



# Partners in Prevention

Taking Health & Safety to Higher Ground

September 2018

## YOUR GAMEPLAN TO LIVE

### Short Workouts are Beneficial to Your Health!



It is commonly thought that for a workout to be effective, you need to spend a good 30-60 minutes sweating it out. If you don't have that kind of time or energy to put into it, or if you just can't stand the thought of spending that much time exercising, should you even bother with a short workout?

Yes! There are many ways to get a good workout in a short amount of time. In fact, it isn't so much about the time; it is about the effort. You need to work hard. It needs to be intense. You can find plenty of these workouts that last anywhere from 4 to 15 minutes. High intensity comes by targeting large muscle groups that elevate your heart rate utilizing a combination of aerobic and resistance training with limited rest in between.

Movements include variations of steps, jacks, squats, planks, push-ups, upper body exercises and more. Find what works for you.

This doesn't mean that you should no longer get in an hour-long run, walk, strength training workout, or class; but supplementing with a short high intensity workout is both time efficient and remarkably effective. You can find short and effective exercise apps for your phone, videos and articles online, or just continually move doing everyday activities such as climbing up and down the stairs at work during lunch.

Even though these workouts are short, take care to perform them using proper motions. If you have an injury, poor coordination, don't exercise regularly, or have other issues of concern, check with your healthcare provider before engaging. Higher impact activities aren't for everyone, but there are plenty of low and even no impact movements to challenge you. You can adjust intensity and frequency, but this type of workout isn't meant to be leisurely.

\*Note – Remember to warm up and cool down.

### Whole Eggs are Healthy!



Avoid eggs. They will raise your cholesterol. Right? Wrong for most people. In fact, many studies conclude that eggs are fine and are extremely nutritious. A study published in the British Journal of Medicine reviewed 17 different egg studies and concluded that "Higher consumption of eggs (up to one egg per day) is not associated with increased risk of coronary heart disease or stroke. The increased risk of coronary heart disease

among diabetic patients and reduced risk of hemorrhagic stroke associated with higher egg consumption in subgroup analyses warrant further studies."



### Overnight Oats in a Jar

*Overnight oats in a mason jar (no cooking required)! A hearty healthy breakfast packed with fiber, vitamins and nutrients.*

#### Ingredients:

- 1/4 cup quick organic oats
- 1/2 cup unsweetened almond milk (or skim, soy, coconut)
- 1/4 medium banana, sliced (freeze the rest for smoothies!)
- 1/2 tsp. chia seeds
- 1/2 cup blueberries
- 4-5 drops NuNaturals liquid vanilla stevia (or favorite sweetener)
- Pinch cinnamon
- 1 tbsp. chopped pecans (or other nut) optional
- 1 tbsp. granola (optional)

#### Directions:

Place all ingredients in a jar, shake, cover and refrigerate overnight. The next morning, add your favorite crunchy toppings such as nuts, granola, etc. and enjoy!

*Recipe and photo by Skinny Taste at <https://www.skinnytaste.com/skinny-overnight-oats-in-jar/>*

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**Some important information about cholesterol:** Cholesterol influences your body in important ways. In fact, your liver naturally produces all the cholesterol that it needs to function well. We don't need to add cholesterol to our diet, but when we do consume foods with cholesterol, our liver makes less. However, much of the cholesterol that we consume comes along with saturated fat, which is a much bigger culprit in heart disease and stroke. Eggs are not high in saturated fat, but what many folks eat along with their eggs does, i.e. bacon, sausage, butter, etc.

**The American Heart Association** advises limiting cholesterol to 300 mg a day or less (200 mg a day or less if you have heart disease or a high LDL above 100) but does not advise a limit on whole eggs. Other experts such as Walter Willett, professor of epidemiology and nutrition at Harvard's School of Public Health stated that "Elevations in LDL of this small magnitude could easily be countered by other healthy aspects of eggs. Based on the research, my recommendation is if you eat a healthful diet, go ahead and eat an egg a day. On the other hand, if your cholesterol is high and if you eat the typical American diet — high in saturated fat, devoid of fruits, vegetables and fiber — maybe you shouldn't be eating an egg a day." But will taking eggs out of an unhealthy diet make a positive difference? Probably not. I can't tell you how many times during my career I've heard people say, "I've cut out eggs, but my cholesterol is still high!" An overall healthy diet is key!

**All eggs are not equal.** Eggs from factories that are fed grain-based feeds will not be as healthy as from hens that are pastured, or eggs that are labeled omega-3-enriched, organic, etc. Because of the amount of nutrients in quality eggs, they may be one of the healthiest foods out there. Huffington Post has a good article that explains what the various labels mean (or don't mean) and which labels are worth looking for. Check out: *Your Guide To Buying Eggs at the Grocery Store* ([https://www.huffingtonpost.com/modern-farmer/the-modern-farmer-guide-t\\_b\\_9547344.html](https://www.huffingtonpost.com/modern-farmer/the-modern-farmer-guide-t_b_9547344.html)).

