



# Partners in Prevention

Taking Health & Safety to Higher Ground

May 2018

## YOUR GAMEPLAN TO LIVE



### May is Mental Health Month

Did you know that one in five Americans struggle with a mental illness in any given year – yet nearly 60% of them never seek care? Millions of Americans face the reality of living with a mental illness, and May is the dedicated month to raise awareness of mental health. Each year we fight stigma, provide support, educate

the public, and advocate for policies that support people with mental illness and their families. **Mental health problems are medical conditions that are both preventable and treatable and we, as a society and in our company cultures, need to start handling mental health problems in this way.**

Many different organizations are promoting their own unique mental health campaigns this May 2018 including the National Alliance on Mental Illness, who is promoting the theme of **curing the stigma** of mental illness.

**Why is this cause so important?** Stigma is toxic to mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. In some cases, it even takes lives. The perception of mental illness won't change unless we act to change it. Stigma is 100% curable and your voice can spread the cure.

Another great campaign theme this May is by Mental Health America. Their theme focuses on viewing our health as a *whole* that includes both the body and the mind – instead of just focusing on only the body and its' physical function. There is a strong connection between mental and physical! Mental health is intricately connected to physical health, and the lifestyle we lead can greatly impact both components. Diet and nutrition, exercise, sleep and stress all contribute to both mental and physical health.

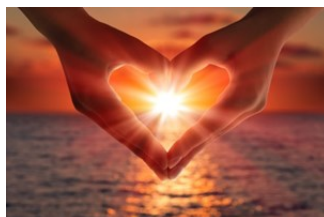
Learn more about these mental health campaigns:

<https://www.nami.org/mentalhealthmonth>

<http://www.mentalhealthamerica.net/4mind4body-challenge>

## Cardio Health, Anxiety, and Meditation

We know that meditation has been associated with decreased levels of stress, anxiety and depression, as well as improvements in sleep and overall wellbeing. It can help us to think more clearly and more focused. It can help to reduce blood pressure and heart rate. Studies have shown long-term positive effects on our brains from regularly practicing meditation. And now,



### Brain-Smart Smoothie

6 servings, serving size: 1/6 recipe

#### Ingredients:

- 1 C frozen organic blueberries
- 1 C frozen organic blackberries or raspberries
- 1/2 avocado
- 2 C green tea
- 1 C unsweetened almond milk (or water)
- 1 1/2 C baby spinach
- 1 1/2 cup kale or chard
- 2 T hemp seeds
- 2 T flaxseed
- 1 T coconut oil
- 1 scoop protein powder (we like Sunwarrior Warrior Blend Raw Protein Powder vanilla)

#### Directions:

Add all ingredients to blender; add powders and seeds after liquid. Start on low speed for 15-20 seconds and then increase to high. Add additional almond milk, water, or tea for desired consistency. Serve cold.

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the AMA has stated that meditation may reduce some risk factors for heart disease.

In September 2017, the American Heart Association released a statement saying that meditation has the *potential* to reduce some risk factors for heart disease. "Although studies of meditation suggest a possible benefit on cardiovascular risk, there hasn't been enough research to conclude it has a definite role," said Glenn N. Levine, M.D., chair of the writing group of the AHA Scientific Statement that is published in the *Journal of the American Heart Association*, the Open Access Journal of the American Heart Association/American Stroke Association (<https://news.heart.org/meditation-may-decrease-risk-heart-disease/>).

Dr. Levine notes that until we know more, a healthy lifestyle and following the advice of your doctor remain the gold standard for prevention and treatment of heart disease. However; because meditation is easily learned and nearly anyone can practice it, including it in your daily lifestyle is, without a doubt, a good stress reduction technique. And reducing stress helps us to manage our daily habits in a healthful way vs. falling to damaging stress habits such as overeating, consuming junk food, smoking, drinking, etc., which we *know* elevate the risk of heart disease. **More information:** *Journal of the American Heart Association (2017).*



## Simple Meditation Techniques

There are many forms of stress reduction techniques, but one of the most effective is also one of the oldest – Meditation. Being mindful of our thoughts, emotions, and physical sensations as we calmly focus and tune out unwanted “noise” offers those who practice regularly a myriad of benefits... and anyone can do it – anywhere! What people say about practicing meditation.

