



Partners in Prevention

Taking Health & Safety to Higher Ground

March 2018

YOUR GAMEPLAN TO LIVE

Pillars of Health

Good health isn't made up of just one thing. We need to address various aspects of life to work towards greater vitality, well-being and optimum health. Some of you may have heard of the *pillars of health*. They are basically lifestyle factors (as we refer to them), and are the ideals to live by (or strive for) to gain optimum health – body, mind, and spirit (our WHOLE BEING). We are going to touch on the most obvious pillars, and if followed, these will most definitely improve your “whole” personal well-being. These pillars include but are not limited to:

- **Nutrition** – Cook and eat fresh nutrient-dense whole food. Enjoy what you eat, and spend time dining with family and friends.
- **Physical Activity** – It can add to longevity, keep weight in a healthy range, boost mood, improve sleep, reduce risk of disease, keep bones and brain healthy.
- **Restorative Sleep** – Is very important to our total health as this is the time to recharge body and mind.
- **Emotional Wellness** – Being able to navigate your feelings and understand and work towards what is healthy.
- **Social Wellness** – Connecting with others to form positive relationships is important to overall health and wellbeing.
- **Spiritual Wellness** – Involves possessing a set of guiding beliefs, principles, or values that give meaning and purpose to your life. A strong spirit can carry us through anything.
- **Intellectual Wellness** – Keep your mind sharp with inspiration and mental exercise; expand knowledge and learn new skills.
- **Positive Thinking** – Our thoughts have the power to create our reality. Negative thoughts about yourself, others, or your surroundings affect total well-being and mental wellness.
- **Financial Wellness** – Means living within your means and appropriately planning for the future.
- **Environmental Wellness** – Is respecting and caring for your immediate personal surroundings and also in the world around you.
- **Stress Management** – Some amount of stress is healthy; however, if you let stress overtake you, health goes downhill. The goal is to achieve personal harmony and balance.



Garlic Roasted Salmon & Brussels Sprouts

6 Servings

“Roasting salmon on top of Brussels sprouts and garlic, flavored with wine and fresh oregano, is simple enough for a weeknight meal yet sophisticated enough to serve to company.”

Ingredients:

- 14 large cloves garlic, divided
- ¼ C extra-virgin olive oil
- 2 TBS finely chopped fresh oregano, divided
- 1 tsp salt, divided
- ¾ tsp freshly ground pepper, divided
- 6 C Brussels sprouts, trimmed and sliced
- ¾ C white wine, preferably Chardonnay
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
- Lemon wedges

Directions:

Preheat oven to 450°F. Mince 2 garlic cloves; combine in small bowl w/ oil, 1 TBS oregano, ½ tsp salt and ¼ tsp pepper. Halve remaining garlic and toss with Brussels sprouts and 3 TBS seasoned oil in large roasting pan. Roast, stirring once, for 15 minutes. Add wine to remaining oil mixture. Remove pan from oven, stir vegetables and place salmon on top. Drizzle with wine mixture. Sprinkle with remaining 1 TBS oregano and ½ tsp each salt and pepper. Bake salmon until just cooked through (5 to 10 minutes more). Serve with lemon.

Recipe By: EatingWell Test Kitchen

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Leading a Healthy Lifestyle to Protect Your Heart

“A heart attack strikes someone about every 43 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol and other substances (plaque).”

“We’ve all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic. ‘Although men and women can experience chest pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure,’ said Nieca Goldberg, M.D., medical director for the Joan H. Tisch Center for Women's Health at NYU's Langone Medical Center. Instead they may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue (http://www.heart.org/HEARTORG/Conditions/HeartAttack/WarningSignsofaHeartAttack/Heart-Attack-Symptoms-in-Women_UCM_436448_Article.jsp#.WqIH-GaZNAV).”

Other symptoms can include nausea, cold sweats, discomfort in your arms, back, neck, or jaw. It is important to take these symptoms seriously and contact your doctor. Don't just assume that it is nothing. Obviously, your chances of surviving a heart attack are much greater if you get emergency treatment quickly. In addition, don't allow your doctor to be dismissive of your symptoms as women are often misdiagnosed.

You can lead a heart healthy lifestyle! Try to incorporate the following:

