



# Partners in Prevention

Taking Health & Safety to Higher Ground

April 2020

## YOUR GAMEPLAN TO LIVE

### Walking for Exercise When There is Not Much Space

Walking is something that most people can do as daily exercise and we all know it's healthy. It can help us to lose as well as maintain weight; it can clear our minds and keep our bodies fit. It's not always simple; however, to get outdoors or to hit the treadmill – especially during times such as we are experiencing now. This doesn't mean that you can't still get in a good walking workout *inside*. This is also great for when the weather is inclement, time is tight, you are traveling, or anytime – anywhere that you are strapped for time and space.



*What we are talking about is walking or marching in place.*

It doesn't matter if you are inside or outside; what does matter is that you raise your heart rate (depending upon your age and fitness level, 50 – 80 percent of your maximum heart rate) to burn calories (a good gage is that [at your max] you can talk but not sing). If you wear a fitness tracker you know how many steps you take in a day. You are also probably familiar with getting those steps in however you can... inside as well as outside because it doesn't matter where those steps are taken. They all count! All you have to do is start marching in place. Lift your knees as you "walk". Put some music on or do it while you watch TV. If you want to ramp it up, add arm movements. Pump your arms, press them overhead, even add light weights as you march if you need more of a challenge. You can also incorporate other callisthenic movements. For instance – march for 5 minutes, do some squats for 30 seconds, march for 5 minutes, do some lunges for 30 seconds, march for 5 minutes, do 15 pushups, and so on. If marching is too easy, you can switch to a light jog in place. If marching with knees up is too hard, do a light walk in place. Listen to your body. We all have different levels of fitness. You can do this for as long as you like – for an hour at a time, 25 minutes, or even 5 or 10 minutes at a time several times a day. Find what works for you. It is all beneficial and a thousand times better than sitting.

In a study published by the Medicine & Science in Sport & Exercise journal,



### Immune Boosting Mango Ginger Smoothie

This immune boosting smoothie contains vitamin C and A, zinc, various carotenoids, antioxidants, and has anti-inflammatory properties.

#### Ingredients:

- 1 heaping cup frozen mango chunks
- 5 whole cashews
- 1/2 teaspoon grated fresh ginger (or 1/4 teaspoon dry ground ginger)
- 1/2 cup unsweetened cashew or almond milk
- 1/4 teaspoon turmeric
- 2-3 ice cubes
- 1 teaspoon honey (if desired)

#### Directions:

Place all ingredients in a high-speed blender and puree until thick and frothy. Taste. Add honey if desired. If too thick, add a bit more milk or water.

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participants who walked in place for an hour burned an average of 258 calories, compared to roughly 304 calories for people who walked on a treadmill. The study also found walking in place during commercial breaks burned about 148 calories in 25 minutes while **racking up 2,111 steps** (<https://blog.myfitnesspal.com/can-walking-in-place-help-you-lose-weight/>).

## Focusing on the Positives in Quarantine



Even though we are going through hard times right now, we all deserve to have peace and joy. We are living in an unprecedented time of uncertainty. Many are fearful of this virus that we don't know enough about, fearful of losing jobs and an income, concerned about family and friends... all while we are mostly stuck in our homes with a lot less space than we are accustomed to having access to.

### *How do we cope with this – especially when we don't know the outcome?*

In the beginning, this was all quite surreal – a shock to our systems that this could actually be happening, but slowly – for the most part – we have begun to adapt, and adapting helps us to be able to find the positives amongst all the negatives if we are willing to look.

For many of us, spending most of each day with family can be a double edge sword at times (especially if you are trying to work with small children nearby, for instance), but **it has also brought us closer** as we find creative ways to entertain ourselves and each other. We are in a lockdown for the most part, and **time outside has become something that is wonderful**. Of course, we all enjoyed time outside before Covid19, but how many of you now find it to be the best part of your day? Not only is it a welcome change from being inside, but it's an opportunity for exercise, play, and is a boost to our mental health. Take a walk or run with your family. Cycle. **Notice the beauty around you** – trees, birds, sky, and the little things you may never have noticed before. Children are now more interested than ever in nature walks and what wonders can be found. Buds on the trees, insects, new flowers, sticks, rocks – you name it! **We are enjoying home cooking** with the time to prepare food that we only reserved for special occasions – or never! We now have the time to try new recipes and have fun doing it. **We are able to enjoy our families** at mealtime without being rushed to be someplace afterwards.

