



# Partners in Prevention

Taking Health & Safety to Higher Ground

June 2018

## YOUR GAMEPLAN TO LIVE

### Gratitude and Inner Peace



*You've probably heard that living in the past can make you miserable and depressed and that living in the future can cause you to be anxious. Living in your present is the happy medium that can help you to feel your most positive and at your best. Living in the present WITH GRATITUDE can lead you towards inner peace and tranquility.*

We are all unique with our own stories to tell. We each have had trials and triumphs, easy-going times of our lives and stretches of time that we have struggled. Everything that we have experienced in life is what makes us... us. Some of us consider ourselves positive people, and some of us look at the negatives first. No matter what type of person you tend to be, we all get carried away with the chaos of life, and even those who consider themselves positive and peaceful find that there are many times when they really need to work at maintaining that state of mind.

What can help us all to experience inner peace and a positive outlook is GRATITUDE. People without a grateful mindset... (*"What am I grateful for?" despite what is going on in my life.*) – tend to be more resentful, depressed, and anxious on a regular basis. Just as looking at the negatives first (pessimism) is a habit, learning to be grateful *in spite of it all...* can also become a habit.

Being grateful for everything you have – every little thing each and every day - vs. everything you don't have, all the bad things that happen to you, and even dwelling on what happened a long time ago... and what hasn't happened yet - makes a huge difference in how you view life and how you let the chaos of life affect your very being.

Some people do live in gratitude, but many people need to learn how to be grateful as a skill, practicing it daily until it becomes habit. Being grateful helps us to accept ourselves and to let go of our past... the negative parts of our past that hold us hostage. Keeping a gratitude journal can be life changing. Writing in it daily or even weekly has been shown to be extremely beneficial.

"Two psychologists, Dr. Robert A. Emmons of the University of California, Davis, and Dr. Michael E. McCullough of the University of Miami, have done much research on gratitude. In one study, they asked all participants to write a few sentences each week, focusing on particular topics.

One group wrote about things they were grateful for that had occurred during the week. A second group wrote about daily irritations or things that had displeased them, and the third wrote about events that had affected them (with no emphasis on them being positive or negative). After 10 weeks, those who wrote about gratitude were more optimistic and felt better about their lives. Surprisingly, they also exercised more and had fewer visits to physicians than those who focused on sources of aggravation (<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>)."

Gratitude can change your life by shifting your focus on what is wrong with yourself and the world around you to what is right. And once you've begun making gratitude a part of your life, you will find that it becomes easier; feeling grateful will have you seeing more and more to be grateful for. Positives beget more positives.



### Satisfying Green Smoothie

Healthy fats and protein added to your smoothie make for a *satisfying meal replacement* to keep you full and fuel your body.

Serves 2

#### Ingredients:

- 2 C fresh organic kale
- 2 C unsweetened almond or coconut milk
- 1/2 C pomegranate juice
- 2 C frozen organic berries
- 1 frozen banana quartered
- 1 medium avocado
- 1/4 cup rolled oats
- 1 scoop Hemp Protein Powder

#### Directions:

1. Blend kale, Hemp Protein Powder and almond milk until smooth.
2. Add remaining ingredients, and blend until smooth. Enjoy!

Note: (1) Add water or green tea if more liquid is needed. (2) Cut and freeze bananas in advance. (3) Green tipped bananas will add little banana flavor; riper bananas will add more banana flavor. (4) Substitute bone broth protein, pea protein, or whey protein if you have a preference. (5) Feel free to add powdered super-green food if desired.

(Your Gameplan to Live, continued from page 1)

Bonus! Studies have shown that living in gratitude can have other benefits including enhanced heart health, increased immunity, decreased inflammation, less stress, better sleep and enhanced relationships.

<https://www.today.com/health/be-thankful-science-says-gratitude-good-your-health-t58256>  
<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>  
<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientificallly-proven-benefits-gratitude>

## Appetite-Control Strategies

### ADD VINEGAR AND CINNAMON TO CONTROL BLOOD

**SUGAR SPIKES** - *Vinegar* adds acidic calorie-free flavor and has been shown to promote healthier blood sugar levels. Be sure that you dilute it before drinking it unless it's part of a recipe like a salad dressing. Best results are said to occur if you eat your salad or drink your diluted vinegar before you eat a meal. *Cinnamon* is a tasty spice that can be added to just about everything (vegetables, fruits, coffees and smoothies, meats, and more), and according to a review article in the Journal of Diabetes Science and Technology, helped control blood sugar spikes and kept healthy volunteers feeling full for longer.