**Whole Eggs are good for you because they are:**

- Low calorie (74 calories)
- High protein (6 grams)
- Choline rich (important for brain function)
- Contain Lutein and Zeaxanthin (phytochemicals that help prevent eye diseases)
- Contain Vitamin D - one of the few natural sources of Vitamin D - 40 IU's (*not enough in one egg for your daily needs*), important for the bones and teeth. Vitamin D aids the absorption of calcium, which is important for the heart and colon, as well.

[https://blog.myfitnesspal.com/ask-the-dietitian-are-eggs-bad-for-cholesterol/?utm\\_source=mfp&utm\\_medium=email&utm\\_campaign=MFP\\_Newsletter\\_20180903&os\\_ehash=55@sfdc:63227616](https://blog.myfitnesspal.com/ask-the-dietitian-are-eggs-bad-for-cholesterol/?utm_source=mfp&utm_medium=email&utm_campaign=MFP_Newsletter_20180903&os_ehash=55@sfdc:63227616)  
<https://health.clevelandclinic.org/should-i-stop-eating-eggs-to-control-cholesterol-diet-myth-4/>

## Nail biting – It's Not Only a Bad Habit - It's Also Bad for Your Health!

**Why do people bite their nails?**

It's a habit that has developed over the years possibly from childhood, or possibly it began in adulthood. The reason people start biting their nails is from underlying triggers including overstimulation (stress and anxiousness) and under-stimulation (boredom and disinterest). In other words, both ends of the emotional spectrum can be triggers and after the habit has been established, it becomes a go-to outlet for the emotion.



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## Autumn Salad with Pears and Gorgonzola

*Sweet Autumn pears, honey Dijon dressing, crunchy pecans, and gorgonzola cheese. This salad is a healthy addition to your Fall table. Simple and elegant, apples can be substituted for pears if you wish.*

**Ingredients:**

**For the dressing:**

- 2 tbsp. red wine vinegar
- 1/2 tsp Dijon mustard
- 1 tsp honey
- 1/4 tsp salt
- Fresh ground pepper
- 3 tbsp. olive oil

**For the salad:**

- 2 small ripe pears, peeled and diced
- 1/4 cup (2 oz.) gorgonzola cheese, crumbled
- 8 oz. mixed baby greens (baby spinach, arugula, radicchio, etc.)
- 1 oz. (about 20 halves) pecans

**Directions:**

1. In a large bowl, mix vinegar, mustard, honey, salt and pepper. Whisk in olive oil and blend.
2. In a salad bowl, combine baby greens, pears, gorgonzola cheese and pecans.
3. When you are ready to serve, add the vinaigrette and toss well.
4. Serve immediately

*Recipe by Skinny Taste at <https://www.skinnytaste.com/autumn-salad-with-pears-and-gorgonzola/>*

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Nail biting is not only a bad habit, it's also unsanitary and can lead to health problems such as:

### Illness

Biting your nails gives microorganisms and germs on your hands and fingers access to your body through your mouth, resulting in an increased risk of viral and bacterial infection, such as the common cold or other illnesses.

### Infection

Biting your nails and the skin around them makes your fingers a hotbed for infection. The skin surrounding the nail is very delicate and when it becomes broken, exposure to bacteria or pathogens increases significantly. Bacteria from your mouth can also be transferred into the broken area of skin.

One of the most common forms of infection is called paronychia, causing swelling, pain, redness and pus. This type of infection results from a disruption in the seal between the nail fold and the nail plate. But, having constant breaks in the skin of your hand can expose you to all kind of infections, even more serious ones.

### Herpetic Whitlow

Up to 80 percent of U.S. adults have oral herpes resulting in cold sores. With a break in the skin, it is actually possible to infect your fingers with the virus. The first symptoms are usually painful burning and tingling with a fever present. The infection usually takes four weeks to run its course, which can include painful liquid or blood-filled sores.

### Dental Issues and Halitosis

Biting your nails interferes with the way your upper and lower teeth come together as you close your mouth. Chronic nail biting can shift your teeth out of their position and cause premature wear and weakening on the front teeth. It's also possible to permanently damage your gums from accidental nail scrapes while biting. Bacteria residing on your fingers or under your nails can populate your mouth and cause halitosis (chronic bad breath).

### Inflammation

Biting your nails and consequently the skin around the nails exposes the tissue to your saliva. Saliva can damage and inflame skin. In the same way licking your lips causes chapped lips, your saliva corrodes the skin around your nails.