**We've been forced to slow down**, so take advantage of that extra time - we've been go-go-go for forever, right? Now that there's less rush and chaos and more down time – we can feel a little saner. **We can reflect**. And it's down time we don't have to feel guilty about either. Before all of this, when was the last time you slept in, put a puzzle together, looked forward to cleaning and organizing a closet/storage room/garage, learned a new dance, took up a new hobby, or made a campfire in the back yard? Read a good book, connect with extended family, take an online class, or just relax and do nothing.



## Immunity Power Salad

### Salad:

- 3 cups spinach, torn
- 2 cups chopped kale
- 15 oz. can garbanzo beans
- 1/2 cup thinly sliced red onion
- 1 cup sliced strawberries
- 1 cup blueberries
- 1/4 cup sunflower seeds
- 1/4 cup hemp hearts

### Balsamic Vinaigrette with Chia:

- 1/4 cup water
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 1 clove finely minced garlic
- 1 Tbsp. chia seeds
- 1/4 tsp. salt
- 1/4 tsp. pepper

### Directions:

**Dressing:** In a bowl, whisk together all ingredients. The longer you let the dressing sit, the thicker it will be from the chia seeds.

**Salad:** Place kale and spinach in a large bowl and mix together. Pour desired amount of dressing over top and lightly toss to coat. (If you have unused dressing, store in a covered container for up to 4 days. Dressing will become thicker from chia seeds). Rinse and drain beans. Thinly slice onion and strawberries. Add to salad along with the blueberries. Sprinkle sunflower seeds and hemp hearts on top. Salad (without dressing) keeps in the fridge for approximately 2-3 days.

4 servings.

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**Look for the positives each day.** Be thankful for things each day. We truly are all in this together. We all are vulnerable and have concerns. We are all looking for hope. **We are also now more aware than we were before** – more aware of each other as we practice social distancing and miss our families and friends, more aware of people we see that we never really noticed before – the person who delivers our mail, the people who collect our trash, the person handing us our drink out the window of a Starbucks, the checkout person at the grocery store, and people that we pass as we are out walking. **Being thankful for the little things can make all the difference in the world in how we feel inside.**

## Ginger Shots

Ginger has been studied for many health benefits, including stimulating digestion, positively affecting cholesterol levels and reducing nausea and inflammation (which is why we conventionally lean into it for belly aches or flu-like symptoms). One study even found ginger carries anti-viral properties.

“Ginger is a powerful antioxidant that protects cells from oxidative stress and damage,” says Megan Wong, RD. “Cells are then more resilient and able to carry out immune-boosting functions.”



### Ingredients:

- ¼ cup finely chopped raw ginger with
- ½ cup lemon juice (also rich in vitamin C)

### Directions:

Blend the ginger and lemon; then pour the mixture through a fine-mesh sieve. This makes enough for four shots. You can keep the mixture in the fridge for up to a week or add a serving to your fruit smoothie.

Article and recipe from [https://blog.myfitnesspal.com/7-drinks-to-help-support-your-immune-system/?utm\\_source=mfp&utm\\_medium=email&utm\\_campaign=MFP\\_Daily3\\_20200409\\_Control&utm\\_content=hero&\\_branch\\_match\\_id=lend\\_776897092742446131](https://blog.myfitnesspal.com/7-drinks-to-help-support-your-immune-system/?utm_source=mfp&utm_medium=email&utm_campaign=MFP_Daily3_20200409_Control&utm_content=hero&_branch_match_id=lend_776897092742446131)

## Sleep Issues During Pandemic

Keeping up with the news these days can be extra anxiety-inducing with COVID-19 and government stay at home orders dominating the headlines. The rising number of cases, risk, and the economy is hard to get off our minds. It's understandable that these thoughts could keep our minds wired at night, preventing us from being able to fall asleep or get a good quality sleep the whole night through.

