



Partners in Prevention

Taking Health & Safety to Higher Ground

April 2018

YOUR GAMEPLAN TO LIVE

Aging and Inflammation – What We Can Do to Help Ourselves

Inflammation and the aging process go pretty much hand in hand, but we do not need to just throw up our hands and say, “So be it!” Obviously, we are all growing older every second of every day, but why do some people seem to age better than others? Well, there is our DNA, our environment, and our lifestyle. We can’t control what we inherit, and some of us can control our environment and some of us can’t, but ALL of us can control our lifestyle. So what lifestyle adjustments can we make?

Start by moving! Sitting is deadly... a strong statement for sure, but a sedentary lifestyle is very unhealthy. Spending at least 6 hours a day in a chair barely moving is *risky* according to recent studies, but many of us have jobs at computers, and we can’t exactly do that on the go. Solutions: stand up and move around at your work area every 30 minutes. Sit on an exercise ball so that you need to use muscles to balance. Use a standing desk. Move whenever you can even when you get home.

Focusing only on cardiovascular exercise is not doing your body a big favor – many people enjoy stationary cycling, or walking/running on the treadmill for long periods of time, which is fine, but not if you are neglecting resistance training. As we age, our muscles begin to waste away if we do nothing to keep them strong, so add in strength training exercises to keep your metabolism up and your body strong.

Get enough Vitamin D. 10 minutes a day of sunlight with sunscreen and a balanced diet rich in Vitamin D is ideal, however, supplementing with Vitamin D is also a good idea if you are low. Consult your physician. You can be tested to see if you are deficient. Many of us are.

Get enough sleep! This isn’t new news. We really need our 7-8 hours (for most people) to process nutrients taken in during the day, allow our minds to rest, and body to rejuvenate. We all know that not enough sleep can make us stressed, anxious, depressed, forgetful, and prone to a host of other issues.

Eat anti-inflammatory foods and avoid inflammatory foods. This is positive news. We can control how we treat ourselves, and we can do things to help our bodies to reduce inflammation before we are negatively affected. So, get enough sleep, keep your stress in check (relaxation is key), eat nutrient-dense foods, stay away from unhealthy foods (including added sugars and



Watermelon, Grapefruit and Blackberry Salad

6 servings, serving size: 1/6 recipe

Ingredients:

Honey-mint drizzle:

- 1 C fresh grapefruit juice (leftover from slicing)
- 1/4 C olive oil
- 3 Tbs. fresh mint, julienned
- 1 Tbs. local, raw honey (stevia if sugar-free desired)
- 1 tsp sea salt

For salad:

- 1 lb. fresh watermelon, cubed into bite-sized pieces
- 3 red or pink grapefruits, peeled and sliced into rounds
- 3 C blackberries, whole

Directions:

For the *honey-mint drizzle*: Simply combine all ingredients and whisk together.

For the *salad*: Peel grapefruit and slice into rounds or segment. In a separate bowl, squeeze the remaining juice out of the grapefruit and store for use in the honey-mint drizzle. Cube the watermelon in bite-sized pieces. Toss in blackberries.

Store in a large mixing bowl and toss with honey-mint drizzle before serving.

<http://blog.myfitnesspal.com/watermelon-grapefruit-and-blackberry-salad/>



(Continued on page 2)

(Your Gameplan to Live, continued from page 1)

processed foods), move it or lose it – exercise and really try NOT to be a sedentary person, be mindful of maintaining a positive attitude (be grateful, and find joy in small things). Try not to let the little things that won't matter tomorrow, bother you today.

Alcoholism vs. Binge Drinking Sneaky Signs that You Drink Too Much Alcohol

When it comes to alcohol problems, it's not all black and white – there is *definitely* a *gray area*. Most people that have alcoholism, i.e. an alcohol addiction, can be easier to spot than binge drinkers, but the gray area is becoming so unclear that organizations are changing the way they define alcohol use altogether.

Rather than thinking of alcohol abuse (i.e. binge drinking) and alcohol addiction as starkly separate categories, it may be more useful to consider the signs and symptoms that alcohol use produces *in any given individual*. For example, the Diagnostic and Statistical Manual of Mental Disorders (DSM) now lumps all forms of problem drinking together and calls it “Alcohol Use Disorder.” Depending on the severity of the disorder, it can be categorized as mild, moderate, or severe. When thinking of how alcohol use affects one certain individual, it can help draw better conclusions and gauge where exactly on the alcohol use spectrum a person falls.

According to the NIAAA (National Institute on Alcohol Abuse and Alcoholism), you are a binge drinker if you are a man who consumes more than 4 alcoholic drinks in one day or a total of 15 or more in one week or a woman who consumes more than 3 alcoholic drinks in one day or a total of 8 or more in one week. The average binge drinker consumes 8 alcoholic beverages per drinking session, regardless of gender. This doesn't mean they are necessarily throwing back eight beers, though. You do have to consider the different types of alcohol and how much qualifies as a serving. Instead of eight servings of beer, it could alternatively be two long island iced teas since these cocktails contain four shots of alcohol apiece.