**PERK UP WITH PROTEIN VS. CARBS** - Protein boosts mental alertness, controls appetite and helps to regulate metabolism. Choose lean chicken, turkey, tuna, salmon (loaded with Omega-3s to boost brainpower as well), tofu, grass-fed beef or beans. Try a scoop of protein powder in 16 oz. unsweetened almond milk (30 calories per cup—a decent source of calcium, vitamin A, D, and E. 1g carb, 0 sugar). Note: Starchy carbs, foods with added sugars, foods not nutritionally dense - will perk you up then drag you down and make you hungry again quickly.

**DRINK WATER** - Drinking water about 20 minutes prior to a meal can take the edge off your appetite. Note: mild dehydration can cause a sensation often mistaken for hunger. It also can cause fatigue and a foggy head. It sounds like a lot, but according to the Mayo Clinic, shooting for 15.5 cups of non-caffeinated, non-alcoholic, non-sugar laden *fluids* for men and 11.5 cups for women is ideal. Make plain water more inviting by infusing it with flavor from cucumbers, mint, lemons, limes, etc.

**DON'T SKIP MEALS** - Three meals a day spaced not much longer than 4 hours apart will keep your blood sugar levels more stable. Include breakfast, lunch, dinner, and a healthy snack or two. Include enough protein and complex carbs, healthy fats, and limit simple carbs - especially anything with added sugar.

**PORTIONS** - Using small plates and bowls, narrow glasses, and measured single servings (instead of eating from a large bag/box) can help you to know what a serving is and keep your eyes from NOT being bigger than your stomach. Note - Avoid buffets!

**HANDY SNACKS** - It is easy to succumb to temptation when you are hungry. Keep some healthy snacks in your car or within easy access so that hunger doesn't sabotage your willpower while you are out and about. (Try single servings of nuts, seeds, kale chips, jerky, roasted chickpeas, dried fruit, etc.) Enjoy a piece of fruit when you crave a sweet.

### MEAL PREP FOR THE WEEK

Make smart food choices at work and avoid eating whatever is handy by preparing in advance. Some people prepare lunches and/or snacks in individual containers once a week, some a few days in advance - either way, being prepared gives you something nourishing to reach for when you are hungry. This is great for work lunches as well as for grab and go's when you are at home.

**SIT DOWN TO EAT** - Sit down, eat slowly, and enjoy! Eating mindlessly leads to bingeing. This includes not eating while watching TV or while reading, using the computer or driving.

**BRUSH YOUR TEETH** right after you eat a meal. Your clean mouth will help distract you from thinking about eating... not to mention - nothing tastes good after you've just brushed!

<http://time.com/4648436/apple-cider-vinegar-weight-loss/>  
<https://www.forbes.com/sites/brucelee/2017/11/22/cinnamon-can-it-really-help-you-lose-weight/#56a5048442988>



## Slow Cooker Turkey Tacos Under 250 Calories

### Ingredients:

- 1 tsp olive oil
- 1 white onion, chopped
- 1 pound 94% + lean ground turkey
- 3 cloves garlic, minced
- 8 oz. can tomato sauce
- 2 tsp cumin
- 2 tsp chili powder
- 1 tsp dried oregano
- 1/2 tsp paprika
- Pinch cayenne pepper, optional
- 3/4 tsp salt
- 8 corn tortillas
- 1 C grape tomatoes or large tomato, diced
- 1/2 C shredded cheddar cheese
- 1 medium avocado, diced
- Shredded lettuce
- Sliced jalapeno

### Directions:

Add olive oil to large skillet and place over medium-high heat. Add onions and turkey. Cook turkey, breaking up meat with wooden spoon until evenly browned. Transfer to slow cooker and add garlic, tomato sauce, cumin, chili powder, oregano, paprika, cayenne pepper and salt. Stir to combine. Cook on high 2-3 hours or low 6-7 hours. Once ready to serve, divide meat between 8 corn tortillas. Add tomatoes, cheese, diced avocado, lettuce and jalapeno slices. Top with a dollop of Greek yogurt, if desired.

