



# Partners in Prevention

Taking Health & Safety to Higher Ground

January 2019

## YOUR GAMEPLAN TO LIVE

### JANUARY IS NATIONAL FIBER FOCUS MONTH!



We all know that fiber is beneficial. It not only promotes health, but it also helps to reduce the risk for some chronic diseases. For instance, fiber prevents constipation, hemorrhoids and diverticulosis. Fiber works in the small intestine to cause a sense of fullness, trap cholesterol, and slow the absorption of sugar. It helps to regulate weight management. Fiber is also linked to the prevention

of some cancers especially colon and breast cancer. In addition, it helps lower LDL cholesterol and the total cholesterol, therefore reducing the risk of heart disease. It helps lower blood sugar, therefore helping to better manage diabetes.

Excellent food sources of fiber include turnip greens, mustard greens, collard greens, navy beans, avocados, acorn squash, broccoli, whole wheat pasta, barley, berries, pears, artichoke, lentils, peas, oats, chia seeds.

Very good sources of dietary fiber include romaine lettuce, celery, Swiss chard, spinach, fennel, asparagus, cabbage, Brussels sprouts, green beans, cauliflower, carrots, tomatoes, beets, bell peppers, shiitake mushrooms, kale, pinto beans, black beans, kidney beans, oranges, whole wheat, flax seeds, coriander seeds, cloves, cinnamon, and oregano.

Good sources of dietary fiber include apricots, grapefruit, banana, figs, pineapple, cantaloupe, plums, papaya, kiwifruit, apple, sweet potato, summer squash, onions, eggplant, yam, leeks, olives, crimini mushrooms, potatoes, corn, rye, quinoa, buckwheat, spelt, garbonzo beans, soybean, miso, sesame seeds, rosemary, black pepper, cayenne pepper, dill, and turmeric.

**Consider fiber supplements.** Food is the best way to get fiber, but if your fiber intake is really low, adding supplements to your diet will help! Some popular supplements are psyllium, guar fiber, and glucomannan.

**Don't drink fruit juices instead of eating fruit.** After juices have been pressed, they have no fiber in them. The only thing left is a concentration of carbs, which come in the form of sugar.

**Eating enough fiber is important! The recommended intake of fiber is 32 grams per day.** If you eat at least 5 servings of fruits and vegetables as well as at least 6 servings



Photo/Source: <https://greenblender.com/smoothies/recipes/cashew-butter-chocolate-pretzel>

### Fiber-rich Chocolate Smoothie

#### Ingredients:

- 1 cup packed Swiss Chard greens
- 1 banana
- 1 pear—chopped
- 2 tbsp. cacao powder
- 1/4 cup organic oats
- 1 tbsp. cashew butter
- 1 cup water
- 1 cup ice

#### Directions:

Cacao powder is our favorite way to deliver decadent chocolatey goodness with none of the extra sugar or fat. Cashews are so versatile! The butter is a tasty alternative to almond or peanut butter, and contains more iron, copper, and phosphorus. Gluten free oats give this concoction its baked good appeal, and Swiss chard provides 13 different polyphenol antioxidants. Get sweetness, fiber, potassium, and pectin from banana and pear!

**Nutrition Facts:** 220 calories, 7g fat, 15g sugar, 6g protein, 7g fiber, 38g carbs per 12-ounce serving. Yields 2 servings.

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of grain products per day (at least 3 of which are whole grains), you are very likely meeting the fiber requirements. The National Fiber Council recommends consuming 8-12 eight oz. cups of water a day to avoid hardened stool. If you aren't currently eating a high fiber diet, add your fiber foods gradually (start by adding 1 fiber-rich food daily for a week, then 2 each day the next week, etc.) to avoid any digestive discomfort.

