



# Partners in Prevention

Taking Health & Safety to Higher Ground

February 2020

## YOUR GAMEPLAN TO LIVE

### STRESS CAN MAKE YOU FATTER

Have you ever noticed on days when you've been more stressed than usual that you eat more carelessly than usual? A high stress day can easily lead to an evening of junk food - and too much of it. This is because many of us utilize food to cope with our emotions. Whereas some people lose their appetites when they are stressed, many others find that the opposite happens to them. While you cannot completely eliminate stress from your life (no one can), be aware of the times when your stress heightens and how your feelings are linked to what you eat. Overeating and eating foods that are not nutritious will only make you feel WORSE in the end! When you feel extra stressed, try to do things that will lesson your stress and make you feel calmer.



**EXERCISE!** Though it might be tough to carve out 60 to 90 minutes in your day, it is not difficult to just increase your physical activity here and there throughout the whole day! Suggestions: Do an exercise routine with a DVD for 15 minutes in the morning and walk for 15 minutes at lunch; hit up an exercise class after work, walk the dog, go to the gym, play tennis or another sport that you enjoy, or simply dance around your living room. If you are feeling anxious at work, do some stretches or calisthenics during breaks. Physical activity will DEFINITELY help to alleviate some of your stress.

#### EAT THE RIGHT FOODS!

- Fresh Fruit (Especially: blueberries and other berries)
- Vegetables (Especially green (broccoli, spinach), yellow, and orange vegetables)



### Warm Cauliflower Salad

#### Ingredients:

- Cauliflower head broken into florets
- 2 Tbs. olive oil
- 1 Red onion, thinly sliced
- 1 Tbs. balsamic vinegar
- 1 ½ Tbs. honey
- 3 Tbs. raisins
- Small bunch dill, snipped
- 3Tbs. toasted, flaked almonds
- 1 Cup baby spinach, packed

#### Directions:

Heat oven to 400 degrees. Toss the cauliflower with the olive oil, season and roast for 15 mins. Stir in the red onion and carry on roasting for 15-20 mins more until tender. While the cauliflower is roasting, mix the vinegar, honey and raisins with some seasoning. When the cauliflower is done, stir in the dressing, dill, almonds and spinach, and serve. (Serves 4)

Photo: <https://www.bbcgoodfood.com/recipes/warm-cauliflower-salad>

Recipe adapted from: <https://www.bbcgoodfood.com/recipes/warm-cauliflower-salad>

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- Dark chocolate – the darker the better! A few squares will do the trick.
- Greek Yogurt and other fermented foods
- Eggs
- Foods high in omega 3 fatty acids such as wild salmon, tuna, flaxseed, walnuts, and chia seeds
- Almonds, Pistachios, Brazil nuts, Pumpkin seeds
- Chamomile and Green tea
- Whole grains (oatmeal, quinoa)

⇒ Note: Don't let your blood sugar drop! This will cause stress! Don't skip meals!

## RELAX!

- Meditation (to get into the relaxation habit, practice repetition that can include controlled breathing, word, sound, prayer, or movement while disregarding other thoughts to break the train of everyday thinking and worrying for a period of time) 10 to 20 minutes, once or twice per day. There are plenty of meditation apps, videos, audios, classes, books.
- Laughter
- Yoga, Pilates, Tai chi
- Knitting or crocheting or other repetitive activity
- Massage
- Listening to soft music
- Playing a game such as Sudoku, Scrabble, crossword, etc.

## EXERCISE AND MIGRAINES



Exercise has been found to be effective in reducing the frequency of migraines. In fact, in a recent study, 91 people were divided into two groups. One group cycled indoors three times a week for 40 minutes and practiced relaxation techniques. The other group took the anti-migraine

drug, topiramate (Topamax). After three months, the two groups had comparable reductions in migraine frequency.

During exercise, our bodies release endorphins, which make us feel good. Exercise is known to reduce stress and aid in quality sleep, and inadequate sleep and stress are two triggers for migraine. On the other

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## Slow-Cooker Herb & Mushroom Braised Beef

### Ingredients:

- 3 pounds boneless chuck roast, trimmed and cut into 2-inch cubes
- ¼ cup all-purpose flour
- 2 teaspoons minced garlic (from 2 garlic cloves)
- 2 teaspoons chopped fresh thyme, plus more for garnish
- 1 teaspoon chopped fresh rosemary, plus more for garnish
- 1 teaspoon chopped fresh oregano
- 1 ½ teaspoons kosher salt
- ¼ cup olive oil
- 2 (8 ounce) packages fresh cremini mushrooms, quartered
- ¾ cup dry red wine
- 2 cups frozen pearl onions, thawed (from 1 [14.4-ounce] package)
- 1 ½ cups unsalted beef stock
- 5 medium carrots, peeled and cut diagonally into 2-inch pieces (about 2 cups)
- 1 tablespoon sherry vinegar
- Fresh oregano leaves (optional)

### Directions:

Place the beef cubes, flour, garlic, thyme, rosemary, oregano, and 1/2 teaspoon of the salt in a large zip lock plastic freezer bag; seal and toss to coat the beef. Remove the beef from the bag, reserving the flour mixture in the bag. Heat 2 tablespoons of the oil in a large nonstick skillet over medium-high; add the beef, in batches if

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end of the spectrum, however, there are some people who get migraines when they exercise. If this is you, be aware of this trigger, and instead of giving up exercise, which is very healthy for you in so many ways, work on a plan with your health care provider on how to exercise without inducing a migraine.

