



Partners in Prevention

Taking Health & Safety to Higher Ground

February 2019

YOUR GAMEPLAN TO LIVE

Overcoming Behavioral Hurdles That Keep You from Doing What You Want to Do!

Based on the "Gameplan for Aging, your Four Quarters of Life"



"Behavior is the most challenging thing to change in one's life because it is so imbedded into our minds. We may not even realize what we are doing. In order to make positive lifestyle changes, you first must recognize that you will have daily hurdles to jump over; and for some, these hurdles are harder to overcome than for others depending on your personality and habits. I like to refer to the following as hurdles, but others may call them excuses. The reason I refer to them as hurdles is because they're linked together. A hurdler can jump over 1 hurdle,

hit the next one and knock it down, but then get back up and jump over the remaining ones...still finishing the race."

"I'm too old." YOU'RE NEVER TOO OLD TO DO SOMETHING TO ENHANCE YOUR HEALTH AND WELL BEING. No matter how old we are, we want to feel our best!

"I just don't care." YOU MAY NOT CARE AT THIS MOMENT, BUT TIME DOESN'T STAND STILL. You are going to grow older, things are going to change, and if you don't take the time to take care of your lifestyle, your chances of becoming unwell and developing disease will increase.

"There is no hope for me." THERE IS HOPE FOR EVERYONE. We can all make positive changes in our lives. They don't have to be big changes all at once; even small, healthy change is significant.

Discipline. MAKE A PLAN & TAKE ACTION! Write your goal down. Add the steps it will take to reach that goal. Look at your plan often. It will help you to stick to your plan.

Commitment. WE BECOME WHAT WE ARE COMMITTED TO. Commit to what will make you a healthier happier person.

Complacency. SAME STUFF; DIFFERENT DAY IS NOT THE WAY MOST PEOPLE WANT TO LIVE. You are the only one that can change you. If you don't like same stuff, different day, change it up.

Procrastination. DON'T PUT OFF 'TIL TOMORROW WHAT YOU COULD DO TODAY. Nothing will get better in your life if you do nothing to make positive change – whatever that may be. You have all the power!



Heart Smart Bulk Oatmeal Breakfast

By Lawna Blankenship

Ingredients:

- 42 oz. organic old fashioned oatmeal (not 1-minute oatmeal). **SAVE THE CONTAINER(S).**
- 4 cups organic raisins and/or dried cranberries
- 16 oz. bag whole ground flaxseed (an omega-3 fatty acid)
- 1/2 container of unsweetened cocoa powder (I use Hershey's)
- 2 oz. container of ground cinnamon

Directions:

Mix all the ingredients in a large pot...unless you have a gigantic bowl. Pour back into the oatmeal containers. I save containers to be able to store the large batch. I bought 1# size in order to have one for my daily use, as it fits nicely on my cupboard shelf.

Make Your Breakfast:

1. Put three heaping tablespoons of oatmeal mixture in bowl (adjust for your appetite).
2. Pour just enough water over mixture.
3. Microwave for 2 min 22 sec. Remove.
4. Top with 2-3 tablespoons of frozen blueberries (or fresh when in season). Or any fruit, strawberries, banana, etc. Stir.
5. If desired, add any chopped nuts that you enjoy.
6. Top with a generous dollop of low fat, low sugar yogurt or organic low-fat milk or nut milk.
7. Stir and enjoy.

Caution: Lip smacking may occur.

Fuel your furnace in the morning with the most important meal of the day, which tastes like dessert!

(Your Gameplan to Live, continued from page 1)

Self-motivation. ACTION. ACTION. ACTION. DON'T JUST SIT THERE! MOVE! Most people need to motivate themselves every single day. What motivates you? What helps to keep you motivated? Listening, watching, or reading motivational material can help.

