



Partners in Prevention

Taking Health & Safety to Higher Ground

January 2017

YOUR GAMEPLAN TO LIVE

The Psychology Behind New Years Resolutions

New Years resolutions are usually based on forming new habits or changing current habits. This means changing human behavior and that is, by far, one of the hardest things to accomplish. Why? There are many reasons, but here we will focus on two; negative motivation and enduring the entire *process* of change.

Negative Motivation - Many people's motivation comes from negative thinking such as fear or guilt. You have much better odds of long-lasting success when the motive is positive. For example, your motivation to start exercising comes from a feeling of guilt or fear that *not* exercising will negatively affect your health and could develop into disease. This thinking may get you started, but the motivation for long lasting success isn't there because there's nothing to feel excited about, especially when the actual effort of coming up with an exercise plan day in and day out starts to wear on you.

It is much more likely that you will form lasting change if you attach your negative thinking to positive thinking and a positive goal. For example, "I know I need to exercise so that I don't become unhealthy, but I also feel great physically and mentally and rid myself from stress when I exercise. Plus I really want to look more like I did 5 years ago." This positive thinking gives you something to look forward to rather than only something to avoid.

The Process of Change - Most of the time, in order to change behavior, you have to undergo a process and there are several stages, each which take time, but are necessary. According to an article by Harvard Health Publications entitled "Why behavior change is hard- and why you should keep trying" these are the following stages...

Precontemplation. This is the stage where you have no conscious intention of making a change. People in this stage tend to avoid discussing and thinking about the unhealthy behavior or may be unaware of how unhealthy the behavior is. BUT, your interest *could* be sparked by outside influences, such as a public health campaign or a concern from a doctor, friend, or family member. You can't move past precontemplation, until you feel that the

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Honey Glazed Roasted Root Vegetables

Serves 12

Ingredients:

- 1 1/4 pounds parsnips, peeled and sliced 1/2 inch thick
- 1 1/4 pounds carrots, peeled and sliced 1/2 inch thick
- One 1 1/4 pound celery root—peeled, quartered and sliced 1/2 inch thick
- 1 1/4 pounds golden beets, peeled and sliced 1/2 inch thick
- 1/2 cup extra-virgin olive oil
- 1/2 cup honey
- 6 thyme sprigs
- Salt and freshly ground pepper
- 2 tablespoons sherry vinegar

Directions:

Preheat the oven to 425F. In a large bowl, toss the root vegetables with the oil, honey and thyme and season with salt and pepper. Divide between 2 large, sturdy rimmed baking sheets. Cover with foil and roast for 40 minutes, shifting the pans once, until the vegetables are tender. Remove the foil and roast for 10 minutes longer, until glazed. Return them to the bowl and stir in the vinegar then season with salt and pepper. Serve right away.

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unhealthy behavior is hindering your life.

Contemplation. At this stage, you're aware that the behavior is a problem, but you're still not quite ready to commit to action. You are probably fluctuating, weighing and re-weighing the pros and cons. You may be considering how you could overcome some of the obstacles.

Preparation. At this stage, you know you must change, believe you can, and are making plans to do so and soon. You've taken some preliminary steps — joined a gym or fitness class and bought a new pair of sneakers. At this point, it's important to anticipate obstacles and create a real action plan with realistic goals. What obstacles may arise? - You have no time? You're too tired? What are the solutions to these obstacles? If you've been sedentary a long time a realistic goal may be to start with 15 minutes of walking a day and you can move up from there.

Action. At this stage, you've made a change (Yay!) You've started exercising and you've begun to face and overcome the challenges that come with trying to plan exercise regularly. You'll need to practice the solutions you identified during the preparation stage.

Maintenance. Once you've practiced the new behavior for six months, you're in the maintenance stage. Now your focus shifts to integrating the change into your life and preventing relapse into your old ways. This may require other changes, especially avoiding situations or triggers associated with the old habit.

One frustrating thing is that the track between stages is rarely straightforward. A lot of people relapse at some point in the process and end up in a previous stage all over again. Sometimes when people are in the maintenance stage they will find themselves back at the contemplation stage. This is common and each time it happens you will need to reevaluate your strategy and tweak it to work better moving forward.

The Power of Pomegranates

Pomegranates have been long known for their health benefits and antioxidants, but recent research shows they may even have healing powers!

According to this research, pomegranates may have the ability to not only prevent heart disease, but possibly help reverse it. What exactly can it help reverse? Atherosclerosis - which is the thickening of the arteries due to plaque. Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood. Over time, plaque hardens and narrows your arteries. This limits the flow of oxygen-rich blood to your organs and other parts of your body. Atherosclerosis can lead to serious problems, including heart attack, stroke, or even death.



Seared Scallops with Crispy Leeks

Serves: 4

Ingredients:

- 1 medium leek, white and light green parts only
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 2 tablespoons all-purpose flour
- 1 teaspoon paprika
- 1 teaspoon garlic powder, divided
- ½ teaspoon salt, divided
- 1 teaspoon Italian seasoning
- ½ teaspoon freshly grated lemon zest
- ½ teaspoon freshly ground pepper
- 1 pound dry sea scallops, tough side muscle removed

Directions:

Preheat oven to 425°F. Cut leek in half lengthwise, then cut each piece in half crosswise. Cut each quarter into long, thin strips. Rinse the strips in hot water and pat dry. Toss in a medium bowl with 2 teaspoons oil. Sprinkle flour, paprika, ½ teaspoon garlic powder and ¼ teaspoon salt over the leeks; toss well to combine. Spread in an even layer on a baking sheet. Bake, stirring once or twice, until the leeks are crispy and golden brown, 10 to 12 minutes. Let stand on the baking sheet until the scallops are done.

