



Citrus Kale Salad

4 servings

Ingredients:

Orange vinaigrette dressing (3/4 cup dressing)

- 1/2 teaspoon orange zest
- 1/2 cup fresh orange juice
- 2 tbs red wine vinegar
- 2 tbs extra virgin olive oil
- 1/8 tsp salt
- 1/8 tsp ground black pepper

Kale salad

- 8 packed cups chopped kale, stems removed
- 2 cups shredded purple cabbage
- 2 medium orange (peeled, segments)
- 1/4 cup toasted walnuts
- 1/4 cup crumbled feta cheese
- 1/3 cup pomegranate seeds (optional)

Directions:

Orange vinaigrette: Whisk orange zest, juice, vinegar, olive oil, salt pepper in small bowl. Set aside. In large salad bowl, add kale and vinaigrette. Use clean hands to massage the kale and vinaigrette together until kale is completely coated and tender. Stir in cabbage, oranges, walnuts pomegranate seeds. Sprinkle with feta.

<http://blog.myfitnesspal.com/citrus-kale-salad/>

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fruit, whole grains, and coffee. For those that refrained from drinking alcohol, inflammation was even less.

In general, it is best to *focus on eliminating an overall pro-inflammatory diet while increasing foods that reduce inflammation*. The foods mentioned aren't the only foods that have strong anti-inflammatory properties. There are many others including herbs and spices as well as cooking methods that are beneficial.

Sources: Edward Giovannucci, M.D., Sc.D., professor, nutrition and epidemiology, Harvard T.H. Chan School of Public Health, Boston, American Cancer Society; Jan. 18, 2018, JAMA Oncology, online, <https://sites.sph.harvard.edu/hpfs/>

Strength Training is for Everyone!



Strength training does not mean body building.

Optimum health includes a strong body, and strength training builds your muscles and connective tissue to be able to handle your body's movement. Resistance exercises play a vital role in building and maintaining bone mineral content and density, which actually can protect your bones against injuries during exercise and also in accidents. It has been shown to decrease the

risk of disease and improve metabolism. Studies have shown that regular strength work can have a positive influence on your mental health by reducing feelings associated with anxiety, depression and fatigue.

Strength training improves body composition and assists in reducing belly fat and building lean body mass. It will help you maintain a healthy weight and improve your cardiovascular efforts such as walking or running. There are various ways to come to the same level of functional strength. One approach isn't necessarily better than another — they're just different. People use what works best for them, and you can get a full body workout with all methods. The following are types of strength training.

- **Body Weight:** Build strength by doing different moves that support the weight of your own body. Includes: planks, pushups, squats, lunges. This type is very effective and you can do it anywhere! There are trainers and also many videos available online with good instruction so that you have proper body mechanics.
- **Free Weights:** This is what you probably imagine when you think of weight lifting... barbells and dumbbells, etc. Nearly every gym has free weights, or you can purchase your own.
- **Resistance Bands:** These are elastic bands that are great for exercising at home, at work, or on the road. They are a simple exercise tool that is effective, versatile, convenient, and safe. You can find trainers, classes and videos online to help you with exercises and proper movement.
- **Machines:** A favorite among many because they are simple to use. Found in most fitness centers, they normally have instructions on proper technique right on the front of each machine.



Healthy Broccoli Chicken Casserole

6 servings

Ingredients:

- 1 pound raw broccoli, chopped
- 1 pound shredded chicken, cooked (about three large chicken breasts)
- 1 cup cooked jasmine rice
- 8 oz. can sliced water chestnuts, drained
- ½ cup non-fat Greek yogurt
- ¼ cup unsweetened original almond milk
- 1 tsp garlic powder
- ½ tsp garlic salt
- 1/8 tsp thyme
- ½ cup shredded mozzarella
- 1 cup shredded mild cheddar
- 2 T panko breadcrumbs

Directions:

Preheat oven to 375 degrees. Add broccoli, chicken, rice, and water chestnuts to a bowl. Stir together. In a separate bowl, mix Greek yogurt, almond milk, and seasonings. Once mixed completely, stir in mozzarella and ½ cup shredded cheddar. Pour yogurt mixture over broccoli and chicken mixture. Stir until mixed completely. Grease a casserole dish. Pour the whole mixture into dish. Sprinkle remaining cheese on top, then sprinkle panko. Bake 25 minutes, until broccoli is cooked through.

Recipe by Slim Sanity at <https://slimsanity.com/healthy-broccoli-chicken-casserole/>

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Relaxation Techniques – Benefits

Practicing relaxation techniques can have *many* benefits, including:

- Lowering blood pressure
- Slowing heart rate and breathing rate
- Improving digestion
- Maintaining normal blood sugar levels
- Reducing stress hormones, anger and frustration
- Reducing muscle tension and chronic pain
- Improving concentration and mood
- Improving sleep quality and lowering fatigue
- Boosting confidence to handle problems



Relaxation techniques work best when you are also taking care of yourself.

- Feed your body highly nutritious food vs. junk.
- Exercise. Even a walk around the block helps!
- Get enough sleep.
- Write down what you are grateful for each day.
- SMILE even when you don't feel like it.
- Look for the humorous side of things.
- Don't rush, and don't try to do too much. Manage your time.
- Try to notice when your mind thinks negatively, and switch to something positive.
- Don't isolate. Reach out to family and friends.

A super simple relaxation technique to do anytime anywhere.

This only takes a minute! While sitting comfortably, take a few slow deep breaths and quietly repeat to yourself "*I am*" as you breathe in and "*at peace*" as you breathe out. Repeat slowly two or three times. Then feel your entire body relax into the support of your chair.

<https://www.health.harvard.edu/healthbeat/mini-relaxation-exercises-a-quick-fix-in-stressful-moments>

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!



Individual Cheesy Crustless Quiche

Ingredients:

- 1 T grass fed butter
- ½ medium onion, diced
- ½ medium bell pepper, chopped
- 1 medium tomato, diced
- 2 cups baby spinach
- 10 large whole eggs, beaten (or egg substitute)
- 1/3 cup milk of choice
- 1/3 cup (80 ml) flour
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1 cup shredded cheddar cheese

Directions:

Preheat oven to 350 degrees F. Grease nonstick muffin pan or use paper liner cups. Heat butter/oil in large nonstick skillet over medium-high heat. Sauté onions 5 minutes, until soft; add bell peppers, tomato, salt. Sauté for another 3 to 4 minutes. Add spinach. Cook until wilted, about 1 minute more. Set aside. In a large bowl, whisk eggs, milk, flour, cheese, salt and pepper until well combined. Portion out vegetable mixture into 12 muffin wells. Pour egg mixture on top, and bake for 25 to 30 minutes until firm.

<http://blog.myfitnesspal.com/easy-cheesy-crustless-quiche/>



Contact Mark Everest & Staff at:

**Occupational Athletics, Inc.
5943 Linglestown Road
Harrisburg, PA 17112
Phone: (717) 651-9510
www.occupationalathletics.com**