



Partners in Prevention

Taking Health & Safety to Higher Ground

December 2018

YOUR GAMEPLAN TO LIVE

Feeling Like a Scrooge?



Feeling overwhelmed by the holiday hype? Or maybe suffering from just a bit of seasonal pre-winter slump? Make a date with a FUN, HAPPY friend! Most of us have at least one; you know... the person who makes life feel easier, less serious, and can always make you smile. Happiness, smiles, and good vibes are contagious, and research supports it. Just think about it – when you're down and you are with a friend, or someone else, who has a zest for life, they can help you to feel that way, too!

Believe it or not, optimism is actually a choice, albeit not easy for many. It takes lots of practice to think in a positive way. And having positive thoughts vs. going automatically to negative thoughts is very important to your mental health... especially if you're susceptible to feeling depressed. We know it isn't easy, but even if you don't *feel* happy, start *acting* happy! Consciously smile more. Pass a mirror and smile at yourself. Pass by people, and smile. Smile whenever you think about it. Smiling actually has a positive effect on your mood. "The act of smiling activates the release of neuropeptides that work toward fighting off stress." Neuropeptides are tiny molecules in your brain that allow neurons to communicate. They facilitate messaging to the whole body when we are happy, sad, angry, depressed, or excited. The feel-good neurotransmitters — dopamine, endorphins and serotonin — are all released when a smile flashes across your face as well. This not only relaxes your body, but it can also lower your heart rate and blood pressure (<https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201206/there-s-magic-in-your-smile>).

How Fit Are You?



Do you step on the scale on a regular basis? Or try on old clothes, suck in your stomach and check yourself out in the mirror? This can definitely help you decide if you've lost some weight or look the way you want to, but it isn't the best fitness assessment. For health reasons, you should also focus on whether or not you have good flexibility, balance, muscle strength and cardiovascular function. The following is a test for upper body strength. If you are not happy with

your results, work on your upper body strength several days a week and retest every 8-10 weeks to assess your progression.

Pushup Test for Upper Body Strength

- Before beginning, warm up a bit; try marching in place for a few minutes making sure to move your arms back and forth for momentum.
- Get in pushup position: hands shoulder-width apart and elbows fully extended. Women can place knees on the ground and cross their feet for modified pushup. Make sure hips are down.



Spicy Shrimp on a Stick

25 calories, 1 g fat

Ingredients:

- 30 tail-on, peeled, deveined shrimp
- 2 tbsp. olive oil
- 1 tbsp. chili powder
- 1 tbsp. honey
- Salt and pepper

Directions:

Combine shrimp with ingredients above. Thread 3 shrimp on each skewer and a small hot pepper (if desired); cook each side on an oiled grill pan until cooked thoroughly. Serve with lime.

(Your Gameplan to Live, continued from page 1)

- While keeping a straight line from the toes, to hips, and to the shoulders (keep your glutes in line with your body, not sticking up in the air), lower your upper body so your elbows bend to 90 degrees. Keep your core tight.
- Push back up to the start position -that is one rep. Continue with this form and complete as many repetitions as possible without breaking form.

*Average Pushups for Men by Age: Ages 20 to 29 = 35 to 44 pushups, Ages 30 to 39 = 24 to 34 pushups, Ages 40 to 49 = 20 to 29 pushups, Ages 50 to 59 = 15 to 24 pushups, and Ages 60+ = 10 to 19 pushups

*Average Pushups for Women by Age: Ages 20 to 29 = 17 to 33 pushups, Ages 30 to 39 = 12 to 24 pushups, Ages 40 to 49 = 8 to 19 pushups, Ages 50 to 59 = 6 to 14 pushups, and Ages 60+ = 3 to 4 pushups

*Numbers based on the American College of Sports Medicine

There are other types of tests you can take for aerobic fitness, flexibility, etc. A good source for finding these tests is to visit: www.adultfitnessstest.org/. <https://www.verywellfit.com/push-up-test-for-upper-body-strength-and-endurance-3120272>

Keep Your Craving for Sweets in Check



The holidays are upon us, and for those of us with a sweet tooth, it is extra difficult to stick to a healthy diet... let alone START one! Tasty treats are everywhere, and the truth is, *the more sugar we eat, the more we crave*. So... with so much temptation surrounding us, how can we keep our treat consumption under control?