- “Meditating before bed helps me to clear unwanted thoughts from my head so that I can rest.”
- “I am feeling empowered because I now have the ability to decide what is best for me.”
- “By practicing regularly, I can easily feel relaxed and renewed after my meditation.”
- “Meditation helps me to put things into perspective vs. getting riled up over nothing.”
- “It has taught me not to feed into my panic attacks.”
- “Being able to consciously shift from experiencing stress to being relaxed is priceless.”



## Grilled Rosemary-Salmon Skewers

Recipe by: *EatingWell Test Kitchen*

### Ingredients:

- 2 tsp minced fresh rosemary
- 2 tsp extra-virgin olive oil
- 2 cloves garlic, minced
- 1 tsp freshly grated lemon zest
- 1 tsp lemon juice
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground pepper
- 1 lb. center-cut salmon fillet, skinned, cut into 1-inch cubes
- 1 pint cherry tomatoes

### Directions:

Preheat grill to medium-high. Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl. Add salmon; toss to coat. Alternating salmon and tomatoes, divide among eight 12-inch skewers. Oil grill rack (don't use cooking spray on a hot grill). Grill skewers, carefully turning once, until salmon is cooked through (4 to 6 minutes total). Serve immediately.

Notes: \**Make Ahead Tip:* Prepare skewers, cover and refrigerate up to 8 hours. Proceed with grilling when ready to serve. \**Fish on foil:* Fish that flakes easily requires a delicate touch to flip on the grill. If you want to skip turning it over when grilling, measure a piece of foil large enough to hold the fish and coat it with cooking spray. Grill the fish on the foil (without turning) until it flakes easily and reaches an internal temperature of 145°F. \**Oil your grill well to prevent sticking, don't move the kebabs around unnecessarily and keep a close eye on the fire to avoid flare-ups.*”

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The following are some pretty simple meditations.

**Focus** on something at least 3 feet away from you as you sit, relaxed. If you find it hard to zone in on one thing, try lighting a candle and watch it as the flame dances. Simply focus. Consciously feel your body relax. Feel your mind relax. Notice that there are no real thoughts. If unwanted thoughts come in, feel yourself noticing them, then watch them float out of your head. Keep your eyes focused. Time is yours. You can practice this for as little or as long as you like.

**Visualize** someplace that is peaceful to you. Maybe you are at the beach with the feel of the sand and the sound of the ocean. Perhaps you are in a forest during a light rain. Feel the drops, notice the sounds. Focus on the idyllic picture you have conjured in your mind. Focus on that. Let yourself mold and change that picture as you desire. Enjoy your time “there” on your mini mindful vacation.

**Thankfulness** as your focus can provide a powerful meditation with very positive results. Recognizing the blessings in your life and living with gratitude helps us to stay mindful of what is important. With your eyes closed, imagine yourself in a pleasant room. Notice the light coming in from the window. Who are you grateful for in your life? Imagine one of those people coming into the room, and focus on their face. Send them a silent thank you. Feel your thankfulness. Imagine them feeling your gratitude. Now bring the next person or blessing into your room. Focus. Send thanks. Repeat. Doing this each day for a few minutes can actually add more peace and joy to your life.

## You Don't Have to Break the Bank to Eat Healthy

When you are on a tight budget *and* you're dedicated to eating healthy, it's not the time to head to the market with no plan. Many of us go several times a week, buy what we think we want for the next day or two, and end up buying more than we had planned – often wasting when it goes bad if we don't use it. There is a better way to eat healthy... especially if you are watching your \$\$.

