



# Partners in Prevention

Taking Health & Safety to Higher Ground

July 2018

## YOUR GAMEPLAN TO LIVE

### Food Affects Mood



What we put into our bodies directly affects how we feel. Put in junky ultra-processed foods (often what we think are feel-good foods such as fried chicken, fried cheese, and other fried foods, chips, carbs with little nutritional components, sweets, etc.) and you can expect to feel bloated, depressed, anxious, headachy, and/or tired pretty quickly. Feed yourself that kind of food regularly, and your general mood will be affected in a negative way... *regularly*. Making things worse is the fact that

these types of foods are often made with undesirable low-grade, and even dangerous ingredients.

The good news is... there are foods that can make you feel GOOD! The following foods are mood boosters!

- Avocados
- Wild Salmon
- Nuts
- Berries
- Green Tea
- Chocolate (dark)
- Spinach & other leafy greens
- Coffee (1-2 cups)

Along with poor diet choices, poor eating patterns can also cause mood swings and general feelings of being unwell. Blood sugar fluctuations and nutritional imbalances are things that we can take control of to help ourselves feel better.

- Don't skip meals. It's a great way to give yourself low-blood sugar symptoms.
- Don't cut out entire food groups. Eat the colors of the rainbow. You need a full day of essential nutrients that come from a variety of nutrient dense foods such as zinc, B vitamins, vitamin D, magnesium, and omega-3 fatty acids.
- LIMIT refined carbohydrates drastically. These include baked goods and candy. These foods have very little, if any, nutritional value and lead to blood sugar spikes and falls.
- Include protein at each meal/snack. It will keep you feeling satisfied longer and help you to avoid low blood sugar levels.
- Drink plenty of water. Dehydration will leave you feeling fatigued and hungry.
- Exercise. This is a huge mood booster in addition to having major health benefits.
- Maintain a healthy weight. Obviously, you will feel better if you are at your optimal weight. If you are overweight, plan to lose pounds in a slow and steady manner. Talk to your doctor if you need to lose more than 20 pounds. In addition, there are many programs (such as Weight Watchers), apps (such as Fitness Pal), books, and videos to keep you motivated and give you direction. Stay away from fads and quick weight-loss programs.



### Overnight Coffee Oats

Serves 1 (1 jar)

#### Ingredients:

- 1/2 cup old fashioned oats
- 1/4 cup coffee
- 1/4 cup unsweetened almond milk
- 1/2 scoop vanilla protein powder
- 1 tablespoon chia seeds

#### Directions:

In a jar or small bowl, combine the oats, coffee, almond milk, protein powder and chia seeds. Put the lid on the jar and give it a shake; stir if using a bowl. Chill overnight.

#### Nutrition Information Per Serving:

Calories: 293; Total Fat: 7g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Cholesterol: 18mg; Sodium: 76mg; Carbohydrate: 36g; Dietary Fiber: 10g; Sugar: 4g; Protein: 21g

Article printed from Under Armour: <https://blog.myfitnesspal.com> (URL article: <https://blog.myfitnesspal.com/overnight-coffee-oats-recipe/>)

(Continued on page 2)

(Your Gameplan to Live, continued from page 1)

“Following a healthy eating plan can keep you energized and help you to feel your best. While good nutrition is an important component of your emotional well-being, it is not a substitute for proper medical care and treatment. If you have concerns about your mental health, talk to your health care provider” (<https://www.mentalhealthfirstaid.org/external/2018/03/relationship-food-mood/>).

## Planks—Great Ab Exercise No Equipment Required



**Planks work out all the major muscle groups of your core.** These muscles include transverse, oblique, straight abdominal muscles as well as the glutes (buttocks). Having a strong core helps you to safely perform activities better while doing other activities. Planks are also great for strengthening your back and shoulders while working your abs.

**How to do a plank:** Get into a push-up position but with your forearms bent and underneath your shoulders (see photo, above) and your body in a straight line from your head to your feet. Keep your abdominals (core muscles) tucked in tight, and hold. In the beginning, you may only be able to hold for a few seconds, but work up to 20 seconds, then a half minute, etc. with a goal of 1 minute! Honestly, most people can’t hold for more than 30 seconds in the beginning.

**Note:** If performing a plank as pictured is too difficult for you right now, you can do a bent-knee plank. Keep your body in that nice long straight position, but with knees on the floor. When you can hold your plank in this position for a minute, go ahead and try the regular plank.

If the regular plank is too easy or boring for you, there are lots of more difficult variations. You will find them online with pictorials as well as videos on how to do them correctly.

