



# Partners in Prevention

Taking Health & Safety to Higher Ground

November 2020

## YOUR GAMEPLAN TO LIVE

### I AM SOOOO... TIRED!!!



**Tired?** It may be lack of good quality sleep, but it may not! There are lots of things that can make you tired... things that you can easily do something about!

**Get moving!** You might think working out will SAP your energy, but it is just

the opposite! Exercising will actually GIVE YOU ENERGY! Even light exercise will help! Anything is better than nothing; and evidence shows that short intense workouts are more effective than long workouts, so if you don't have hours to spend at the gym, no worries. Regular exercise boosts strength and endurance, helps your cardiovascular system to run more efficiently, and has many other benefits both mentally and physically.

**Eat a power breakfast.** Not everyone eats breakfast, but some good reasons to are:

- It helps to keep insulin more stable because morning is when your body is most insulin-sensitive.
- Your brain needs fuel to function, and the right breakfast can help you to reduce brain fog and be more alert, focused, and happy.
- Breakfast helps to fuel your body and give you energy.

However, if you normally eat foods that are high in simple carbohydrates (sugar, baked goods, most cereals, juice), you are not doing your body or brain any favors as you can expect to initially feel energized followed by a big slump within an hour or two as your blood sugar crashes. A good breakfast should include lean protein, healthy



### Mango Mint Avocado Smoothie

#### Ingredients:

- 1 small ripe avocado, peeled, pitted
- 1 cup frozen mango cubes
- 1 orange
- 1 cup water
- Handful of mint

#### Directions:

Blend until smooth. Enjoy!

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fat, low-sugar fruits and or vegetables, and whole grains. High Energy Breakfast Examples: Oatmeal with nuts and almond milk; a smoothie made with ½ frozen banana, spinach, protein powder, almond milk or water, and 1 Tbs. almond butter; 1 whole egg + 1 egg white with a slice of whole-wheat toast and a cup of berries; or plain low-fat Greek yogurt with almonds and berries.

**Dehydration, even just a little can make you feel tired.** So keep some lemon water handy to sip throughout the day. Normal fluid needs: your weight (lbs.) divided by 2 = the approximate number of ounces you should drink a day.

**Could you be iron deficient?** Symptoms include feeling sluggish, weak, irritable, and unable to focus. Iron rich foods: lean beef, kidney beans, eggs with the yolk, dark green leafy vegetables, nuts, and tofu. Eat iron-rich foods with vitamin C – rich foods. It helps with absorption. Note: If you do have these symptoms and suspect that you are truly iron-deficient, you could have anemia, which can come from health problems. Contact your healthcare provider.

## Stress can make you feel exhausted!

- Are you a workaholic? A perfectionist? Give yourself a break by not overworking or taking work home with you... at least not more than a day or two a week. In addition, try to resist the urge to look at the emails on your phone constantly! Give your head a break! You deserve it. You already put in your eight hours! If you are overworked and overstressed, your work, your health, and your psyche will suffer as a result.
- Are you a worrier? Do you only see the negatives? Anxiety can paralyze you! Productivity goes out the window, and your mental and physical health goes along with it.
- Take time to decompress. Do things that you enjoy: spend time outside, read, exercise, meditate, etc.

**Organize! Declutter!** Looking at a mess automatically makes us feel a bit frantic. Pick up at the end of the day so that you don't have to look at overwhelming clutter first thing in the morning.

**See your doctor.** If you find that making lifestyle changes does not help, see your physician. There are many conditions that can also cause fatigue, and your doctor can help.



## Leftover Turkey Casserole

Leftover Turkey Casserole made with leftover turkey, cheesy gravy, and cornbread is the PERFECT way to use up Thanksgiving leftovers. It's fast, easy, and ready in under 45 minutes!

Author: Sabrina Snyder

Servings: 9

### Ingredients:

- 4 tablespoons butter unsalted
- ¼ cup flour
- ½ teaspoon kosher salt
- ½ teaspoon crushed black pepper
- 1 cup McCormick Simply Better Turkey Gravy
- 1 cup whole milk
- 1 cup mozzarella shredded
- 3 cups cornbread cut into 1" chunks
- 3 cups chopped turkey meat cooked
- ½ cup frozen peas
- 1 cup chopped carrots
- 1 cup chopped frozen green beans

### Directions:

1. Preheat the oven to 350 degrees and add the butter to a medium sized saucepan melting it on medium heat.
2. Add the flour to the pan and whisk well together for 1 minute before adding in the gravy, milk and mozzarella, whisking until smooth.
3. Add the cornbread, turkey, peas, carrots and green beans to a 9x13 pan and cover with the gravy before cooking for 20-25 minutes covered, followed by 10 minutes uncovered.