No Energy. CLEAN UP YOUR EATING & EXERCISE ON A DAILY BASIS. THIS WILL GIVE YOU MORE ENERGY. Processed foods, starchy carbs, sugar... these are not healthy and will drag you down! Fruits, vegetables, lean protein will help you to fight fatigue!

Attitude! THIS CAN MAKE YOU OR BREAK YOU. Be positive about yourself and what you can accomplish. You can make positive changes to feel better and BE better. Take the words: *Can't* and *Won't* out of your vocabulary. Be aware of your thinking. Are you going towards the glass half full attitude or the glass half empty? Note: a positive attitude doesn't happen overnight, but it WILL happen if you stay aware and keep working at it!

You don't need to change everything at once, but if you work on jumping over one hurdle at a time, you will start to notice that your lifestyle will improve, which will in turn, greatly enhance your life!

Heart Smart Oatmeal – The Super Healthy Multigrain



Oatmeal has amazing benefits. You may just have to pinch yourself... how can something taste so good and be such an exceptional nutritional choice!

Oatmeal and oat bran, significant sources of dietary fiber, have proven to be effective in lowering blood cholesterol as well as blood pressure. The beneficial health effects of oats are most effective if ½ -1 cup (1½-3 ounces uncooked) of oats are eaten each day.

Oats help to control blood glucose and insulin levels through beta-glucan, a component in the soluble fiber found in oats. As the soluble fiber of oats is digested, it forms a gel, which slows down digestion and prolongs the absorption of carbohydrates into the bloodstream. This means that you won't have quick ups and downs in your blood sugar levels. Other sources of soluble fiber are grains, fresh fruit and vegetables.

Multigrains such as oats (as well as vegetables) contain phytochemicals (plant chemicals). Many phytochemicals are thought to reduce the risk of cancer. Phytoestrogen compounds (called lignans) in oats have been linked to decreased risk of hormone-related diseases such as breast cancer. Similar effects may also be connected to a decrease in other hormone-related cancers such as prostate, endometrium, and ovarian cancer.

Of interest: there has been research to suggest that children who eat oatmeal on a regular basis (most days for breakfast – instead of sugary foods) lower their risk of obesity. The research found that the children who ate oatmeal were 50% less likely to become overweight when compared to those children that did not eat it.

The other nice thing about oatmeal – there is only ONE ingredient.... Oatmeal.

Note: Purchase ORGANIC oatmeal as many cereals including oatmeal were found to contain the pesticide (Roundup), glyphosate. The Environmental Working Group, EWG, tested 28 brands of cereals and all 28 conventionally grown grains contained the pesticide – many in pretty large quantities. Quaker's Instant Oats averaged 700



Quick Sun Butter Chicken Broccoli Stir-Fry

SAFE FOR THOSE ALLERGIC TO THE TOP 8 FOOD ALLERGIES

Serves 4

Ingredients:

- 4 teaspoons extra light olive oil, divided
- 1 pound boneless skinless chicken breasts, cut into 1/2-inch pieces
- 2 cups (1 1/2 inch) broccoli florets
- 1 medium red or green pepper, cut into 1/4-inch wide strips
- 4 ounces fresh snow peas, trimmed (1 heaping cup)
- 1/2 cup green onion, cut in 1-inch lengths
- 2 cloves garlic, minced
- 1 (8 oz.) can sliced water chestnuts, drained
- 3/4 cup water
- 1/2 cup Sun Butter
- 1/2 cup bottled stir-fry sauce
- Hot cooked white rice

Directions:

HEAT 2 teaspoons oil in large skillet or wok over medium-high heat. Stir-fry chicken in oil until lightly browned and no longer pink in center. Remove from skillet. HEAT remaining 2 teaspoons oil in skillet. Stir-fry broccoli and red pepper in oil 3 minutes. Add snow peas, green onion and garlic; stir-fry 1 to 2 minutes. Add water chestnuts; stir-fry 1 minute or until hot. WHISK together water, Sun Butter and stir-fry sauce in small bowl until smooth. Add sauce mixture and chicken to skillet; heat through. Serve over cooked rice.