[www.healthcastle.com/fiber-solubleinsoluble.shtml](http://www.healthcastle.com/fiber-solubleinsoluble.shtml), <http://www.whfoods.com/genpage.php?tname=nutrient&dbid=59>, <http://brqhealth.com/january-is-national-fiber-focus-month/>

## MAKING YOUR NEW YEAR'S RESOLUTIONS STICK



***I vow to eat healthier. I will not eat sweets, desserts, or junk food!*** This might be difficult. Depriving yourself 100% from things doesn't normally work for long. Instead, focus on what you CAN eat, not what you can't. Choose foods that are natural and organic. Look on packages, and pick the foods with the least ingredients... plain whole foods. This would

include yogurt, fruits and vegetables, nuts, whole grains, etc. Go for simple. Like sweets? How about cut strawberries with a tablespoon or two of plain yogurt and a sprinkling of nuts. Like salty? Choose a serving of whole grain organic tortilla chips with salsa. The key here is - a SERVING. My personal favorite is a whole grain flatbread toasted, with a tsp. of olive oil and a sprinkle of salt, pepper, and garlic! You can do the same with air popped popcorn.

***I'm going to start exercising on a regular basis!*** People are ready and raring to go come January 2nd. This is a statement that gym owners count on every year! Gyms are at their fullest during the months of January and February, and then people get tired of it, and many don't bother going anymore after that. To avoid failure with an exercise resolution, go easy! Start gradually. Commit to what you will stick with. If you aren't a current exerciser, begin with a short walk 3 times a week. After a couple of weeks, bump up your walk to last longer until you are up to at least 30 minutes per walk. Then bump up your frequency so that you are exercising on most days of the week. Look into exercise classes, which you might find fun. Try working out with a friend or family member. It is often easier to stay on track if you have someone else to egg you on. It can make exercise more fun, too!

***I'm going to be a happier, more positive person!*** This can be a tough one if you expect to just wake up on January 2nd and be more optimistic and happier. Nobody can do that, but you CAN train your brain to think in a positive manner, which will make you a happier person! Thought patterns create neural pathways in our brains just like a path in the snow. You can change those pathways, though, by making a different path with new thought patterns. The more you think in your new positive way, the easier and more natural it will become.

### Happy, positive things to do:

- Help other people on a regular basis (helping others will make them feel good, and make you feel good, too!);
- Notice when you are being negative, and switch to positive;
- Be grateful every day for the good things in your life;

Photo and Recipe adapted from: <https://acleanbake.com/3-ingredient-detox-cookies>



## Fudgy 3 Ingredient Cookies

3 ingredient cookies with NO gluten, grains, dairy, eggs, or added sugar! These moist and fudgy detox cookies come together in a snap! They only require a bowl and spoon to make. Makes 2 dozen cookies.

### Ingredients:

- 3 ripe bananas, mashed or pureed until smooth
- 1/2 cup natural creamy peanut or almond butter
- 1/2 cup quality cocoa powder
- Handful coarse sea salt for garnish

### Directions:

Preheat the oven to 350°F. In a large mixing bowl, use a fork to thoroughly combine the first ingredients until it reaches a smooth and uniform consistency. Scoop heaping tablespoons of dough onto a greased or lined cookie sheet, about 1 inch apart. Sprinkle the tops of the cookies with a pinch of sea salt.

Bake for 8-15 minutes (see note) until cookies lose their sheen. Allow to cool and set on the cookie sheets for 3-5 minutes before transferring to a wire rack to cool completely.

### Notes:

- Store in an airtight container at room temperature for up to 5 days.
- If cookies are too lumpy, try running the dough in the food processor for 30-60 seconds.
- The moisture content of the dough may vary with sizes of banana. If batter is too thin and watery, you can: add more cocoa to absorb the moisture, and/or bake for longer.
- Thoroughly stir nut butter. If it is too oily (such as from the top of a new jar), that might be another reason why batter could be too runny.
- On the other hand, if nut butter is the right consistency, it can be tough to stir into the batter. Try microwaving it for 15-20 seconds until it's smooth and easier to work with.
- Depending on the moisture content of bananas, baking time could vary from 8 to 15 minutes.
- If dough is more like a thick batter, just plopp the portions of dough on the cookie sheet and they will spread out by themselves. No need to flatten with a fork.
- If you don't want to garnish your cookies with salt, add a pinch to the batter.