Go cold turkey. Cutting out all simple sugars works for some people if you can get through the first 2 to 3 days. After that, cravings are much less.

Chew gum. The act of chewing on gum can reduce your craving for something sweet... plus – it gives your head a time to think, “Do I REALLY want to eat that?”

Take a hike. Or at least get up and MOVE AWAY FROM THE SWEETS! Taking a short walk instead of reaching for that brownie will distract you and also burn some calories!

Don't shop hungry and don't go to parties starving. Enough said. We all know why.

Eat dark chocolate. Choose one with a high percentage of cocoa solids. Keep it in the freezer and have a square or two daily. This dark chocolate is good for you and is not overly sweet. It may be just enough to satisfy.

Cut back drastically on grains i.e. cereal, bread, snacks, baked goods, rice as well as white potatoes. These types of foods often keep cravings going. Cutting them back or out will help with the craving of sweets and snacks after a few days of doing without them.

Up your consumption of vegetables and low sugar fruits (among lowest sugar fruits: berries, lemons, limes, grapefruit, avocado, cantaloupe, pears, nectarines, peaches, plums, sour cherries, cranberries, guava, kiwi, passion fruit, tangerines, tomatoes, olives, starfruit).

Keep sweet treats OUT OF THE HOUSE! You can't eat what you don't have.



Photo/Source: <https://blog.myfitnesspal.com/one-skillet-kale-tomato-egg-bake/>

One-Skillet Kale Tomato Egg Bake

Ingredients:

- 2 tablespoons olive oil
- 1/2 medium yellow onion, chopped
- 2 medium bell peppers, chopped
- 2 cups baby Bella mushrooms, chopped
- 4 cloves garlic, minced
- 1 tablespoon ground cumin
- 1/8 teaspoon ground cayenne pepper, optional
- 1/2 teaspoon salt
- 1/3 cup mild harissa paste (or hot sauce of your choice; certified gluten-free if necessary)
- 2 (14.5-ounce) cans unsalted diced tomatoes, undrained
- 3 tightly packed cups kale leaves
- 4 large eggs

Directions:

In a 10-inch cast iron skillet, heat the oil to medium. Add the onions and peppers and sauté, stirring frequently until softened, about 8 minutes. Add the mushrooms and garlic and continue sautéing another 3 minutes, until mushrooms have softened. Add the ground cumin, cayenne pepper, salt, and harissa paste. Sauté an additional minute. Add the diced tomatoes and bring to a full boil. Allow the mixture to cook about 10 minutes, stirring occasionally. Add the chopped kale leaves, stir well, and cook an additional 10 minutes, stirring occasionally. Dig small wells into the mixture and carefully crack eggs into them. Cover the skillet and allow the eggs to cook until whites have firmed up, about 10 to 12 minutes. Scoop eggs and sauce into bowls and serve with toasted bread.

Orthopedic Trends—Shoveling Safety



IT'S COMING, like it or not... WINTER, and with winter comes tasks that are physically demanding, such as shoveling. Shoveling snow can lead to injuries such as sprains, strains and worse. It can put a strain on the heart particularly in those who have not done much physical activity in several months. Cold weather can increase heart rate and blood pressure. It can make blood clot more easily and constrict arteries, which

decreases blood supply. This is true even in healthy people. Individuals over the age of 40, or who are relatively inactive, should be particularly careful when shoveling. Do not smoke while shoveling.

Follow these safety tips when you go out to shovel in wintry weather:

- **Dress in layers and be sure to wear warm clothing, be especially careful if there are wind chills and temperatures are below freezing.** Wear the appropriate footwear for wintry weather.
- **Use a shovel that is comfortable for your height and strength.** Do not use a shovel that is too heavy or too long for you. Consider buying a shovel that is specially designed to prevent too much stooping. Space your hands on the tool grip to increase your leverage.
- **When it snows, shovel a few times during a storm rather than waiting until after it's done snowing and shoveling it all at once.** Freshly fallen snow will weigh a lot less than compacted snow.
- **Warm up your muscles.** Shoveling can be a vigorous activity. Before you begin, warm up your muscles for 10 minutes with light exercise and stretching.
- **When possible, push the snow instead of lifting it.** Do not throw the snow over your shoulder or to the side. This requires a twisting motion that stresses your back. **If you must lift, take small amounts of snow and use proper form, keeping your back straight and lift with your legs.** Lift by straightening your legs, without bending at the waist. It's also helpful to use a smaller shovel.
- **Avoid shoveling under snow and ice covered trees and roof lines due to possibly falling limbs, ice and snow.**
- **Take breaks while shoveling and do not overexert yourself, especially if you are inactive and over 40 years of age.** Pace yourself. Take frequent breaks and replenish fluids to prevent dehydration. Do not work to the point of exhaustion.
- **If you or someone you are with begins to have chest discomfort, shortness of breath or other signs of a heart attack, seek emergency care.** If you have a history of heart disease do not shovel without your doctor's okay.
- **Be aware of your footing, especially in slippery conditions.**