### What Can We Do?

- **Try to keep a consistent daytime routine and consistent sleep schedule.** Go to bed at the same time every night and wake at the same time every day.



## Zesty Shrimp Lettuce Wrap

### Ingredients:

- ¾ pound cooked, peeled and deveined small or medium shrimp
- 1 large carrot, peeled and shaved with vegetable peeler or grated
- 1 small yellow bell pepper, finely chopped
- ½ cup rinsed and drained no-salt-added canned black beans (certified gluten-free if necessary)
- ¼ cup fresh cilantro leaves
- ½ teaspoon grated lime rind
- ¼ cup fresh lime juice
- 1 tablespoon extra virgin olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 12 to 24 large Boston or butter lettuce leaves, rinsed and patted dry\*

### Directions:

Combine all ingredients except lettuce in a medium bowl. (Mixture may be chilled until ready to serve.) Spoon 1/3 cup shrimp salad into each lettuce leaf. Serve immediately. \*If lettuce leaves are small, stack two together before filling.

Serves: 4 | Serving Size: 3 filled lettuce wraps

Recipe: <https://blog.myfitnesspal.com/20-minute-zesty-shrimp-lettuce-wraps/>



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- **Get outside for some fresh air during light hours.** Perhaps take a walk. Exposing yourself to as much light as possible during day hours and avoiding bright light during dark hours helps with the sleep cycle. Being outside is also great for mental health.
- **Get some exercise in the morning or afternoon.** Exercising earlier in the day (at least 3 hours before bedtime) allows your body to go into a deeper sleep at night.
- **Remember to wind down before going to bed!** Try spending the last hour before going to bed doing something calming such as bedtime yoga, meditation, prayer, relaxing music, read a book, take a hot bath, drink herbal tea with no caffeine.



## What to Avoid

- **Large quantities of alcohol.** Especially near bedtime. Alcohol can really interrupt your sleep and while it may help you fall asleep, you will not get a good quality deep sleep if you drank too much.
- **Too much stimulation at night - especially visual stimulation.** TV, cell phone, computer, social media, etc. If you are going to watch TV before bedtime - don't watch it IN bed and be sure to watch something easy-going.
- **Do not exercise right before bedtime.**
- **Do not consume caffeine or sugar at night.** Individuals should become very familiar with how their body reacts to caffeine and what time they should stop drinking it. Caffeine can stay in your system for a long time.
- **Avoid eating a large meal right before bed.** Give your body time to digest.
- **Avoid napping.** Although there are exceptions to this rule. Such as if you'll be operating heavy machinery, driving, or engaging in jobs or activities that make them dangerous to do while tired. In those cases, sleeping in or napping might be necessary.

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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## Blueberry Breakfast Mug Cake

### Ingredients:

- 1/4 cup (24g) whole-wheat pastry flour
- 1 tablespoon rolled oats
- 1 tablespoon coconut sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon baking powder
- 1 pinch salt
- 1/4 cup 2% milk or unsweetened non-dairy milk
- 2 teaspoons canola oil or melted coconut oil
- 1/4 teaspoon vanilla extract
- 1/4 cup fresh blueberries
- 2 teaspoons chopped toasted pecans

### Directions:

In a small bowl, whisk together the flour, oats, sugar, cinnamon, baking powder and salt. In a small measuring cup, whisk together the milk, oil and vanilla. Add the wet ingredients to the dry ingredients and mix with a fork until moistened. Stir in the blueberries. Spoon the batter into a 12–16-ounce mug. Sprinkle the top with nuts. Microwave on high until the cake has expanded and is firm to the touch, 1 1/2–2 minutes, depending on the wattage of your microwave. Watch closely and do not overcook. Add time in 10-second intervals if the muffin is not done. The muffin will puff up at first but deflate as it cools.

Serves: 1 | Serving Size: 1 muffin

Photo and recipe: <https://blog.myfitnesspal.com/blueberry-breakfast-mug-cake/>