



Partners in Prevention

Taking Health & Safety to Higher Ground

November 2013

YOUR GAMEPLAN TO LIVE

STAYING MOTIVATED TO EXERCISE IN DARK COLD WEATHER

Buy Something. Invest in a couple of pieces that will truly help you battle the weather and workouts. If you're a runner, make sure you're stocked up on running tights, a jacket, and a hat/ear warmers that will keep you warm; or purchase layering items to wear to the gym so you can keep them on if you're cold or take off layers if you get warm. Remember, whether you're inside or outside, layering is your best bet; you can always remove some layers, but can't add them if you don't have them.

Get Outside. Put on your new gear and get outside on a chilly sunny day. Going outside and into the sun can be a great motivator and energizer. Studies show that being in the sun can combat depression, and spending time in nature can energize you. Even if it's just a brisk 10-minute walk, it'll help keep you in the habit of exercising outside. So bundle up and at least go for a quick stroll!

Do Something Summery. Keep your swimsuit handy and keep your motivation by doing a typical summer workout, like swimming. Jumping in the pool is a great reminder of summer, and swimming is a great workout any time of the year. Also, it will keep you body-conscious. Knowing you will be putting on a swimsuit to workout might make you think twice about overstuffing yourself at Thanksgiving.

Sign Up For A Spring Race. Whether it's a 5K or a marathon, sign up now for an event in the spring. It'll keep you looking forward to the warmer months, plus having a goal on the horizon will keep you moving now.

Listen To Summer Songs. Some songs just scream "summer." And those types of summer songs can take you right back to the warmer, sunnier months, while it pumps you up for your workout.

Think New Years. Why not get an early start on New Years? There's no time like the present! Help keep yourself motivated throughout the late fall and early winter months by considering how ahead you'll be when you've maintained your fitness through the holiday season. Maintaining is much better than starting from scratch when you set that New Years Resolution!

Focus On The Future. Remember that winter is temporary! Eventually you'll have to retire those baggy sweaters in exchange for swimsuits and shorts, which are MUCH less forgiving. Avoid that tough strain on your body to "get ready for bikini" season so quickly by staying fit all year round!

www.babble.com "10 Ways to Stay Motivated When It's Cold Out"

ADULT ACNE???

As an adult, you expect pimples to be a thing of the past. But for some people, acne could be even worse as an adult than it was in adolescence, or you may even be

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Maple-Roasted Sweet Potatoes

Ingredients:

- 2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

Directions:

Preheat oven to 400°F. Arrange sweet potatoes in an even layer in a 9x13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Makes 12 servings, 1/2 cup each.

Nutrition per serving: 96 calories; 2 g fat; 1 g protein; 2 g fiber; 118 mg sodium

Adapted from: http://www.eatingwell.com/recipes/maple_roasted_sweet_potatoes.html

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experiencing it for the first time.

Acne doesn't only show up on the face, it's also common on the back, shoulders, neck, chest, and limbs.

If you're experiencing adult acne, here are some tips to keep it at bay...

Check Products. Check the labels on your skin products to see if they are marked "oil-free" and "noncomedogenic" (not tending to clog pores). Also consider how many products you're using on your skin and if you actually need to be using all of them. Even products marked "dermatologist tested" can cause acne for some people. Minimizing the number of products you use may help further reduce outbreaks.

Hands-Off. Resting your chin or cheeks in your hands or rubbing your face can boost the growth of bacteria and cause infection. Implement a strict hands-off policy for your face... that holds for breakouts too. Picking and "popping" can drive acne bacteria deeper into the skin. The bottom line is resist the temptation to touch.

Don't sit in your sweat. Clean off as soon as possible after you exercise. Physical activity causes perspiration to mix with surface skin oils and can trap substances in your pores. If a quick rinse isn't possible, towel off and change into dry clothes as soon as you can. Sitting around in sweaty clothes, especially if they are tight-fitting, can lead to acne on your chest, back, and other parts of the body. Also, avoid wearing tight headbands or hats that rub against your skin. If you wear a helmet or any other safety gear with straps, be sure to wash the straps frequently to reduce bacteria.

Don't Over-wash or use Harsh Scrubs. Over-washing can make acne worse by encouraging excess oil production and therefore, more blemishes. Be good to your skin by washing gently with a mild soap and lukewarm water once or twice a day. To avoid irritating or inflaming your skin, pat--rather than rub--it dry with a soft towel. And be cautious when it comes to cleansing products for "acne prone skin"--again, drying out your face can cause excess oil production, so keeping a good moisture balance is key.