<https://americanmigrainefoundation.org/resource-library/effects-of-exercise-on-headaches-and-migraines/>

## QUICK AT-HOME CIRCUIT EXERCISE

When it's cold out it can certainly be a challenge to get motivated to hit the gym! But that's no excuse not to exercise. There are tons of exercises you can do in the comfort of your own home – even with no equipment - just using your own body weight – or in this case – your couch! Next time you find yourself less than motivated to venture out in the cold weather try these moves at home from Shape Magazine...

**Couch Squat Cross Chop** - Target your legs, butt, and core with this move that also serves as a great warm-up (don't squat as low during the first set).

- Stand with your back to your couch cushions, feet hip-width apart, and your arms extended at chest height, hands clasped together.
- Perform a squat by bending your knees and sitting back into your hips as you chop your arms down and across to the outside of your left thigh.
- Pushing through your heels, quickly stand out of your squat as you bring your arms back to the start position.
- Repeat to the other side. Alternate sides for one minute.



**Couch Climbers** - Get your heart pumping and your arms and abs firing with this elevated version of a mountain climber.



- Start out facing the couch cushions and place your hands on the

## Slow-Cooker Herb & Mushroom Braised Beef

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necessary. Cook until browned on all sides, 10 to 12 minutes. Transfer the beef to a 5- to 6-quart slow cooker, reserving the drippings in the skillet.

Add the mushrooms and remaining 2 tablespoons oil to the reserved drippings in the skillet, and cook, stirring occasionally, until the mushrooms are deep brown and all of the moisture has evaporated from the skillet, 6 to 8 minutes. Add the red wine, stirring to loosen any browned bits from the bottom of the skillet. Add the mushroom mixture to the slow cooker. Add the pearl onions, beef stock, carrots, reserved flour mixture, and remaining 1 teaspoon salt to the slow cooker, and stir until combined. Cover and cook on LOW until the beef is very tender, about 8 hours. Skim the fat from the cooking liquid, and stir in the vinegar. Garnish with the additional chopped fresh thyme and rosemary and the oregano leaves, if desired.

PHOTO AND RECIPE: <http://www.eatingwell.com/recipe/277381/slow-cooker-herb-mushroom-braised-beef/>



## Smashed Avocado with Arugula, Feta & Lemon

### Ingredients:

- 1/3 avocado (50g), smashed
- 1 ounce (28g) crumbled feta
- 1/2 cup (10g) arugula
- 1 wedge lemon
- 1 slice whole-grain toast

### Directions:

Spread avocado on toast. Top with feta and arugula and squeeze lemon wedge over the top.

Photo and Recipe:

[https://blog.myfitnesspal.com/5-avocado-toasts-300-calories/?utm\\_source=mfp&utm\\_medium=blog&utm\\_campaign=related](https://blog.myfitnesspal.com/5-avocado-toasts-300-calories/?utm_source=mfp&utm_medium=blog&utm_campaign=related)

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seat of the couch, directly under your shoulders, arms extended. Walk both feet back out to a plank (top of a pushup) position and brace your abs in tight.

- In a quick, controlled motion, begin alternating 'running' one knee in towards your chest at a time, keeping your shoulders steady over your hands the entire time.
- Do this as fast as you can for one minute.

**Couch Dip and Kick** - Sit facing away from the couch with both palms pressed into the edge just outside of your hips. Walk your feet out away from your body and lift your hips off the couch (but keep your back close to it).



- Lift your right leg off the floor and bend your knee into your chest, foot flexed.
- Bend both elbows to perform a dip and lower your hips, pulling your right knee in closer to your chest.
- As you press out of the dip and extend your arms, lift your hips and press out through your right heel, extending your right leg out in front of your hip.
- Repeat this for 10 reps with the right leg, and then do 10 reps with the left.

Source: Adapted from Shape Magazine <https://www.shape.com/fitness/workouts/ultimate-home-workout?slide=1d1f5cbb-3de7-4bc5-9402-f99351d6575a#1d1f5cbb-3de7-4bc5-9402-f99351d6575a>

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!



## No-Bake Monster Cookie Energy Bites

*Kids love these and would love to help make them!*

### Ingredients:

- 1 ½ cups oatmeal (Organic – regular, not quick)
- ½ cup organic peanut butter
- 1/3 cup honey
- ¼ cup mini M&M's
- ¼ cup mini chocolate chips
- ½ tsp vanilla

### Directions:

Add all of the ingredients to a medium sized bowl and stir well until everything is combined. Roll into 1-1/2" balls and set them on a silicone baking mat or parchment paper. Wash your hands after every 4 balls to help keep the ingredients from sticking to your hands.

Refrigerate for 20 minutes to help them harden. (Optional). Store the leftovers in a zip lock bag in the fridge.

NOTE\* Optional - try pressing the M&M's on after they are rolled to keep them "clean" from other ingredients. (16 servings)

Photo credit and Recipe adapted from: <https://onelittleproject.com/monster-cookie-energy-balls/>



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