Binge drinking has many faces. Some people can binge drink just once or twice a year. Others will go through periods of binge drinking, such as in college, and then abruptly cut back, or some people may go through long periods of binge drinking. **The bottom line is this, however; anyone who consumes more than three or four alcoholic drinks in a sitting is on some spectrum of alcohol abuse.**

So - how much alcohol means you're overdoing it? Read on for some sneaky signs you may be drinking too much.



Weekend warrior status. If you abstain from alcohol all week, but then every Friday and/or Saturday night, drinking is your main objective that could be a problem. Refraining from alcohol all week only to guzzle five or six glasses in one sitting negates any of alcohol's potential health benefits and becomes harmful.

Getting drunk keeps unintentionally creeping up on you - Ever tell yourself you're going to meet a friend for a drink or two at happy hour, and before you knew it you'd downed four and you ordered another? One of the clues that you may be a binge drinker is *not knowing your limits*—or feeling surprised when you've “suddenly” surpassed them. It's healthy to reevaluate your drinking habits regularly.

Your memory is blurry at some parts of the evening. If your memory has become very blurry regarding parts of the night or you have woken up foggy as to how you got

Spring Salad with Asparagus, Goat Cheese, Lemon and Hazelnut



Ingredients:

- 1 bunch of thin asparagus, cut in half lengthwise
- 1 cup fresh peas, or frozen defrosted
- 1/2 cup cooked and prepped fava beans, (or frozen defrosted lima beans)
- 5 radishes, thinly sliced
- 2 medium raw zucchini made into ribbons with vegetable peeler (no seeds)
- 1/2 bunch red leaf lettuce chopped bite sized and a generous handful of arugula mixed together or combination of salad greens of your choice
- 4 oz. of chevre goat cheese
- Zest of one lemon, you can cut up a few slices to garnish after
- 1/2 cup toasted hazelnuts, slightly cracked open
- Shaved Parmigiano Reggiano for top of salad
- Extra lemons for dressing
- Olive oil

Directions:

Roast asparagus on a sheet pan drizzled with olive oil for 5 or 10 minutes on 375° just until the raw taste is gone. (You don't want limp asparagus; they should still have a good bite to them, so keep checking.) Cool them off and slice them lengthwise.

Make a lemon and olive oil dressing using 2 parts of fresh lemon juice to 4 parts olive oil. In a bowl mash up goat cheese and loosen it up with 2 Tbs. of the lemon dressing.

Gently toss and coat sliced asparagus into the mixture, adding salt and pepper to taste. On a large platter, assemble greens, peas, fava beans, radishes, zucchini ribbons ending with the goat cheese coated asparagus on top. Sprinkle toasted nuts all around. Spoon lemon dressing over it all, as much as you think you need. Add shavings of Parmigiano Reggiano on top. Garnish with a few lemon slices.

Source: <https://www.prouditaliancook.com>

(Your Gameplan to Live, continued from page 2)

home and into bed, you've certainly had a few too many.

You let some responsibilities slide. Drinking is a problem when you notice that you've started to neglect things that are important to you for the sake of alcohol. Example: you are very dedicated to your fitness goals, but you start frequently skipping your Monday spin class because you overdid it over the weekend. When drinking is prioritized over your goals, you're probably in the danger zone.

People close to you seem concerned. If your family, friends, or co-workers have hinted or stated that they're worried about you, it is in your best interest to cut back. And if you're afraid to ask people if you drink too much, that's probably a sign that you're overdoing it as well.

Core Strengthening Level 1

Working all the muscles of the core and hip region together can help build the ultimate protection for your spine particularly in the lumbar segments of your vertebral column. These areas are crucial for protecting your spine during movements of rotation, flexion, and extension. By strengthening these muscles during the presence of change, you can achieve the stability necessary for greater health and a happier lower back. Once controlled stability of these exercises is achieved, you can add forms of external resistance to build increased strength and power.