Don't pick up that shovel without a doctor's permission if you have a history of heart disease. If you feel tightness in the chest or dizziness, stop immediately. A clear driveway is not worth your life.

Snow Blower Safety Quick Tips:

- If the blower jams, turn it off
- Keep your hands away from the moving parts
- Do not drink alcohol and use the snow blower
- Be aware of the carbon monoxide risk of running a snow blower in an enclosed space
- Refuel your snow blower when it is off, never when it is running

Easy Pesto Mozzarella Chicken Bake

Ingredients:

- 3-4 boneless, skinless chicken breasts
- 4-6 tablespoons prepared pesto
- 1-2 roma tomatoes
- 1 cup mozzarella cheese, grated (or fresh mozzarella slices)

Directions:

Trim the chicken breasts and lay them in a glass baking dish in a single layer. Spread 1-2 tablespoons of the pesto on top of each chicken breast. Cut the roma tomatoes into slices approximately 1/2" thick and lay 2 slices on top of each chicken breast. Sprinkle the cheese over the top of the chicken breasts.

Bake at 400°F for 30-40 minutes or until the chicken is done and the juices run clear. Serve over greens, with a salad, or with a side of veggies.

Photo/Source: <https://www.thepinningmama.com/easy-dinner-recipe-italian-chicken-bake/?m>



(Your Gameplan to Live, continued from page 3)

Sugar Free Low Carb Chocolate Crazy Cake

(Egg Free, Dairy Free, Nut Free, Gluten Free)



Photo/Source: <https://www.sugarfreemom.com/recipes/sugar-free-low-carb-chocolate-crazy-cake-egg-free-dairy-free-nut-free-gluten-free/>

Ingredients:

- 1 cup sesame flour or sesame meal
- 1/2 cup ground flaxseed
- 1/3 cup unsweetened cocoa powder
- 1 cup Swerve sweetener
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon white vinegar
- 1 teaspoon pure vanilla extract
- 5 tablespoons sunflower oil
- 1/2 teaspoon chocolate liquid stevia
- 1 cup water

Directions:

Preheat oven to 350°F. Line an 8x8 baking pan with parchment paper. Whisk together the first 7 dry ingredients. Make 3 depressions in the dry mixture, 2 small and 1 large. Pour the vinegar in a small depression, the vanilla extract and chocolate stevia in the other small depression and the oil in the large depression. Pour the water over the top and stir until smooth. Spread the batter into the baking pan.

Place in the middle rack of your oven and bake for 30 minutes or until a toothpick in the center comes clean. Allow to cool for 10 minutes then remove by holding the ends of the parchment paper. Place onto a cutting board to frost then slice.

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!



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



Photo/Source: Based on recipe: <https://www.tasteofhome.com/recipes/roasted-butternut-linguine/>

Roasted Butternut Linguini

Ingredients:

- 4 cups cubed, peeled butternut squash
- 1 medium red onion, chopped
- 3 tablespoons olive oil
- 1/4 teaspoon crushed red pepper flakes
- 1/2 pound uncooked low-carb linguine or spiralized vegetables
- 2 cups julienned Swiss chard
- 1 tablespoon minced fresh sage
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

Preheat oven to 350°F. Place the squash and onion in a 15x10x1-in. baking pan coated with cooking spray. Combine the oil and pepper flakes; drizzle over vegetables and toss to coat. Bake, uncovered, 45-50 minutes or until tender, stirring occasionally.

Meanwhile, cook linguine according to package directions or sauté spiralized vegetables just tender and place in a large bowl. Add the squash mixture, Swiss chard, sage, salt and pepper; toss to combine.