Lower Your Stress Levels. When you're under stress, your body produces stress hormones, such as cortisol, which can stimulate an overproduction of oil from the sebaceous glands in the skin. When this excess oil mixes with dead skin cells and bacteria, it can cause acne to develop or become worse. Practice stress reduction techniques and live a healthy lifestyle--meditate, exercise, relax, eat right, and get a good night's sleep.

Start with Simplicity

While there is no cure for acne, most mild breakouts can be controlled with proper skin and body care. Start by focusing on the basic strategies mentioned here, keeping in mind that when it comes to skin care, simplicity is often the best solution. Talk to your healthcare provider or dermatologist about your condition and treatment options.

Adapted from: www.sharecare.com "Avoiding Adult Acne"

FALLING ASLEEP AT THE WHEEL

Ever have trouble remembering the last few turns you made? If so, you might want to pull over. Driving while drowsy is far more common, and dangerous, than you might think. In a recent poll, it was revealed that 60% of Americans reported driving during drowsiness in the previous year. And 37% confessed to actually *nodding off*. Yikes! Researchers suspect many motorists simply don't recognize the signs that they're too drowsy to safely drive or just assume they can stay awake anyway. But research shows feeling sleepy is just as dangerous as being sleep deprived. Both are associated with a dramatic increase in crash-related critical injuries or death due to falling asleep

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Green Bean Casserole

Ingredients:

- 3 tablespoons canola oil, divided
- 1 medium sweet onion (half diced, half thinly sliced), divided
- 8 ounces mushrooms, chopped
- 1 tablespoon onion powder
- 1 1/4 teaspoons salt, divided
- 1/2 teaspoon dried thyme
- 1/2 teaspoon freshly ground pepper
- 2/3 cup all-purpose flour, divided
- 1 cup skim milk
- 3 tablespoons dry sherry
- 1 pound frozen French-cut green beans
- 1/3 cup fat-free sour cream—or non-fat plain Greek yogurt
- 3 tablespoons buttermilk powder
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder

Directions:

Preheat oven to 400°F. Coat a baking dish with cooking spray. Heat 1 tbsp. oil in a large saucepan. Add diced onion and cook. Stir in mushrooms, onion powder, 1 tsp. salt, thyme and pepper. Cook. Sprinkle 1/3 cup flour over the vegetables. Add milk and sherry and bring to a simmer. Stir in green beans, sour cream or yogurt and buttermilk powder. Transfer to the prepared baking dish. Whisk together remaining flour, paprika, garlic powder and salt in a dish. Add sliced onion. Heat the remaining oil in a large skillet, medium heat. Add onion and flour mixture and cook, until golden and crispy. Spread the onion topping over the casserole.

Makes 6 servings, 3/4 cups each.

Nutrition per serving: 212 calories; 10 g fat; 7 g protein; 3 g fiber; 553 mg sodium

Adapted from: http://www.eatingwell.com/recipes/green_bean_casserole.html_0

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at the wheel.

Drowsiness and driving leads to an eightfold increase in the risk of injury or death from falling asleep at the wheel. Sometimes you're so tired that you can't think straight enough to know just how dangerously tired you are (similar to when a drunk person can't recognize how drunk they are).

Here are some signs that you are so tired that you're not capable of driving:

- Tired eyes
- Constant yawning
- Foggy brain
- Nodding head

...these are the obvious ones.

But here are a few other less obvious clues you're at risk for falling asleep at the wheel:

- Frequent squinting and blinking
- Missed streets or exits
- Difficulty picturing previous turns or stretches of road

If you ever experience any of these situations while driving, pull over, park, and nap in a safe place.

Official statistics show that drowsy driving results in **over 100,000 automobile wrecks every single year** and those are clearly conservative numbers because fatigue often plays a major role in many accidents where it is not officially documented.

Too many people are tempted to think that they know exactly when they are in danger of falling asleep and they can prevent it from happening. Unfortunately though, sleep just does not always work like this. If the hundreds of thousands of people who have died from falling asleep on the road could tell you, they would.