(Your Gameplan to Live, continued from page 2)

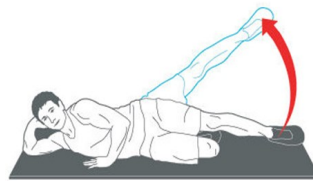
parts per billion (ppb). The EWG health benchmark is 160 parts per billion. 16 organic samples were tested with 5 coming up positive for traces of glyphosate; however, all were under EWG's limit of 160 ppb. That means that 70% of the organic brands tested had no glyphosate detected in them at all, and 100% were below a concerning level.

<https://www.ewg.org/release/roundup-breakfast-part-2-new-tests-weed-killer-found-all-kids-cereals-sampled>
<https://gimmethegoodstuff.org/pesticides-in-organic-oatmeal-oat-products/>

SIMPLE AT-HOME EXERCISES FOR LOWER BODY STRENGTH

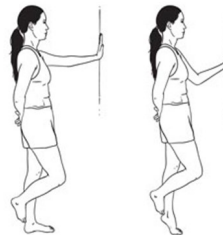
Side Lying Hip Abduction

Lie on your side on a mat/floor with your legs lengthened out or bottom knee bent (pictured). Your lower arm can be bent and placed under your head for support and your upper arm comes in front with hand placed on the floor. Your hips and shoulders should be stacked up and aligned vertically to the floor. Engage your abdominal muscles then raise the upper leg off the lower leg. Keep the knee straight and the foot in a neutral position. Do not allow the hips to roll forward or back. Return the leg to your starting position in a slow, controlled manner. Switch sides. (A common mistake is raising the leg too high in this exercise.)



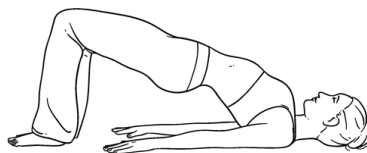
Standing Calf Raises

Stand 6 -12" away from a wall with your feet hip-width apart and toes facing forward. Place your hands on the wall, shoulder height. Slowly rise up onto your toes, lifting your heels off the floor. Keep your knees straight. Do not allow the feet to rotate. Use your hands on the wall to support your balance. Hold the raised position briefly then slowly lower your heels back to the floor. (You can also do this exercise one side at a time, which is pictured.)



Glute Bridge

Lie on your back on an exercise mat or the floor in a bent-knee position with your feet flat on the floor. Place your feet hip-width apart with the toes facing away from you. Gently contract your abdominal muscles to flatten your low back into the floor. Attempt to maintain this gentle muscle contraction throughout the exercise. Keep the abdominals engaged and lift your hips up off the floor. Press your heels into the floor for added stability. Avoid pushing your hips too high. Lower back down slowly.



<http://www.acefitness.org/acefit/fitness-programs-article/2863/Top-25-At-Home-Exercises/>

Massage Your Way to Relaxation and Better Health

Massage is a wonderful way to relax, and as your muscles begin to relax, so does your mind, relieving stress and tension. The most common type of massage is Swedish massage, a soothing technique designed to relax and energize. Another common type of massage is Shiatsu (also known as acupressure). With Shiatsu, massage therapists use their fingers to manipulate the body's pressure points.

Sweet Potato and Black Bean Chili



Recipe by: EatingWell Test Kitchen

Serves 4

Make a double batch of this quick vegetarian chili, full of black beans and sweet potatoes, and eat it for lunch the next day or freeze the extras for another night. We love the smoky heat from the ground chipotle, but omit it if you prefer a mild chili. Serve with tortilla chips or cornbread and coleslaw.*

Ingredients:

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 1/2 teaspoon ground chipotle chile* (see note above)
- 1/4 teaspoon salt
- 2 1/2 cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- 1/2 cup chopped fresh cilantro

Directions:

- Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
- Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.
- *Make Ahead Tip:* Cover and refrigerate for up to 3 days or freeze for up to 3 months.
- *Note:* Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle chile pepper can be found in the spice section of most supermarkets or online at penzeys.com.