Mini Crunch- Setup: Begin by lying on your back with your legs bent and feet resting flat on the floor. Movement: Lift your head and tighten your abdominals, then slowly curl your upper body off the floor. Lower back to the start and repeat. **Tip: Make sure to keep your low back flat on the floor and maintain a gentle chin tuck throughout the exercise.**



Supine Leg Lifts – Setup: Begin by lying on your back with your knees bent and feet resting on the floor. Movement: Engage your stomach muscles, then lift your feet off the ground, bringing your knees toward your chest. Return to the starting position, and repeat. **Tip: Make sure to keep your stomach muscles engaged, and do not arch your low back during the exercise.**



Knees to Elbows- Setup: Begin by lying on your back with your arms crossed over your chest and knees bent. Movement: Lift your legs off the floor to a 90 degree angle and cross your ankles. Curl your upper body up off the floor toward your knees, then lower it back down and repeat. **Tip: Make sure to keep your low back flat on the floor and don't let your neck strain forward.**



Bicycle Crunches – Setup: Begin by lying on your back with your knees bent, feet resting on the floor, and your hands behind your head. Movement: Lift your legs and your shoulders off of the floor and alternate straightening one leg and then the other while you also turn your upper body toward your knee that is bent. **Tip: Make sure to keep your back flat against the floor during the exercise.**



Slow Cooker Turkey and Bean Chili

Ingredients:

- 1 Tbs. canola oil
- 1 lb. lean ground turkey
- 1 medium onion, diced (approx. 1 cup)
- 3 cloves minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (15-ounce) can no-sugar added tomato sauce
- 1 (14.5-ounce) can diced tomatoes
- 2 (15-ounce) cans kidney beans, drained and rinsed
- 2 Tbs. chili powder
- 2 tsp dried oregano
- 1 tsp ground cumin
- 6 oz. (10-15 chips each) baked tortilla chips

Directions:

Rinse lentils and In a large nonstick skillet, add oil, ground turkey and onion. Cook until meat is no longer pink, about 10 minutes. Add garlic, salt and pepper. Cook 1 minute longer.

Transfer to (4-quart) slow cooker. Stir in remaining ingredients: tomato sauce, diced tomatoes, kidney beans, chili powder, dried oregano and cumin.

Cover and cook on low for 8 hours or until heated through. Season with salt, to taste, and serve with optional toppings if desired.

Energizing Tips (optional)

- Add 1/4 cup Greek yogurt to bump up calories and protein.
- Slice in 1/4 medium avocado to bump up calories and healthy fats.

<http://blog.myfitnesspal.com/slow-cooker-turkey-bean-chili/>

(Your Gameplan to Live, continued from page 3)

The *Dirtiest* and *Cleanest* Non-Organic Produce

The 2018 Dirty Dozen list of fruits and vegetables has been released by Environmental Working Group (EWG). The following is a quick rundown of what the Department of Agriculture tests found:

- 230 different pesticides were found on the non-organic produce sampled.
- Nearly 70% of non-organic produce tested positive for contamination.
- 40% of non-organic spinach samples were contaminated with DDT, a neurotoxic insecticide which was banned in the United States.
- Over 98% of the following produce contained at least one pesticide: strawberries, spinach, peaches, cherries, apples, and peaches.
- One strawberry sample contained 22 different pesticides and residues.

EWG DIRTY LIST

- | | |
|----------------|-------------------------------|
| ✓ Strawberries | ✓ Grapes |
| ✓ Spinach | ✓ Celery |
| ✓ Nectarines | ✓ Cherry Tomatoes |
| ✓ Apples | ✓ Sweet Bell Peppers |
| ✓ Peaches | ✓ Potatoes and Sweet Potatoes |
| ✓ Pears | ✓ Sweet Bell Peppers |
| ✓ Cherries | |

EWG Group CLEAN LIST

Non-organic produce that is *least likely* to be contaminated by pesticides. This doesn't mean that there are NO pesticides. *Note: Some sweet corn and papayas grown in the US are GMO. If that is something that bothers you, go organic or look for non GMO. The following are on the Clean List.

- | | |
|---------------------|---------------|
| ✓ Avocados | ✓ Mangos |
| ✓ Sweet Corn* | ✓ Eggplant |
| ✓ Pineapples | ✓ Honeydew |
| ✓ Cabbage | ✓ Kiwi |
| ✓ Onions | ✓ Cantaloupe |
| ✓ Frozen Sweet Peas | ✓ Cauliflower |
| ✓ Papayas* | ✓ Broccoli |
| ✓ Asparagus | |

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!



Buddha Bowl

Create your own Buddha bowl by starting with a large sized bowl. Use an abundance of raw organic greens like kale, arugula, watercress and micro greens. The greens are the foundation for your bowl and are full of antioxidants and nutrients. I used kale and arugula micro greens. Add as many roasted and raw vegetables as you like. Variety is key so choose a bunch of your favorites. Lastly add protein and/or grains.

Go light on the dressing. I blended an avocado with Greek yogurt, lemon juice, salt and fresh cilantro for a creamy healthy combination that was amazing with brown rice and all the veggies.

Source: <http://foodwinethyme.com/roasted-veggie-buddha-bowl/>



Contact Mark Everest & Staff at:
Occupational Athletics, Inc.
 5943 Linglestown Road
 Harrisburg, PA 17112
 Phone: (717) 651-9510
www.occupationalathletics.com