**Nutrition (Serves 4 – 2 tacos per serving):** Calories: 226

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URL to article: <https://blog.myfitnesspal.com/slow-cooker-turkey-tacos-under-250-calories/>

(Your Gameplan to Live, continued from page 2)

## Adult Dental Anxiety: Tips and Techniques to Tackle It for Good



"Wouldn't it be great if the promise of a sticker or balloon could get everyone to see the dentist? Most adults know that the real reward—a healthy smile—is much greater, yet many still go with their dental needs unmet, due to "dentalphobia" or anxiety. Thankfully, increased awareness of the problem is transforming dental care for the better and shedding light on effective ways to tackle your fears for good. Find out which coping techniques can help you feel more comfortable in the dentist's chair.

### How To Combat Common Triggers

**If you fear needles (or pain in general)...** Numbing alternatives may be the answer. While topical anesthesia usually takes the "pinch" out of a needle, new developments such as electronic anesthesia and other forms of electrotherapy can be as effective as drugs, and don't require a needle at all. Electrodes are placed on the cheeks, and currents are transmitted to block out the pain. Many dentists have also switched to laser drills, which have a lower risk for pain than their mechanical predecessors. Should you still feel nervous about these options, however, you can always choose to be sedated, and "sleep" through the experience.

**If you fear the loss of control...** Play a more active role from the very beginning. Have your dentist walk you through your treatment plan and lay out all your options. More involvement in the decision-making process may calm your nerves and help you feel prepared. Many dentists are also happy to over-communicate if that proves reassuring: simply ask him or her to talk through each step of the procedure as it is under way, and agree to a special signal that indicates pain or the need to stop.

**If you fear being scolded or embarrassed...** Find a dentist whose personality and approach are most compatible with yours, and let him or her know about your dental health and history even before your first visit. Oral care makes up a big part of your personal hygiene, so it's understandable to feel anxious about inviting someone into your "personal space" (your mouth). Getting things out in the open, however, can help ease fears about being judged or reprimanded, and make you more relaxed about getting the care you need. Believe it or not, no matter how bad you think your oral health is, chances are your dentist has seen worse.

**Preparation Is Key** - Keeping an open line of communication with your dentist can go a long way in dealing with your fears, but a little self-preparation can also be empowering. Here are a few tried-and-true ways to help you stay calm from start to finish:

- Meditate or practice breathing exercises to gain composure before your visit
- Don comfortable attire to help you feel more at ease in the dentist's chair
- Bring music, books and magazines to distract you before and during treatment
- Ask a friend or loved one to come with you for extra support

### The More You See Your Dentist, The Better

It may be hard at first, but over time, seeing your dentist will become easier – especially if you identify and treat the root cause(s) of your anxiety. Furthermore, frequent dentist visits can lower your chances for the more invasive procedures you may have feared in the first place. Regardless of what you may have experienced in the past, your oral health is worth every effort – and you may be pleasantly surprised to find that dentistry has come a long way from what you remember."

Source: <http://newsletter.lh360.com/article-content/505009bc-3d74-4edd-9238-7d0627cb1197.html>  
 10 Tips to Help You Overcome Dentist Phobia. (2015, March 29). Retrieved June 10, 2015, from [http://psychcentral.com/library/phobia\\_dentist.htm](http://psychcentral.com/library/phobia_dentist.htm)

Don't Fear the Dentist. (2012, March 1). Retrieved June 11, 2015, from <http://www.webmd.com/oral-health/features/dont-fear-the-dentist>

Easing Dental Fear in Adults. (2014, May 22). Retrieved June 13, 2015, from <http://www.webmd.com/oral-health/easing-dental-fear-adults>



## BLT Avocado-Ranch Chopped Salad

### Ingredients for Avocado-ranch dressing:

- 1 medium avocado, chopped
- 1/4 cup light mayonnaise
- 1/4 cup nonfat sour cream
- 1/2 cup nonfat buttermilk
- 2 Tbs. fresh lemon juice
- 1 Tbs. chopped fresh basil
- 1 Tbs. chopped fresh dill
- 1/4 tsp salt

### Ingredients for BLT Salad:

- 2 medium heads Romaine, coarsely chopped (8 cups lightly packed)
- 1 large tomato, seeded, coarsely chopped
- 1 medium cucumber, coarsely chopped
- 1 medium avocado, chopped
- 2 slices cooked bacon, coarsely chopped
- 1/8 tsp. coarsely ground black pepper

### Directions:

To make the Avocado-ranch dressing, combine all avocado-ranch dressing ingredients in a blender or food processor. Process until smooth. STORAGE TIP: Cover surface of dressing to prevent browning and chill up to 3 days. To make the salad, combine lettuce, tomato, cucumber, and avocado in a large bowl. Drizzle each serving with 2 Tbs. of Avocado-ranch dressing and sprinkle evenly with bacon and pepper.

