



Partners in Prevention

Taking Health & Safety to Higher Ground

April 2017

YOUR GAMEPLAN TO LIVE

How to Choose a Clean and Healthy Protein Powder

Choose a Protein Source. If you cannot have dairy, a good choice would be a blend of plant-based proteins such as pea, hemp, and rice. If you don't have any problems with eating dairy, whey protein is a good choice because it contains amino acids that are great for building muscle.

USDA Organic. If you want an organic protein powder, make sure it has the official USDA Certified Organic label. Keep in mind terms like "All Natural" are unregulated.

Carageenan-Free. Carrageenan is a natural ingredient that's sometimes used as a thickener in protein powders and other foods. It is currently permitted in certified organic foods, but research shows that it can cause irritation in the gut. (*The National Organic Standards Board recently voted to ban carrageenan from organic food, but the USDA has not arranged to make a final decision until November 2018.*) For now, the best way to avoid carrageenan is to check the ingredient list.

Low in Sugar. If you are buying a Certified Organic product, you don't really need to probe the ingredient list for artificial sweeteners as much, but just be sure the sugar content is low and any sweeteners used are organic cane sugar or stevia. If not buying Certified Organic, you definitely do need to look into the sugar content. Read labels carefully and opt for protein powders with fewer ingredients that have low-sugar impact. Look out for the many different names for sugar. Also look out for sugar alcohols like xylitol and erythritol.

It is recommended to find a protein powder with only a few grams of sugar/ serving or less.

Another option is to choose an unflavored, unsweetened protein powder, especially if you're using it to blend into a fruit smoothie, which would take on the sweetness from the fruit.

Cover Nutritional Bases. There's no one-size-fits-all protein powder, and the one you choose should be designed to meet your nutritional needs. Figure out



Garlic Parmesan Zoodles

Serves: 2

Ingredients:

- 2-3 medium zucchini, spiralized
- 2 tablespoons butter
- 2-3 large cloves garlic, minced
- 1/3 cup parmesan cheese, grated
- Salt and pepper to taste

Directions:

Spiralize zucchini into thin noodles using a spiralizer. Or if your grocery store offers them, you can buy them already spiralized. Heat large pan on medium-high heat. Melt butter, then add garlic. Cook garlic until fragrant (about 1-2 minutes). Be careful not to burn garlic. Add the zucchini noodles and grated parmesan cheese and salt and pepper to taste. Cook for 1-2 minutes or just until the zoodles are al dente. Remove from heat and serve immediately. Top with more parmesan if desired.

Note: *After spiralizing zucchini, place spiralized zucchini on a few paper towels and sprinkle with a light layer of salt. Cover with another paper towel and rest for a few minutes.

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what your goals are and then do your research. Are you looking for muscle growth and recovery? Meal replacement? Amino acids? Or just adding extra protein and nutrition to your diet?

A favorite clean and healthy recommendation here at Occupational Athletics is *Raw Organic Fit Protein Powder* by *Garden of Life*.

Can You Balance on One Leg for 20 Seconds?

Science says balancing on one leg is a quick test of health. If you cannot balance on one leg successfully for at least 20 seconds, research says it may indicate damage to small blood vessels in your brain, which can lead to stroke or cognitive decline, even if you aren't experiencing any other symptoms.

This damage to small blood vessels in your brain can be called "silent" strokes, or microbleeds and can cause impairment that affects a person's walking and balance.

The study consisted of about 1,400 men and women, average age 67, who were asked to stand with one leg raised (and eyes open) for a maximum of 60 seconds. Afterward, each subject underwent an MRI brain scan to detect any blood vessel damage.

The results indicated that those who struggled to stay balanced for 20 seconds were more likely to have had these "silent" strokes or "microbleeding."

In addition, short balance times were linked with lower scores on memory and thinking tests.

Occupational Athletic Trainer Tip of the Month By Lisa Draper, M. Ed; LAT, ATC

April 23-29 is National Sleep Awareness Week!

What is the Connection Between Sleep and Overeating?

Are you getting enough sleep? Did you know that not getting enough sleep has been linked to overeating? Our bodies produce hormones that help to regulate hunger, ghrelin, which stimulates appetite and leptin, which decreases appetite. These hormones can be affected by sleep. When the body is fatigued, ghrelin levels spike leading to the feeling of being hungry. People compensate by overeating foods that mentally and physically give them a boost like cookies, candy and chips. Research shows that people who don't get enough sleep tend to eat twice as much fat and more than 300 extra



Pan Roasted Artichokes with Lemon and Garlic

Serves: 6

Ingredients:

- 6 cups water
- 3 tablespoons fresh lemon juice
- 18 baby artichokes (about 1 3/4 pounds)
- 3 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 large garlic cloves, halved
- 1/2 lemon, thinly sliced
- 1 (6-inch) rosemary sprig
- 2 teaspoons fresh lemon juice

Directions:

Preheat oven to 425°. Combine water and 3 tablespoons juice in a bowl. Cut off top 1/2 inch of artichokes. Cut stems to within 1 inch of bases; peel stems. Remove tough outer leaves, leaving tender cores. Halve each lengthwise; add to water. Drain artichokes; pat dry. Combine artichokes, oil, salt, pepper, and garlic in a bowl; toss to coat. Heat a large ovenproof skillet over high heat. Add half of artichoke mixture to pan; cook 1 minute on each side or until lightly browned. Remove from pan. Repeat procedure with remaining artichoke mixture. Return artichokes to pan; add lemon slices and rosemary. Bake at 425° for 20 minutes, stirring once. Remove rosemary leaves, and sprinkle over artichoke mixture; discard stem and any blackened lemon. Sprinkle with 2 teaspoons lemon juice.