## Too Hot for Your Pet to be in the Car!

IF YOUR PET IS EXPOSED TO HIGH TEMPERATURES:  
[humanesociety.org/pets](http://humanesociety.org/pets).



- **Look for signs of heat stress**—heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting or a deep red or purple tongue.
- **If your pet is overheated, move him to a cooler area and take these emergency steps:**

1. Gradually lower his body temperature by sprinkling cool water on him. Do not soak him in cool or cold water because his temperature could drop too low.
  2. Place cool, wet towels over the back of the neck, in the armpits, and in the groin area. You may also wet the ear flaps and paws with cool water. Direct a fan on the wet areas to speed evaporative cooling.
  3. You may offer fresh, cool water if your dog is alert and wants to drink. Do not force your pet to drink.
- **Take your pet immediately to a veterinarian**—it could save his life. Call ahead, if possible, to be sure your veterinarian is available.
  - **If you see an animal in a car exhibiting signs of heat stress**, call your local animal care and



## Mediterranean Chickpea Salad

All the flavors of a classic Greek salad plus hearty chickpeas and fresh oregano and parsley for an extra pop of flavor—a wonderful light meal or side dish! Serves 2-4.

### Ingredients:

- 1 (19 fluid ounce) can chickpeas, rinsed and drained
- 2 Persian cucumbers, chopped
- 1 tablespoon red onion, chopped
- 1 tablespoon fresh oregano, chopped
- 1 tablespoon fresh parsley, chopped
- 1/2 red bell pepper, chopped
- Handful assorted little tomatoes, cut into halves
- Handful Kalamata olives
- 3.5 ounces cubed feta (packed in oil and herbs if possible)
- 2 tablespoons olive oil
- 1/2 tablespoon lemon juice
- 1 clove garlic, minced
- Salt and pepper, to taste

### Directions:

Drain and rinse chickpeas and add them to a salad bowl. Prep your veggies and herbs, and add them to the salad bowl as you go along. Add the dressing ingredients (olive oil, lemon juice, garlic) right into the salad bowl and toss gently. (If you can’t find feta packed in oil and herbs, any feta will work. Also, don’t worry about it being exactly 3.5 ounces. An estimate is fine.)

-Recipe by Salt & Lavender at <https://www.saltandlavender.com/mediterranean-chickpea-salad/>

(Your Gameplan to Live, continued from page 2)

control agency or police department immediately and take the following steps:

1. Get the vehicle's tag number and enter the nearest store or business to request an emergency announcement be made about a pet left in a hot car.
2. Go back and wait for police at the vehicle.



## Baked Sweet Potato Fries

4 Servings

### Ingredients:

- 4 medium sweet potatoes
- 3 tablespoons olive oil or coconut oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper
- More salt for sprinkling over baked fries (we like flaky sea salt)

### Directions:

Preheat oven to 450 degrees F. Line two baking sheets with aluminum foil then slide into oven so they become hot. Scrub then cut sweet potatoes into 1/2 inch sticks. Add to a large bowl and toss with olive oil, salt and pepper.

Tumble sweet potatoes onto hot baking sheets and spread into one layer. Try not to crowd them too much or they will not brown. Bake fries, turning and rotating pans once, until edges are lightly browned and centers tender; 15 to 25 minutes.

The fries are done when the surface looks dry and the fries have puffed up a little. If the edges become brown, they will taste more caramelized than burned. Serve fries with a sprinkle of extra salt on top.

<https://www.inspiredtaste.net/25387/baked-sweet-potato-fries-recipe/#itr-recipe-25387>

Estimated Vehicle Interior Air Temperature v. Elapsed Time						
Elapsed time	Outside Air Temperature (F)					
	70	75	80	85	90	95
0 minutes	70	75	80	85	90	95
10 minutes	89	94	99	104	109	114
20 minutes	99	104	109	114	119	124
30 minutes	104	109	114	119	124	129
40 minutes	108	113	118	123	128	133
50 minutes	111	116	121	126	131	136
60 minutes	113	118	123	128	133	138
> 1 hour	115	120	125	130	135	140

Courtesy Jan Null, CCM; Department of Geosciences, San Francisco State University  
<https://www.avma.org/public/PetCare/Pages/Hot-Cars-and-Loose-Pets.aspx>

## That Useful Box of Baking Soda



Most people have at least one box of baking soda in their house...probably in their refrigerator to absorb odors. Baking soda has lots of other uses as well, and at just about a dollar, a box of baking soda is one of the least expensive and useful home remedies around.