NOTE: Avocado-ranch dressing makes 1 1/2 cups or 24 Tbs. total so you will have leftover dressing.

**Nutrition (Serves 4 – 2 ½ C salad + 2 Tbs. dressing per serving):** Calories: 226

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 URL to article: <https://blog.myfitnesspal.com/blt-avocado-ranch-chopped-salad/>

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## Upper Back Pain—Prevention



More often, we hear about pain in the lower back area, but there are certainly plenty of us that experience it in the upper back area - it's just not talked about as much.

Back pain is the most common cause of job-related disability in the United States and a major reason people have to take days off from work.

Poor posture and overloading the back with more weight than it can handle are the main culprits behind upper back pain. If the muscles in your upper back are weak, your body will have a harder time supporting your neck and shoulders. Having a strong core is essential for maintaining good posture and reducing upper back pain. Why? Because your spine is like a chain – if there is a weak link towards the bottom, it's also going to affect the top. Engaging your core and building shoulder strength is key in maintaining good posture. Avoid slouching and hunching your shoulders forward as well.

In addition to your abdominal muscles, your core includes muscles in your back and hips that work together to stabilize your spine and keep it in alignment. When your core muscles are weak, your spine doesn't have adequate support to maintain good posture naturally. Your other muscles begin to compensate to help you stay erect, which can lead not just to a slouchy stance, but a host of other issues: instability; neck and shoulder tension; lower back pain or injury; breathing difficulties; fatigue; restricted movement; headaches; chronic pain and joint problems.

### Increase Your Posture Awareness – Posture is SO Important for Spine Health!

While increased core strength will progressively change the way you carry yourself, you can also improve your posture by simply *being aware of* how you hold your body. Try these two helpful mental exercises, which you can do anywhere.

- **Rise like a balloon.** Most of the muscles that hold the body up are vertical. Think of good posture as an energy flow that creates a feeling of expansiveness, like a balloon, up from the earth and through your body. Think about rising and becoming lighter.
- **Imagine a string.** Wherever you put your head, your body automatically finds the most efficient way to support it. Aligning your head over your shoulders and lifting it up, as though a string is pulling it from the top, allows your shoulders to drop and open while pulling in the abdominals. This holds true whether you are sitting, standing or walking.

### Exercise & Stress

Remember that your workouts aren't always about the way it will make you look. There are plenty of muscles that we can't see — supportive muscles that maintain posture in the neck, back, and extremities. When those muscles aren't given the same attention as the others, it can lead to imbalances, which force the stronger ones to compensate for the weaker ones, thus leading to pain.

**Stress Levels:** Have you ever noticed the way your muscles tense up when you're stressing about something? There's a reason for that. Stress is considered part of the inherent "fight or flight" response that all humans have. If you're stressed out, your body perceives those feelings as a response to some sort of threat, and that might trigger pain as a protective mechanism. Be aware of your stress and be proactive in managing stress.



## Healthy Chunky Monkey Muffins

*Kid-friendly and healthy. Serves 12.*

### Ingredients:

- 3 medium bananas
- 2 medium eggs
- 8 oz. container plain Greek yogurt
- 1/2 C almond milk, unsweetened
- 1/2 C honey
- 1 tsp vanilla extract
- 1 1/2 C flour, whole wheat
- 1/2 C cocoa powder, unsweetened
- 1 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 C chocolate chips, dark

### Directions:

1. Preheat oven to 350 degrees and grease muffin tins or line with cupcake liners.
2. In a large bowl, add bananas and mash well. Add eggs, Greek yogurt, milk, honey, and vanilla. Stir well.
3. In a separate bowl whisk together flour, cocoa powder, baking soda and salt.
4. Add dry ingredients and chocolate chips to the wet mixture; stir just until combined. Avoid over mixing.
5. Fill muffin tins evenly (should make 12 muffins) and bake for 25-30 minutes.

Source: <https://www.superhealthykids.com/chunky-monkey-muffins/#recipe-jump>

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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