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- Allow yourself to be amused by the smallest of things - in fact - see the humor in things that might otherwise annoy you.
- Smile - even when you don't feel like it. Acknowledge people you pass by with a smile and a "hello."

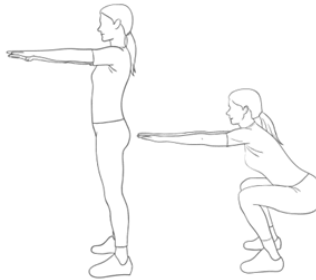
## 5 WAYS TO RELIEVE KNEE-JOINT PAIN



The following are 5 ways to keep your knees strong, flexible and active...and having strong legs will help you to be safer and healthier.

**Firm up your thighs.** It's like installing shock absorbers for your knees. Strengthening your front and back thigh muscles (quadriceps and hamstrings) helps protect the knee joints from injury. Increasing quad strength can also cut your risk of knee osteoarthritis by up to 30%.

**Walk backward.** It gives your quads a slightly different workout while going easy on a particularly vulnerable knee zone, the ACL (anterior cruciate ligament), a joint connector that women and athletes frequently tear. Have someone spot you so you don't trip on bad sidewalks.



**Go low-impact.** Keep moving to improve your range of motion and build the muscles that surround and support your knees. Just don't pound them (no pavement running and high-impact aerobics). Instead, go easy with walking, swimming, yoga, biking, elliptical machines or padded treadmills, and weight work.

**Feed your knees.** The inflammation-fighting nutrients in berries, ginger, avocado, flaxseeds, omega-3-rich fish (trout, salmon) or the DHA type of omega-3 supplements all help stifle joint damage.

**Lose a few.** Every extra pound you carry adds up to 3 pounds of pressure on your knee joints when you walk, and 10 pounds when you run. Ouch.

Adapted from: <http://www.realaqe.com/joint-pain/top-5-ways-to-relieve-knee-joint-pain>

## STRESS CAN MAKE YOU FATTER!

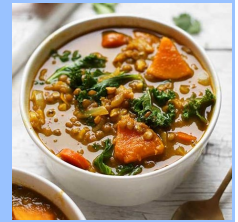


Have you ever noticed on days when you've been more stressed than usual that you eat more carelessly than usual?

A high stress day can easily lead to an evening of junk food and too much of it. This is because many of us utilize food to cope with our emotions. Whereas some people lose their appetites when they are

stressed, many others find that the opposite happens to them. While you cannot completely eliminate stress from your life (no one can), be aware of when your stress heightens and how your feelings are linked to what you eat. Overeating and eating

Photo and recipe by <https://minimalistbaker.com/easy-1-pot-vegetable-broth/>



## Curried Kale, Potato & Lentil Soup

### Ingredients:

- 1 Tbsp. coconut or avocado oil
- 1 cup diced yellow or white onion
- 1 tsp minced fresh ginger
- 2 medium whole carrots (peeled and chopped)
- 1 pinch sea salt + black pepper (plus more to taste)
- 4 cloves garlic, minced
- 3 cups diced sweet or white potatoes (about one large)
- 1 ½ Tbsp. curry powder\*
- 5-6 cups organic vegetable broth
- 1 cup green lentils rinsed and drained
- 1 Tbsp. coconut sugar (optional - plus more to taste)
- 4 cups chopped green or purple kale
- Optional: Fresh chopped cilantro, lemon juice, bread/flatbread

### Directions:

1. Heat a large pot over medium heat. Once hot, add oil, onion, ginger, and carrots. Season with a pinch each sea salt and black pepper and stir. Cook for 3-5 minutes, stirring frequently, until onions are soft and fragrant.
2. Add garlic and potatoes and stir. Cook for 3-4 minutes to brown slightly, and then add curry powder. Stir to coat. Cook 2 minutes more.
3. Add lesser amount of vegetable broth (5 cups or 1200 ml as original recipe is written // adjust if altering batch size) and increase heat to medium-high. Once at a low boil, add lentils, stir, and reduce heat to low. Simmer for 20-25 minutes, uncovered, or until lentils and potatoes are tender.
4. Taste and adjust seasonings, adding coconut sugar for a little sweetness (optional), more curry powder for intense curry flavor, or sea salt and pepper for more balance. I added more of each.
5. If the soup has thickened too much, add remaining vegetable broth (1 cup or 240 ml as original recipe is written // adjust if altering batch size), stir, and cook until warmed through.
6. In the last few minutes of cooking, add the kale and cover to steam until tender but still vibrant green - about 2-3 minutes.
7. Serve immediately as is or with cilantro and fresh lemon juice (optional). This would also go well with a healthful bread or flatbread. Store leftovers in the refrigerator up to 5 days or in the freezer up to 1 month.