Adapted from: Sharecare.com "Drowsiness Linked to Falling Asleep at the Wheel" <http://www.end-your-sleep-deprivation.com/effects-of-sleep-deprivation.html#ixzz2kMyanYxE>

QUICK SYNOPSIS ON EATING HEALTHY

To eat healthy, pick foods that are the colors of the rainbow, and watch your portion sizes. Eating foods that are colorful... red apples, orange carrots, yellow squash, green salad, tomatoes, blueberries and purple eggplant-helps you add fruits and vegetables to your diet. The daily servings of other food groups recommend these portion sizes for adults: 5 to 8 ounces of grains, with whole grains comprising half that amount; 5 to 6 1/2 ounces of meat, poultry, fish, beans, eggs and nuts; 3 cups of milk, yogurt and cheese; 2 1/2 to 3 cups of vegetables; 1 1/2 to 2 cups of fruits; and fats, oils and sweets used sparingly. Discretionary calories such as sugars and alcohol can range from 195 to 360 a day, depending on your total calorie intake. (Sharecare.com/dietandnutrition)

EASY ORGANIC - HOMEMADE BABY FOOD

Homemade baby food is a popular option for parents who want to know exactly what goes into their baby's mouth. Compared to equal amounts of home-prepared fruits and vegetables, commercial baby foods tend to have more sugar, more sodium, and less fiber, and they're much more expensive.

Store-bought baby food is made to last. The average jar of baby food can last 1-2



Apples (Applesauce)

Vitamins: A, C, Folate

Minerals: Potassium, Magnesium, Calcium

Ingredients:

This recipe is written so that you may use any amount of apples you wish.

1. Peel, core and cut apple into slices/chunks.
2. Place slices or chunks into a pan with just enough water to slightly cover apples.
3. Boil/steam until tender; be sure to check on the water level and stir.
4. Apples may be mashed with a potato masher to achieve a smooth applesauce consistency. If your masher will not achieve a puree type of consistency, then follow steps 5-7.
5. Reserve any left over water to use for thinning out the apples.
6. Place into your choice of appliance for pureeing and begin pureeing.
7. Add the reserved water as necessary to achieve a smooth, thin puree.

<http://wholesomebabyfood.momtastic.com/babyfirstfoods.htm#UoOt8fnijgU>

Banana Avocado Mousse (3 Baby Servings)

Prep Time: 1 minute

Ingredients:

- 1 banana, peeled and chopped
- 1/2 avocado, peeled and cubed
- 1/4 cup whole milk yogurt
- 2 tablespoons rice milk (you can also use almond, soy, whole, or breast milk)

Directions:

Place all the ingredients in a food processor or blender and puree until thick, but smooth. Serve.

<http://weelicious.com/2008/09/23/banana-avocado-mousse/>

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years in a pantry. For the food to keep its integrity, it's cooked at extremely high temperatures to kill bacteria. This also eliminates most essential nutrients from the fruits and vegetables. When cooking homemade baby food, it's recommended to steam vegetables rather than boil them to preserve as many nutrients as possible. Additionally, fresh fruits do not need to be cooked to puree, ensuring the full potential of nutrients.

With mass-produced baby food, there is always a risk of contamination or toxins. Over the past decade, producers have recalled many packaged baby foods due to contamination. Some of the instances included contamination of glass, bacteria and even arsenic as contamination offenders. By making your own food, you know exactly what ingredients you're using and where they are coming from. You are also able to avoid toxins that your baby may be exposed to from the food additives, preservatives, manufacturing processes, or packaging.

It's best to choose organic whenever you can. Pound for pound, a baby consumes more pesticides due to body size, because pound for pound, a baby eats more fruits and vegetables than an adult does. Conventionally grown fruits and vegetables are sprayed with all sorts of chemicals, and even though your baby will consume these in very small doses, they are more prone to toxicity than an adult.

Fresh fruits and vegetables naturally taste better. When infants are introduced to healthy foods in pureed form, they can grow accustomed to the taste at an early age, fostering future healthy eating habits. Also, when you make your own baby food, you have the power to make many different varieties that wouldn't normally be seen in the store- like avocados, papayas, or pineapples. Additionally, when you can determine what your baby is eating, you can align that with meals for the rest of your family. When you're preparing some foods, you can actually cut the steps down to one. Cutting up a very ripe pear, mashing a banana, mashing an avocado -- that's making your own baby food. Or, for example, when you make dinner for the family, set aside some of the food. Spoon an appropriate portion of your family's soup, pasta, or rice-based dish into the food processor (or Baby Bullet -- is what many of us here, at OAI have used), add water, and blend until you've achieved the proper consistency to serve to Baby as well.

Jarred food should be considered a convenience food. And just as adults shouldn't eat every meal from a drive-thru, can, or box; it's not healthy for babies and toddlers to consume processed, packaged baby foods more than on rare occasions.

If you decide to make your own baby food, it's not that difficult: All you need is a food grinder and a way to steam the food. We like the Baby Bullet system.