**Remove pesticides on fruits and vegetables** with a baking soda wash. Soak fresh fruit or vegetables in a solution of 1 oz of baking soda to 100 oz of water for 12-15 minutes.

A study in *Journal of Agricultural and Food Chemistry* showed that this method removes nearly all pesticides residing on the skin. Note: Washing produce is important in the reduction of exposure to pesticides as well in the prevention of foodborne illness.

**Heartburn** – A few common causes of heartburn (acid reflux) are eating spicy or greasy foods, and overeating. Baking soda can help by neutralizing stomach acid. For *occasional use*, dissolve ½ tsp. in a half glass of cold water. Drink slowly. If your heartburn is still bothering you, you can do this again in two hours. Do not take this mixture more than 3 times in a day. *If you have frequent heartburn, consult your doctor.*

**Oral Hygiene** – **Mouthwash:** For fresher breath and because of the antibacterial and antimicrobial properties, you can add ½ tsp. to ½ glass of warm water. Swish as you would normally. **Teeth Whitener:** *Do not use more than once a week as excessive use of baking soda can damage tooth enamel.* Simply crush a ripe strawberry and mix with ½ tsp baking soda. Spread on your teeth and leave for 5 minutes. Brush your teeth and rinse well. You can also

(Continued on page 4)

(Your Gameplan to Live, continued from page 3)

find toothpaste that contains baking soda.

**Deodorant** – Either mix a pinch of baking soda with water and pat on, or simply pat or brush some dry baking soda under your arms.

**Insect Bites and Poison Ivy** - Apply a paste of baking soda and water to insect bites to help stop itching. It helps to relieve minor skin irritations and itching by neutralizing irritants.

**Sunburns** - Baking soda may help soothe itching from sunburns. It is often used with cornstarch and/or oatmeal as well. Try it in a bath. Add 1-2 cups of baking soda to your slightly warm (not hot) bath.

**Hand Cleanser** – you can mix 3 parts baking soda with 1 part water to use in place of soap. Scrub away dirt and odors!

**Kitchen and Bathroom Cleaner** – To remove stains and odors, make a paste of baking soda and a small amount of water. Apply with a sponge or cloth and scrub. Works great for: stained coffee cups and marble, grease stains, tile, clogged drains, microwaves, tarnished silver, toilets, showers, bathtubs, and sinks. For stubborn stains, let the paste sit for 15 minutes or so, then wipe clean.

For 23 uses of baking soda, check out: <https://www.healthline.com/nutrition/baking-soda-benefits-uses#section11>

---

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  
[www.occupationalathletics.com](http://www.occupationalathletics.com)



## Chocolate Peanut Butter Protein Oatmeal Cups

“Rich and moist, you’d never know these muffins from Hummusapien were made without any oil or butter. These oatmeal cups are filled with ripe bananas, creamy peanut butter and cashew milk. Grab one of these healthy muffin bites in the morning for breakfast or pack them as a pre-workout snack.”

### Ingredients:

- 2 Tbs. chia seeds, plus 6 tablespoons water
- 3 medium-to-large ripe bananas, mashed
- 1 cup unsweetened cashew milk (almond or coconut milk work, too)
- ¼ cup creamy peanut butter
- ¼ cup pure maple syrup (optional, may substitute with stevia or other sweeteners)
- ½ tsp vanilla extract
- 1 scoop chocolate plant-based protein powder
- 3 cups old-fashioned oats
- 2 tablespoons unsweetened cocoa powder
- 1 Tbs. baking powder
- Pinch of salt

### Directions:

Preheat oven to 350°F. Spray muffin tin with cooking spray. In a small bowl, stir together chia seeds and water to make “chia eggs.” Alternatively, you could use 2 large eggs. Set aside. Place bananas in a large bowl and mash with a fork. Add cashew milk, peanut butter, optional maple syrup or stevia and vanilla and stir until well mixed. Stir in chia eggs. Add protein powder, oats, cocoa powder, baking powder and salt. Stir to combine. Spoon mixture evenly into muffin tin, filling tins to the top. You may have some leftover batter. Bake for 25 minutes. Remove from oven and cool in pan on a wire rack. Remove from pan and store in an airtight container in the refrigerator.

**Nutrition Information - Serves: 12** 1 muffin each. **Per serving:** Calories: 157; Total Fat: 5g; Sodium: 94mg; Carbohydrate: 21g; Fiber: 4g; Sugar: 1g; Protein: 6g

Article printed from Under Armour: <https://blog.myfitnesspal.com> URL to article: <https://blog.myfitnesspal.com/chocolate-peanut-butter-protein-oatmeal-cups-recipe/>