- **Buy fresh produce when it is in season** or on sale and freeze it.
- **Buy whole foods.** Processed foods are more expensive, you don't get as much, and it is not really good for you. Avoid anything that comes from a box 90% of the time.
- **Go generic.** Store brands are usually less expensive. Many grocery stores also have organic store brands.
- **Ideas for less expensive proteins:** Ground beef, frozen chicken breast, tuna cans, cottage cheese, plain greek yogurt, eggs, milk, dried beans, chickpeas, quinoa, nuts and nut butters, corn, hemp seeds, peas.
- **Ideas for less expensive carbs.** Brown rice, oats, potatoes, beans, apples, bananas, raisins, broccoli, spinach, other greens, carrots, cabbage, ... look for produce in season.
- **Ideas for less expensive healthy fats.** Olive oil, flax seeds, chia seeds, almonds, walnuts, nut butters real butter, avocados, coconut oil... (store brands often less expensive).



## Cheddar Cauliflower Bacon Bites

### Ingredients:

- 4 C cauliflower florets
- 6 oz. uncured nitrate-free bacon cooked until crisp
- 1 egg
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 C scallions, chopped
- 1/2 C coconut flour
- 1 C shredded cheddar cheese

### Directions:

Preheat oven to 400 degrees. Steam cauliflower until fork tender. Cool then add to food processor. Pulse until fine crumbs. Transfer to a large bowl and add the rest of the ingredients. Stir until combined. Grease a mini muffin tin. Fill mini muffin cups by adding a heaping tablespoon of batter and pressing into each cup. (Fills 30.) Bake 15 minutes and let cool about 10 minutes then remove from pan. Enjoy immediately!

<https://www.sugarfreemom.com/recipes/cheddar-cauliflower-bacon-bites/>



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- **Look for sales on frozen produce.** Frozen is often less expensive than fresh, is just as nutritious, and of course, lasts a long time.
- **Go to the farmers market at the end of the day.** They may be more inclined to give you a deal vs. hauling it home, or letting it be a day older tomorrow.
- **Consider buying in bulk** for things like oats, grains, dried beans and nuts, which may be less expensive in bulk vs. in small packaging. They don't perish easily, and you can stock up on what you use often. You might even want to buy your meat in bulk, i.e. half a cow to share among several families.
- **Plan meals and prep for the week.** Prepping food in advance is a step in the right direction towards eating healthfully. Many people prep once a week for many individual meals.
- **Shop with a list** so you don't over-buy at the store, it's an excellent way to make sure you are eating balanced and healthy, and that you are using up what you have on hand with no waste. A huge added perk... less stress at mealtime!
- **Want a protein bar?** Most are over \$3 each. Instead, have an apple with nut butter or a hard-boiled egg, or look up recipes for protein balls, bites, or bars. There are many.
- **Use a slow cooker.** You can purchase meats that might be less tender and prepare meals with protein and vegetables that turn out tender, tasty, and healthy.
- **Keep your fridge and freezer organized** so that you can see what you have... especially if you are doing weekly meal preps. This way, you will waste less.

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!



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## No-Bake Almond Fudge Protein Bars

Servings: 12 bars

### Ingredients:

- 1 C oats, ground into a flour
- 1/2 C quick oats
- 1/3 C vanilla protein powder of your choice
- 1/2 C crispy rice cereal
- 1/2 C almond butter (or peanut butter)
- 1/3 C honey
- 1 tsp. vanilla extract
- \*Optional: 2-3 Tbsp. chocolate chips for melting

### Directions:

Prepare 9x5 loaf pan by spraying it with cooking spray. Set aside. In medium-sized mixing bowl, combine oat flour, quick oats, protein powder, and crispy rice cereal. Mix until well combined and set aside. In a small pan over medium heat, add almond butter and honey, stirring until the almond butter is melted and fully combined with the honey. Stir in vanilla extract. Remove from heat and pour into the dry mixture. Stir until everything is fully combined. Pour into prepared loaf pan. Using a spatula or your hands, spread the mixture evenly in the pan, pressing down firmly (if not pressed firmly, bars will fall apart).

\*Optional: Place chocolate into a microwave safe bowl and nuke on high in 20 second intervals, mixing between each. When chocolate is fully melted, drizzle over the top of the packed mix using a spoon. Place pan into fridge and allow to cool for ~30 minutes before cutting into bars.

<http://www.runningwithspoons.com/2013/08/26/no-bake-almond-fudge-protein-bars/>