Source: Cooking Light

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calories the following day. The Sleep Foundation recommends getting 7-9 hours of sleep.

For more information contact your site athletic trainer or visit <https://sleepfoundation.org/sleep-topics/the-connection-between-sleep-and-overeating>

2017 Expected to See Record Increase for Lyme Disease

Researchers believe that climate change may be playing a role in Lyme Disease, stating that 2017 is going to be a very bad tick year because of the very mild winter. The warm, wet winter and spring have created conditions for dense undergrowth in forests, which encourages ticks to thrive.

How is Lyme Transmitted? Lyme disease is transmitted to humans and animals alike through bacteria from the bite of an infected deer tick. The ticks cling to grasses and plants and attach themselves to people and animals as they brush by. The ticks then burrow into the skin. Once the bacteria enter a person's bloodstream, they can cause fever, fatigue, headache, joint pain and rashes.

EARLY TREATMENT is KEY. If you think you may have been bitten, be on the lookout for a red rash that slowly gets larger — sometimes resulting in a bull's eye shape — as well as flu-like symptoms and joint pain. If you start to have any of these symptoms, don't wait to see a doctor. If not treated early enough with antibiotics, Lyme can attack the circulatory and nervous system, causing severe muscle pain, irregular heartbeat and cognitive problems.

Where has Lyme been detected? In 2015, 95 percent of confirmed Lyme cases were reported from 14 states: Connecticut, Delaware, Maine, Maryland, Massachusetts, Minnesota, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Virginia and Wisconsin. If you live in these areas, it's not just hiking and camping that can expose you to ticks. The CDC reports that most people get Lyme while walking or gardening around their home.

How to protect yourself:

Check yourself every day for ticks if you live in a Lyme state. Don't forget to check the places they like to hide, including behind the ears, on the scalp, and the armpits and groin.

Put your clothes in the dryer. If you've been outside, take off your clothes and throw them in the dryer on high heat for at least 20 minutes. Washing, even in hot water, won't help kill ticks (they won't drown), but baking them in a hot dryer will do the trick.



Grilled Chili Cilantro Lime Chicken

Serves: 4

Ingredients:

- 4 medium chicken breasts, boneless, skin-less (or thighs)
- 1/4 cup fresh lime juice
- Zest of one lime (or 1 tsp)
- 2 tablespoons olive oil
- 2 tablespoons fresh chopped cilantro
- 2 garlic cloves, chopped finely
- 1 teaspoon salt
- 1 teaspoon brown sugar (or honey)
- 1 teaspoon red chili flakes (adjust to taste)
- 1/2 teaspoon ground Cumin

Directions:

Whisk all the ingredients for the marinade in a small bowl. Place chicken in a large plastic bag or bowl and add the marinade to the chicken. Mix to combine. Seal bag or cover bowl with plastic bag and place in the fridge to marinate for 30 minutes or up to 24 hours. Pre-heat grill, pan or griddle to medium-high heat. Grill chicken fillets for 5 minutes on each side or until cooked through and the skin is golden and lightly charred. Rest for 5 minutes then slice and serve.

Source: www.gimmedelicious.com

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Cover your skin. Wear long-sleeved tops, long pants, socks and sturdy shoes when tromping through forested areas. Use repellents with DEET on exposed skin and clothing.

If you find a tick, use tweezers and squeeze it by the head, not the body, to remove it. Squeezing the body “will cause the tick to spew all of its stomach contents into the skin, and you’ll be more likely acquire whatever infection that tick was carrying.

Also be sure to protect your pets! Use an anti-tick medication regularly and check your pet thoroughly everyday if they have been outside.

Spring Activities & How Many Calories You Burn

MODERATE Physical Activities:	1 hour	30 minutes
Hiking	370	185
Light gardening/ yard work	330	165
Golf (walking and carrying clubs)	330	165
Bicycling (less than 10 mph)	290	145
Walking (3.5 mph)	280	140
VIGOROUS Physical Activities:	1 hour	30 minutes
Running/ jogging (5 mph)	590	295
Bicycling (more than 10 mph)	590	295
Swimming (slow freestyle laps)	510	255
Walking (4.5 mph)	460	230
Heavy yard work (chopping wood)	440	220
Bicycling (more than 10 mph)	590	295
Heavy yard work (landscaping, moving rocks, hauling dirt)	500	250

***Numbers are based on a 154-pound person.**

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!



Soft-Scrambled Eggs with Asparagus

Serves: 12

This is great for a big family brunch!

Ingredients:

- 18 large eggs, lightly beaten
- 1/3 cup whole milk
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons olive oil, divided
- 1 cup finely chopped small asparagus
- 1/4 cup chopped fresh flat-leaf parsley

Directions:

Combine first 4 ingredients in a medium bowl, stirring with a whisk.

Heat a large nonstick skillet over medium heat. Add 2 tablespoons oil to the pan; swirl to coat. Add eggs and asparagus to pan. Reduce heat to medium-low. Cook 8 minutes or until eggs are soft and begin to set, stirring frequently. Stir in parsley; drizzle with remaining 1 tablespoon oil.

Source: Cooking Light



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