(Your Gameplan to Live, continued from page 3)

Of course, you can go to a spa or visit your favorite massage therapist, but you can also perform simple massage on yourself. The following are a few techniques to try.

Scalp Massage: Place your thumbs behind your ears while spreading your fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.

Sinus Pressure Massage: Place your fingertips at the bridge of your nose. Slowly slide your fingers down your nose and across the top of your cheekbones to the outside of your eyes.

Shoulder Massage: Relieve shoulder tension by reaching one arm across the front of your body to your opposite shoulder. Using a circular motion, press firmly on the muscle above your shoulder blade. Repeat on the other side.

Eye Massage: Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase the pressure for 5-10 seconds, then gently release. Repeat 2-3 times.

Although self-massage is good for stress relief, getting a massage from a professional massage therapist can be tremendously relaxing and more thorough than what you can do yourself. When booking a massage, try types like Swedish or Shiatsu, which promote overall relaxation. Deep tissue and sports massages are more aggressive. They often target specific areas and may leave you sore for a couple of days, making them less effective for relaxation and stress relief. Remember to hydrate, hydrate, hydrate after a massage...especially if you are receiving any type of deep tissue massage.

The [American Massage Therapy Association](http://www.amtamassage.org) provides an online directory of massage therapists at www.amtamassage.org.



Cauliflower "Rice" Bowl with Roasted Carrot

Ingredients:

- 1 small carrot
- 1 teaspoon dark sesame oil, divided
- 2 spritzes vegetable oil spray
- 2 cups cauliflower, large florets, or 1 1/2 cups pre-made cauliflower rice
- 1/2 teaspoon rice vinegar, unseasoned
- 1 large egg
- 1 large egg white
- 1 teaspoon tamari soy sauce, divided
- 1/2 teaspoon sugar
- 1 large scallion, chopped, divided
- 1 cup fresh spinach, slivered
- 2 tablespoons Greek yogurt
- 1 teaspoon wasabi powder

Directions:

Preheat the oven to 400°F (205°C). Peel and halve a carrot lengthwise, then cut the pieces in half to make four planks. Place in a bread pan or other small pan and drizzle with half of the sesame oil, toss to coat. Cover the pan with foil and roast for 20 minutes, depending on the size of the carrots, until tender when pierced with a paring knife. Let cool.

Place the cauliflower florets in the bowl of a food processor and pulse until minced to the size of rice. Spritz a small, nonstick sauté pan with oil and add the cauliflower "rice." (Or use pre-made cauliflower rice.) Place over medium-high heat and stir until the cauliflower is softened, about 2 minutes. Transfer to a wide cereal bowl and let cool.

In a medium bowl, whisk the egg and egg white just to mix, then whisk in half of the tamari, the sugar and half of the scallion.

In an 8-inch nonstick sauté pan, spread the remaining sesame oil and place over medium heat. Pour in the egg mixture, and let cook undisturbed for about 2 minutes. When the omelette is firm around the edges and almost cooked through, use a spatula to flip it in the pan. Cook for a few seconds longer to set the last bit of eggs. Slide onto a cutting board and let cool. Roll up like a cinnamon roll and slice in 1/2-inch wide strips, reserve.

In a small bowl, stir the yogurt and wasabi powder.

To serve, arrange the carrot, omelette and spinach on the cauliflower rice, sprinkle with remaining tamari and scallions, then dollop the wasabi mixture in the middle.

Serves: 1 | Serving Size: 2 cups

Article printed from Under Armour: <https://blog.myfitnesspal.com>

URL to article: <https://blog.myfitnesspal.com/cauliflower-rice-bowl-with-roasted-carrot/>

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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