### Notes:

\*If you aren't into curry, simply omit the curry powder and compensate with a bit more salt, pepper, and a generous 1-2 tsp fresh thyme (amount as original recipe is written // adjust if altering batch size)! This will give it more of a classic fall soup flavor.

\*Recipe (as originally written) serves 4 as an entrée and 6 as a side.



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foods that are not nutritious will only make you feel WORSE! When you feel extra stressed, try to do things that will lesson your stress and make you feel calmer.

**EXERCISE!** Though it might be tough to carve out 60 minutes in your day, it is not overly difficult to just increase your physical activity here and there throughout the whole day! Do an exercise routine with a DVD for 15 minutes in the morning; walk for 15 minutes at lunch; hit an exercise class after work, or walk the dog, go to the gym, or simply dance around your living room. If you are feeling anxious at work, do some stretches or calisthenics during your break. Physical activity will DEFINITELY help to alleviate some of your stress.

### EAT THE RIGHT FOODS!

- Fresh Fruit – excellent choices are low-sugar fruits such as berries, apples, plums, citrus fruits, avocados, melons, kiwi, rhubarb, peaches (Organic is best to avoid dangerous pesticides.)
- Vegetables – lots of leafy greens and the color of the rainbow! Broccoli, cauliflower, carrots, garlic, red cabbage, sweet potatoes, beets, red/yellow/green bell peppers, swiss chard, and more. (Organic is best to avoid pesticides.)
- Clear Soups – homemade broth is best... watch the salt.
- Yogurt – Greek, organic, plain (add your own fruit).
- Fish – Especially: Salmon (wild), and Sushi (seaweed has anxiety fighting properties including magnesium, which helps to reduce stress).
- Nuts - Almonds, Pistachios, Walnuts
- Whole grains – (oatmeal, quinoa) organic is best to avoid pesticides.

### RELAX!

- Meditation (To get into the relaxation habit, practice a repetitive exercise for 10 to 20 minutes, once or twice a day.) Repetition can include word, sound, prayer, or movement while disregarding other thoughts to break the train of everyday thinking and worry. You can also get CDs, videos, etc.
- Deep breathing
- Laughter
- Prayer
- Yoga, Pilates, Tai chi
- Knitting or crocheting or other repetitive activity
- Massage
- Listening to soft music
- Playing games such as Sudoku, scrabble, crossword, etc.

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!



Photo/Source: Based on recipe: <https://www.tasteofhome.com/recipes/roasted-butternut-linguine/>

## Creamy Strawberry Vanilla Overnight Oats

These Strawberry Vanilla Overnight Oats are a breakfast meal-prep miracle! All you have to do is throw all of the ingredients into a jar, let them sit overnight, and an easy and delicious breakfast is ready for you in the morning. Not only are these overnight oats tasty, but they are packed with fiber and protein to keep you satisfied until lunch!

Makes 3 servings.

### Ingredients:

- 1 cup Greek yogurt
- 1 cup unsweetened vanilla almond milk (or any kind of milk)
- 1 cup strawberries, sliced
- 1.5 cup organic rolled oats
- 3 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey

### Directions:

1. First, blend Greek yogurt, almond milk, honey, and strawberries together. It will look like a strawberry milkshake!
2. Next, place the mixture into a medium-size bowl and mix in 3 tablespoons chia seeds and 1 teaspoon of vanilla. Then, mix in rolled oatmeal.
3. Place in refrigerator overnight or for at least 2 hours. Top with your favorite toppings and enjoy!



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