- **Reduce grains and sugars** in your diet with the goal of eliminating sugars altogether – especially fructose. (This does not include sugars in fruit.)
- **Eliminate processed junk food.**
- **Eat more raw vegetables and fruit.** “In fact, up your produce intake to 10 servings a day, and you may lower your risk of cardiovascular disease by 28% and your risk of premature death by 31%, according to a new review article. The findings, published online Feb. 22, 2017, by the *International Journal of Epidemiology*, came from 95 studies around the world looking at the effects of fruit and vegetable intake. The greatest benefits included intake of apples, pears, oranges and other citrus fruits, green leafy vegetables, cruciferous vegetables (such as broccoli, cabbage, and cauliflower), and green and yellow vegetables such as green beans, carrots, and peppers (<https://www.health.harvard.edu/heart-health/fruits-and-vegetables-for-heart-health-more-is-better>).”
- **Use healthy fats** including olive oil, butter, avocado, organic pastured eggs and coconut oil instead of harmful vegetable oils and synthetic trans fats. Note: Olive oil is a finishing oil, and it should not be heated to high temperatures.
- **Eat more fermented foods.** Studies point towards a boost in overall immunity and oral health in addition to optimizing intestinal flora.
- **Exercise! You need to get your heart pumping.** Moderate to vigorous is ideal. “Walking is remarkably beneficial,” says Dr. Walter C. Willett, professor of medicine at Harvard Medical School. “A half-hour a day can make quite a bit of difference. In terms of return for your investment of time, it really is a big bargain.” A casual walk won't do it, though; you need to be huffing and puffing a bit. Doctors like other exercises that get our hearts pumping, as well, such as jogging, biking, dancing, swimming (<https://health.usnews.com/health-care/patient-advice/articles/2017-05-22/what-are-the-best-heart-healthy-exercises>), and more.



Heart Healthy Berry Green Smoothie

1 Serving

Ingredients:

- ½ C frozen organic blueberries
- ½ C frozen organic strawberries or raspberries
- ¼ C frozen organic cranberries (or fresh)
- ½ Banana
- 1 TBS ground flaxseeds
- 2 C Dark leafy greens (spinach, kale, romaine, etc.)
- ¾ C unsweetened coconut or almond milk
- ¼ C pomegranate or orange juice
- ½ Avocado
- Green tea or water to thin if needed

Directions:

Add all ingredients to blender and blend until smooth.

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- **Eat omega 3-rich** fish several times a week and/or supplement with quality fish oil.
- **Make sure you are getting enough vitamin D.** You can have your levels checked through a blood test. Optimizing your vitamin D levels can play a crucial role in maintaining good health.
- **Maintain a healthy weight.**
- **Get plenty of quality sleep.** This is when your body restores itself.
- **Keep your stress in check.** Practice stress reduction techniques and activities that reduce stress.

Strength Training with Just Your Body Weight

Physical activity is one of the main pillars to attain optimal health. To maintain muscle strength and mass, strength training is important... especially as we age. There are many ways to do it, but exercises using only your body weight are very convenient. They are effective, require no special equipment, and can be done at home, at work, while traveling, or in a gym. The benefits of strength training are numerous and include:

- Increased strength of connective tissue, muscles, and tendons.
- Enhanced mood.
- Reduced risk of disease.
- Improved bone density.
- More calories burned throughout the day.

The following are some very effective bodyweight exercises: pushups, plank, squats, lunges, jumping squats, burpees, triceps dips, and bridges. There are many more. You will find lots of information online with videos on how to properly execute these exercises. Proper form on a few, below.



Plank



Squat



Bridge



Heart Healthy Spinach Lentil Soup

6 Servings

Ingredients:

- 1 C lentils
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 TBS. organic extra virgin olive oil
- 4 C water
- 4 C organic chicken or vegetable broth
- ½ tsp. salt
- ½ tsp. dried thyme, crushed
- ¼ tsp. fennel seed, crushed
- 1 bay leaf
- 2 medium carrots, diced
- 10 oz. fresh or frozen spinach (thawed), chopped

Directions:

Rinse lentils and set aside. In large saucepan, cook onion and garlic in hot oil until tender but not brown. Stir in lentils, broth, salt, thyme, fennel, and bay leaf. Bring to boil, reduce heat, cover, simmer 20 minutes. Add carrots and frozen spinach. Bring to boil, breaking up spinach with a fork, and reduce heat. Cover and simmer about 15 minutes more, or until lentils are tender. Discard bay leaf.

(<https://www.drsinatra.com/spinach-lentil-soup-recipe>)

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What Do 200 Calories Look Like?

Obviously, not all calories look alike, and it's no surprise that you can eat a LOT more food if it's nutrient dense than if it is an empty calorie. Check out a few examples of what 200 calories look like, below!



Celery

Broccoli

Carrots

Apples



Sliced Turkey

Eggs

Peppers

Bagel



Doritos

Hershey Kisses

M&Ms

Jack in the Box Burger

(All photos by WiseGEEK)

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!



Heart Healthy Blueberry Spinach Salad

2 servings

Ingredients:

- 4 C spinach or other greens
- ½ to 1 apple, thinly sliced or diced
- ¼ to ½ C blueberries
- 3 to 4 TBS walnut piece or other nut/seed
- ¼ to ½ C red cabbage (optional)
- 4 tsp balsamic vinegar or other vinaigrette
- Salt & pepper to taste
- 3 to 4 TBS crumbled feta, goat or blue cheese

Directions:

Place all salad ingredients in large bowl and toss with balsamic or other vinaigrette. Divide into two salads; add salt and pepper to taste. Enjoy!

Notes:

Measurements provided are a guide, use less or more depending on preference.

MAKE IT VEGAN or DAIRY FREE: Omit cheese.

MAKE IT NUT FREE: Use sunflower seeds instead of walnuts.

Adapted from <https://www.kimscravings.com/heart-healthy-blueberry-spinach-salad/>



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