<https://dinnerthendessert.com/leftover-turkey-casserole/>

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## REDUCE ANXIETY AND INCREASE PRODUCTIVITY WITH MUSIC

Listen to music. It can relax, motivate, and energize you. According to researchers, songs that are heavy on bass were more empowering than low-bass ones. This may be because we associate big booming tones with powerful experiences and objectives. This type of music could be strategically helpful prior to a job interview or a meeting with an important client to help get us in the right frame of mind. Upbeat music, when listened to intentionally and on a regular basis, can improve your mood and boost your happiness quotient. If you are learning something new and are playing music at the same time, it can help with memory recall.



For your workouts, experts from Hampden-Sydney College in Virginia, USA, say listening to music during exercise can help to release endorphins to increase your endurance, boost your mood and distract you from the discomfort you may feel during your exercise session. Obviously, you want to listen to motivating, upbeat music. The college found that “We Will Rock You” by Queen was the most motivating for exercise.

If you are feeling stressed, listening to calming music can help tremendously. According to Dr. David Lewis-Hodgson of Mindlab International, the song, “Weightless”, a song specifically written to reduce stress, produced a greater state of relaxation than any other music tested to date resulting in a 65% reduction in overall anxiety. You might also want to try bilateral music, which is a type of music that is edited to constantly move back and forth from the left to the right side of your headphones. It was first created for use with bilateral psychotherapy techniques. Now, however, it is used to relax, reduce anxiety, enhance sports performance, improve study habits, increase memory and retention, and assist with healing from strokes and more. Headphones or earbuds are needed to listen to it effectively.

<https://www.inc.com/melanie-curtin/neuroscience-says-listening-to-this-one-song-reduces-anxiety-by-up-to-65-percent.html>

<https://bilateralmusic.com>

<https://thriveglobal.com/stories/want-to-reduce-anxiety-by-65-and-increase-productivity-hint-you-can-humm-along/>



## Slow Cooker Spicy Corn and Kale Soup

(Adapted from Slender Kitchen)

Servings: Six 1 cup servings

### Ingredients:

- 14.5 oz. can crushed fire roasted tomatoes
- 4 cups vegetable broth
- 1 jalapeno, seeded and minced (optional)
- 4 oz. can green chiles
- 10 oz. frozen cream corn
- 10 oz. frozen corn
- 1 onion, minced
- 4 cloves garlic, minced
- 1 bay leaf
- 2 tsp. turmeric
- 2 tsp. oregano
- Up to 2 tsp. chili powder
- Salt and pepper
- 4 cups kale

### Directions:

Add everything to the slow cooker. Cook for 4 hours.

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## BALANCE TRAINING

Besides cardio, strength training, and flexibility - there's another element to being healthy that a lot of people miss: balance, which is your ability to balance your body and overcome instability. Balance is like muscle strength: the more you use it, the less likely you are to lose it. Here are some exercises to improve your balance:

### Beginner

Step your feet together with your big toes touching and your heels half an inch apart. Sweep your arms up above your head. Clasp your fingers together with the exception of your two pointer fingers. Press the tips of these together. Inhale here in neutral. Exhale to bend over to your left. Keep your feet rooted and your inner core engaged as you breathe into your right side body. For a further option, spin your chest toward the ceiling and look up. Repeat on the opposite side.



### Moderate

Stand in place, your feet hip width apart. Extend your spine tall, and fix your gaze forward at a focal point. Contract your core muscles as you shift your weight to your right foot. As you inhale, raise your left foot and place the sole of your left foot on your ankle, calf, mid thigh, or upper thigh with your toes pointing down. Keep your gaze at one point as you breathe. Gently press your left foot into the right inner leg. Keep a light contraction in your core muscles to keep the abdomen from falling forward. Place palms in the prayer position at the heart. As you inhale, slowly raise your arms overhead with your hands still in prayer. Keep the shoulder blades from rising to avoid tension in the neck. Continue to press your right foot lightly into the ground as the crown of the head lifts. Stay here for several breaths.



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!



## Energizing Kiwi Pineapple Smoothie

### Ingredients:

- 2 cups fresh baby spinach
- 1 cup sliced kiwi
- 1 frozen banana, cut up
- 1/2 cup plain Greek yogurt
- 1/4 cup frozen pineapple
- 1/4 cup fresh orange juice
- 1/4 cup almond milk
- 2 Tbsp. chia seeds

### Directions:

Blend and enjoy!



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