Meanwhile, combine the remaining ½ teaspoon garlic powder and ¼ teaspoon salt with Italian seasoning, lemon zest and pepper in a small bowl. Pat scallops dry and sprinkle both sides with the seasoning mixture. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the scallops and cook until golden brown, 2 to 3 minutes per side.

Serve the scallops with the crispy leeks on top.

<http://www.eatingwell.com/recipe/249957/seared-scallops-with-crispy-leeks/>

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This particular study showed that pomegranate extract effectively:

- Reduced the amount of plaque in the arteries
- Reduced levels of oxidative stress
- Reduced a chemical messenger (chemokine) that is associated with inflammation in the arteries
- Reduced lipid accumulation in the heart muscle
- Reduced cardiac enlargement
- Reduced ECG abnormalities

Trainer Tip of The Month

Starting a New Exercise Program

By Cassie Worsdorfer, Occupational Athletic Trainer



Cassie has been working for NRG in the Johnstown area for a little more than a year. Cassie has been certified and licensed as an Athletic Trainer since 2010. Cassie holds a degree in Kinesiology from Penn State as well as a Master in Athletic Training from East Stroudsburg University. Cassie is also involved with Williamsburg high school working with the students as well as a local physical therapy clinic. In her spare time Cassie enjoys hunting, kayaking, hiking, camping, horseback riding, traveling and competing in different obstacle course races.

Starting a New Exercise Program

When starting a new exercise program it is important to start slow. Don't just wake up and decide to run 5 miles or bench press 200 pounds. Develop a focused training plan that allows your body time to adjust to the increase in exercise. Jumping in too fast can result in injuries that will hold you back. Don't underestimate the power of a nutritious diet. Give your body the fuel it needs to recover quickly and keep going. A healthy diet should include a balance of protein, carbohydrates, and lots of fresh fruits and vegetables. Finally listen to your body. Aches and pains are normal with new activity. However after some rest pain should not be a persistent problem. That might be a sign of an injury and may need to be looked at by your athletic trainer on staff or a physician.

3 Great Stretches for Sitting at a Desk All Day

COBRA STRETCH

Your hip flexors get really tight from being bent in a seated position for so long. This stretch helps open the hips, strengthen the glutes, open the chest and shoulders, and strengthen the lower back.



Crispy Baked Avocado Fries and Chipotle Dipping Sauce

Serves 2

Ingredients:

- 2 large avocados, sliced
- Juice of ½ lime (optional)
- ¼ cup flour
- 1 egg, lightly beaten
- 1 cup panko bread crumbs
- 2 tablespoons oil
- 1 chipotle chile in adobo sauce plus 1 tsp. sauce (canned)
- ½ cup mayonnaise
- ⅓ cup plain Greek yogurt
- ¼ cup chopped cilantro
- ¼ tsp. ground cumin
- ¼ tsp. dried dill
- Kosher salt, to taste

Directions:

Pre-heat oven to 400 Degrees F. Pour 1 tablespoon oil in sheet tray or baking dish; set aside. Squeeze fresh lime juice on avocado slices. Season with salt, pepper. Dredge in flour then dip in egg and coat in panko breadcrumbs. Be sure the avocado slices are coated very well in the panko. Place in a single layer on the greased sheet pan. Drizzle with the remaining oil or spray with cooking spray. This will help the avocado slices crisp in the oven. Bake for 15 minutes or until the avocados are golden and crispy. If desired, more oil can be drizzled while they are baking for additional crispness.

Serve with my chipotle dipping sauce. To make this, place all remaining ingredients in a blender or food processor and puree until smooth about 2-3 minutes or until the mixture is nice and creamy.

<http://gimmedelicious.com/>

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Begin by lying facedown, press your forearms into the floor and pull your shoulders back as you raise your head up and back and bring your palms onto the ground to support you. Bring your gaze up to the ceiling.

LUNGE WITH ROTATION



This stretch helps build strength in your legs and shoulders while stretching out your hips. The twist is great in helping maintain healthy spinal movement and healthy discs.

From a standing position, take a big step forward with your right foot into a lunge, making sure that your right knee does not extend over your toes.

Place your hands on either side of your right foot. Now lift your right arm toward the ceiling and turn your gaze upward. Make sure to breathe. Switch sides and repeat.

FIGURE 4 STRETCH



This stretches muscles in your glutes, which become tight with prolonged sitting.

Lie down on your back and cross your right ankle over your left thigh. Use your right hand to apply a tiny bit of pressure to the inside of your right knee until you feel a gentle stretch. Hold the stretch there as you inhale. When you exhale, attempt to apply a tad more pressure. Continue with each breath. Switch sides and repeat.

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!



Meal Prep-Healthy Chicken and Veggies

Serves 4

Ingredients:

- 2 medium chicken breasts, boneless skinless cut into ½ inch pieces
- 1 cup broccoli florets, frozen or fresh
- 1 small red onion, chopped
- 1 cup grape or plum tomatoes
- 1 medium zucchini, chopped
- 2 cloves garlic minced
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon black pepper (optional)
- ½ teaspoon red pepper flakes (optional)
- ½ teaspoon paprika
- 2 tablespoons olive oil

Directions:

Pre-heat oven to 450F. Line a baking sheet with aluminum foil and set aside. Place the chicken and veggies in the baking dish. Sprinkle all the spices and garlic evenly over the chicken and veggies. Drizzle with the olive oil. Bake for 15-20 minutes or until the veggies are charred and chicken is tender. Place ½ or 1 cup of cooked rice of choice into 4 individual meal prep containers. Divide chicken and veggies evenly on top of the rice. Cover and store in the fridge for up to 5 days or freezer up to 2 months.

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