



# Partners in Prevention

Taking Health & Safety to Higher Ground

October 2018

## YOUR GAMEPLAN TO LIVE

### 13 Minute Weightlifting Express-Style!



It sure would be nice if we could get a good strength and endurance training workout (*that COUNTS*) in under 15 minutes vs. an hour, wouldn't it? Well, recent sports fitness research shows that performing a single set of weight lifting exercise (working hard vs. going easy) 3 times per week *IS JUST AS*

EFFECTIVE as working out for an hour doing three to five sets, 3 times a week. Men built larger muscles doing five sets, but they were not actually stronger than the men doing the single set.

Note – to get these results, you will need to push yourself more than if you were planning to do three to five sets. Try to complete 8 to 12 repetitions of an exercise during your set with the aim of making your working muscle so tired that by the end of the set you really cannot do any more. This is called: lifting to failure. You can use a heavier weight, or even better, use your usual weight and perform the exercises very slowly. Super Slow Weight Training has been proven to be very effective for both men and women. (Also good to know: Super Slow Weight Training, *not with heavy weights*, is beneficial for those who have trouble with multiple sets such as people with osteoporosis.)

<https://www.nvtimes.com/2018/09/12/well/move/in-a-hurry-try-express-weight-training.html>  
<https://fitness.mercola.com/sites/fitness/archive/2018/10/05/weightlifting-exercises-improve-muscle-strength-endurance.aspx>

### Food Safety – Shop Smart Tips

**ALWAYS bag your raw meat separately.** If juices from meat or poultry leak, it can contaminate other foods with bacteria. Keep the meat/poultry in the same bag you came home with when you store in the refrigerator until you are ready to cook it.



### Spinach Smoothie

#### Ingredients:

- 2 handfuls of fresh organic spinach
- 1 C plain organic kefir or Greek yogurt
- 2 T honey
- 2 T chia seeds
- 1/2 C orange 100% juice
- 1 C frozen organic mango or peaches
- 1 1/2 C cold water or green tea
- Optional: 1/2 banana, 1/2 avocado (frozen works best)

#### Directions:

Blend until smooth. Add more or less water/tea for desired thickness. (1 large serving or 2 small servings).

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**Open your egg cartons in the store.** Sounds like common sense, but many folks just assume that the eggs are fine. Often, you will find that there are one or two cracked and should not be consumed.



**Organize your food purchases.** Keep cold with cold, frozen with frozen, fresh produce with fresh produce. Do this in your cart and in your bags when bringing them home.

**Shop for cold items last.** You want to keep them cold for as long as possible. Even better... store them in a cold bag or cooler that you bring with you or have in your car. Plan to go directly home if you don't have a cooler so that you can put them in the refrigerator or freezer right away.

**Keep your reusable bags clean.** Launder or wipe them down regularly. Keep them in a clean area of your vehicle. "Meat, poultry, and even produce can leave behind bacteria that can linger in the bag and contaminate other food," says Marianne Gravely, M.S., a food safety specialist with the Department of Agriculture's Office of Public Affairs and Consumer Education.

<https://www.consumerreports.org/food-safety/food-safety-shopping-tips>

## How Alcohol Really Affects Your Sleep



Alcohol is a sedative and, yes, does *initially* help people to fall asleep, but overall it disturbs the sleep cycle throughout the night (particularly the second half of the night) leading to negative effects on the subsequent wake time.

Have you ever drank moderately and not expected to have a hangover, but still not felt that great and/or really tired the next day? It is probably because of the effect alcohol has on your sleep cycle.

### The Sleep Cycle

A full sleep cycle is made up of 5 stages of sleep and lasts about 90 minutes each. We go through several full sleep cycles every night, and the amount of time we spend in REM sleep increases with each subsequent cycle.



## Slow Cooker White Bean Chicken Chili Verde

### Ingredients:

- 2 pounds chicken breast, fat removed
- 1 small onion, chopped
- 2 fresh jalapeños, seeded and diced
- 2 tsp minced garlic
- 1 tsp cumin
- 1/2 tsp oregano
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp onion powder
- 2 cans green chilies (4.5 ounce)
- 1 cup salsa verde
- 2 cans white beans *drained, rinsed* (15 oz.)
- 1 (32 oz. container) chicken stock
- 1 lime, juiced
- 1 1/2 tsp season salt, garlic salt or salt-based Cajun seasoning

### Directions:

1. Place chopped onion, diced and seeded jalapeño peppers, and minced garlic in bottom of slow cooker.
2. Top with chicken breast and spices.
3. Add undrained cans of green chilies and salsa verde.
4. Add cans of *drained and rinsed* white beans and chicken broth.
5. Let mixture simmer on low 8 hours or high 4 hours.
6. Before serving, remove chicken breast and shred; add shredded chicken back into crock pot.
7. Squeeze lime juice into soup and sprinkle season salt, stir, and let simmer additional 20-30 minutes.

<https://www.maebells.com/slow-cooker-white-bean-chicken-chili-verde/>

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The first 4 stages make up our non-rapid eye movement (non REM) sleep, and the fifth and last stage is when rapid eye movement (REM) sleep occurs. *Alcohol use is directly related to a lack of REM sleep.* Alcohol use causes us to have more non REM sleep; and don't be fooled into thinking more is better here, because when non REM sleep is increased, that means your REM sleep is *decreased*. A good night's sleep includes a healthy balance of both.

The second half of the night is the most disruptive with alcohol. The first couple hours may not be too affected, but once you get into the second half of a full night's sleep, alcohol causes more fragmented sleep, frequent waking, and lack of REM sleep. These effects are due to the metabolism of alcohol during the second part of the night.