Chronic nail biting can be a sign of a decreased quality of life because of the underlying triggers causing the habit. If you are a chronic nail biter, it is recommended that you talk to your healthcare provider and/or a licensed counselor to come up with a plan to break the habit.

## Are You Your Own Worst Critic?

Do you compare yourself to others? Do you ever look at someone and think, "Look at his/her body! I could never look like that!" or "So and so has so much energy! It must be in the genes. I could never be like that!" When we compare ourselves to others... especially when it is in a negative way, we disrespect ourselves. Look at all you've accomplished in your life - the big things and the small things! Try not to compare yourself, for better or worse, because we truly are not better or worse than another person! We are just different! If you want to make changes for yourself, look for inspiration instead. There are many people who've made changes despite adversity, i.e. handicaps, advanced age, extreme weight gain, etc. How did these people do it? And if they could do it, so can you! You are just as



## Green Pizza

### Ingredients:

- 2 heads broccoli
- 1 lb. pizza dough
- Nonstick spray or olive oil
- 1 (14 oz.) can quartered artichoke hearts, drained
- 8 oz. shredded mozzarella (about 2 cups)
- 1 cup crumbled feta
- About 1/2 cup pesto

### Directions:

Preheat oven to 425 degrees. If pizza dough has been refrigerated, remove from the fridge so it can warm up a bit. Cut broccoli into small florets and place in a microwavable dish with a lid. Drizzle with a couple tablespoons of water, cover, and microwave until just tender (about 3-4 minutes). Drain water from broccoli and set aside to cool.

Lightly coat a baking sheet with olive oil or cooking spray. Place pizza dough on pan and press to the edges of the pan. Top dough with a thin layer of pesto. Sprinkle 3/4 of the mozzarella cheese over the pesto. Evenly distribute broccoli and artichokes over cheese. Top with remaining mozzarella and then sprinkle with feta. Bake pizza for 25 to 35 minutes, or until crust is browned and cheese is lightly golden.

Recipe and photo by Hello Little Home at <https://hellolittlehome.com/green-pizza-with-pesto-feta-artichokes-broccoli/>



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capable of change as someone else is. So instead of comparisons to make yourself feel worse (or better...), look for inspiration to spur you on to your own success!

## Lighten Your Load by Loving Yourself



Loving yourself with a healthy sense of self-esteem is important to everything you do and everything you are. It affects your day-to-day life, your relationships, your health, and the lives of those you meet. Love yourself, and your life will become simpler and feel lighter as you choose not to make a huge deal out of small things, not to beat yourself or others up over temporary setbacks or mistakes, and to see the silver lining when bad things happen. If this doesn't come naturally to you, you have to work at it each and

every day. Read positive and inspiring books and affirmations, watch positive and inspiring videos, be with positive and inspiring people. Love yourself and become more confident and less needy. You are valuable. See yourself as a stable strong person even when you feel wobbly. Realize that you deserve to have good things happen in your life. Love yourself and feel happy and at peace.

- *“When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.” -Jean Shinoda Bolen*
- *“Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.” -Lucille Ball*
- *“If only you could sense how important you are to the lives of those you meet; how important you can be to people you may never even dream of. There is something of yourself that you leave at every meeting with another person.” -Fred Rogers*
- *“Don’t rely on someone else for your happiness and self-worth. Only you can be responsible for that. If you can’t love and respect yourself – no one else will be able to make that happen. Accept who you are – completely; the good and the bad – and make changes as YOU see fit – not because you think someone else wants you to be different.” -Stacey Charter*

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!



## Baked BLT Egg Cups

*These egg cups are hearty and perfect for a weekday breakfast or a big weekend brunch. You can easily make them vegetarian too!*

### Ingredients:

- Cooking spray
- 2 large handfuls of spinach
- 4 eggs
- 1/4 cup finely diced tomato, divided
- 1/2 avocado, finely diced and divided
- 1 strip of bacon, cooked, crumbled and divided (optional)
- Salt and pepper to taste

### Directions:

Preheat oven to 375 degrees. Lightly spray two oven-safe ramekins (or two cups of a large muffin tin) with cooking spray. Place a large handful of spinach in each ramekin, pressing down gently to make as even as possible. Crack two eggs in each ramekin over the spinach, and place in the oven. Bake 14-18 minutes, or until eggs are cooked to desired doneness. (I like my eggs firmer and usually leave them in 18-20 minutes.) Remove ramekins from the oven and set on the counter. Top with the tomato, avocado and bacon, if using. Salt and pepper to taste and serve!

Notes: Serves 2. Make these egg cups veg-friendly by omitting the bacon or using veggie bacon or sautéed mushrooms (or another sautéed veggie).

*Recipe and photo by Hello Glow at <https://helloaglow.co/breakfast-egg-cups-recipes/>*



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