### The Amount of Alcohol DOES Matter

When people drink lightly or moderately, studies show no change in the amount of REM sleep during the first part of the night. By contrast, people who drink heavily experience a *significant reduction in REM sleep* during both the first and second parts of the night.

Taking the whole night into consideration, it appears that both moderate and heavy drinking reduces the total percentage of REM sleep. This effect is not observed among people who drink lightly (less than two drinks), thus researchers have concluded that a reduction in REM sleep *is* related to the amount of alcohol consumed.

### What Happens with Lack of REM Sleep?

The most common effects associated with inadequate REM sleep is feeling tired (low energy, cognitive decline) and sleepiness. Coping skills and reflexes may also diminish. Studies have also documented that lack of quality sleep has a negative impact on attentiveness, judgment and motor function, and on the risk of falling asleep or having an accident while driving.

### Other Effects of Alcohol on Sleep:

- More frequent need to get up and go to the bathroom, especially during the second half of the night.
- Increased risk for parasomnias including sleep walking and sleep eating
- Greater risk for snoring and sleep-disordered breathing. Alcohol can lead



### No-Mess Taco Casserole

#### Ingredients:

- 2 pounds lean ground turkey
- 1 15 oz. can corn, drained and rinsed
- 1 15 oz. can black beans, drained and rinsed (or 1 3/4 cups cooked)
- 1 1/2 cups restaurant-style salsa, medium
- 1/2 large onion (3" diameter)
- 1 tablespoon taco seasoning
- Salt and pepper to taste
- 1 cup shredded Mexican cheese

#### Directions:

Preheat oven to 375°F. In a large bowl, mix ground meat, diced onion and salsa. Season with taco seasoning, salt and pepper. Place mixture into a large casserole dish. Pour on a can of black beans and corn. Bake at 375°F for 45 minutes. Use a large spoon to remove grease that has come to the top. Sprinkle on cheese, place back into the oven for approximately 30 more minutes. Remove any more grease that has come to the top. Serve with hard shell tacos, Greek yogurt or sour cream and avocado.

Serves: 8 | Serving Size: 1 cup. Calories: 316; Total Fat: 12g; Saturated Fat: 4g; Sodium: 734mg; Total Carbohydrate: 25g; Dietary Fiber: 6g; Sugars: 5g; Protein: 28g

Recipe based on Article printed from Fit Foodie Finds <https://fitfoodiefinds.com/no-mess-taco-casserole/>. Photo: <https://fitfoodiefinds.com/no-mess-taco-casserole/>

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to excessive relaxation of the muscles in the head, neck and throat, which may interfere with normal breathing during sleep.

- Alcohol consumption can trigger new sleep disorders or exacerbate existing ones, including insomnia and obstructive sleep apnea.

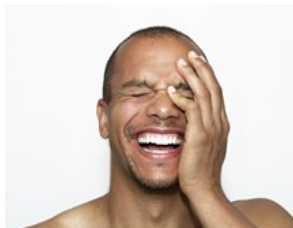
## When is the Best Time of Day to Have a Drink?

The most effective time of day for the body to metabolize alcohol according to research? Early to middle evening hours. That's right, the traditional "happy hour" time is actually when the body is most prepared to process a cocktail. That should also give your body enough time to metabolize the alcohol before you go to bed (if you're drinking lightly). But, remember, people do metabolize alcohol differently.

<https://www.sleep.org/articles/alcohols-effect-on-sleep/>  
<https://www.thesleepdoctor.com/2017/11/15/truth-alcohol-sleep/>

## Laughing Burns Calories!

In a preliminary study published in the *International Journal of Obesity*, those who watched funny shows or movies boosted calorie burn by up to 20%, laughing off between 10 and 40 calories every 15 minutes. "That may not sound like much, but 20 calories is equal to a small piece of chocolate," says study coauthor, Maciej Buchowski, PhD. You are also more likely to laugh when you are with other people, so enjoy a comedy with friends!



<https://www.mc.vanderbilt.edu/reporter/index.html?ID=4030>

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## Meatloaf Sliders

### Ingredients:

- 1 lb. ground beef
- 2 eggs
- 1/4 c. finely chopped onion
- 1 clove minced garlic
- 1/2 c. almond flour
- 1/4 c. coconut flour
- 1/4 c. ketchup
- 1/2 tsp. sea salt
- 1/2 tsp. pepper
- 1 T. Worcestershire sauce
- 1 tsp. Italian seasoning
- 1/2 tsp. tarragon

### Directions:

Combine all ingredients in a large mixing bowl and mix well. Form into patties that are about 2 inches in diameter and about 1 inch thick. Make sure they are all about the same size, so they cook properly at the same time. Place the patties on a plate and refrigerate for 10 minutes so the flour absorbs the wet ingredients and the patties become firm.

### FOR THE AIR FRYER:

Preheat the air fryer to 360°F. Place as many patties you can fit in the fryer basket and close. Set the timer for 10 minutes. Check the patties half way through cooking time. When the timer goes off, take them out to a serving platter and cover until all the patties are cooked.

### FOR THE OVEN:

Preheat the oven to 360°F, using the convection setting, if you have it. Place a wire rack over a cookie sheet and put the meatloaf patties on the wire rack. Bake for 15 minutes, or until desired doneness (you don't want them to be pink inside!).

These meatloaf sliders are delicious wrapped in lettuce with mustard, ketchup, pickle, onion or however you like them.

Based on Recipe: <https://raiasrecipes.com/2018/10/meatloaf-sliders.html>. Photo: <https://raiasrecipes.com/2011/01/homemade-mayonnaise.html>