How to Make Healthy Homemade Baby Food in 6 Easy Steps:

- Wash and rinse your hands and equipment.
- Scrub and peel fruits and vegetables.
- Bake, steam, roast, or microwave until tender (steaming and microwaving preserve the most nutrients).
- Puree in a food processor with a little liquid (water, breast milk, or formula), or mash if your baby can handle more texture.
- Store in the refrigerator or freezer, in airtight containers. (Packaged baby foods can be stored in the cupboard until they're opened; because they're fresh, homemade baby foods can't.)
- Rewarm when it's time to eat and allow to cool. There are a number of storage containers sold specifically for refrigerating and freezing small serving-sized amounts of baby food; you can also just use an ice cube tray.

In addition to fruits and vegetables, you can puree foods such as cooked meats (fully cooked, with no pink, and remove fat, skin, and connective tissue), beans, and cooked eggs. Refrigerated foods need to be enjoyed within 3 days. We recommend consuming frozen foods within 30 days for optimum freshness. To defrost frozen foods, remove



Pear, Prosciutto & Hazelnut Stuffing

Ingredients:

- 3 teaspoons extra-virgin olive oil, divided
- 4 ounces prosciutto, thinly sliced, cut into ribbons
- 2 cups onion, chopped
- 2 cups diced fennel bulb
- 1/4 cup minced shallot
- 2 teaspoons minced fresh sage
- 2 teaspoons minced fresh thyme
- 1 teaspoon minced fresh rosemary
- 8 cups stale baguette, preferably multi-grain (not sourdough), cut into 1/2-inch cubes
- 2 Bosc pears, ripe but firm, chopped
- 1/3 cup chopped flat-leaf parsley
- 1/3 cup chopped hazelnuts, toasted
- 1 14-ounce can reduced-sodium chicken broth
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

Directions:

Preheat oven to 350°F. Coat a 9x13-inch baking dish with cooking spray. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add prosciutto; cook, stirring, until crispy, about 5 minutes. Drain on a paper towel. Bake for 40 minutes; remove the foil and bake until the top is beginning to crisp, 25 to 30 minutes more.

Serves 12; 2/3 cups each.

Nutrition per serving: 176 calories; 5 g fat; 9 g protein; 6 g fiber; 489 mg sodium

http://www.eatingwell.com/recipes/pear_prosciutto_hazelnut_stuffing.html

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the food from the freezer and place into the refrigerator a few hours ahead of mealtime.

<http://www.webmd.com/parenting/baby/baby-food-nutrition-9/making-baby-food?page=3>

CHARACTERISTICS OF WEIGHT LOSS SUCCESS

What exactly do you want? If your ideal weight is 145 and you weigh 165, you know that you need to lose 20 pounds. You also know that you want to lose fat and not muscle, and you want to look toned and feel healthy and energetic. This is being specific to be terrific! This gives you clarity and motivation, which gives you a better chance of success.

You need to be realistic about your weight loss goals. NO, you will not be able to lose 10 pounds before you hit the beach on the weekend. NO, it is the day before Thanksgiving, and it is not likely that you will honestly be able to resist all those goodies and munch on a green salad. You WILL have challenges. You WILL have setbacks. Be prepared mentally for these. Plan in advance for healthier options at restaurants, which foods are lean, and which are not. After a cheat day, plan to work out longer and a bit harder the following day. Plan to eat super clean to make up for your day of decadence. Setbacks are fine as long as you know how to jump back on the wagon of health soon after.

Give your willpower a helping hand. It will certainly be difficult to resist unhealthy foods if you have cakes, cookies, and salty snacks in your cabinets at home. Get rid of junk food, and stock up on fruits, vegetables, and foods that you LIKE and are easy to grab, but won't derail your weight loss efforts. If you are tempted, though, learn to substitute with something else. Maybe instead of dessert, go brush your teeth and use some mouthwash. Or instead of plopping down in front of the television, take a quick walk first with the kids or the dogs... you get the picture!

Realize that CHANGE takes time. Weight loss involves changing bad habits. This will be easier if you break up large tasks into small ones... baby steps. Make lists. Plan your day: your meals, your workouts. Plan your food preparation. Make a list for the grocery store. Try to stick to your list. It gets easier as time goes on.

Stay motivated. Involve others in your endeavor for good health. A workout buddy, or friends that are also interested in healthy eating can be very motivating. Read up on healthy foods and activities. You will be surprised at all the interesting information you will find!

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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Cranberry, Cherry & Walnut Marmalade

Ingredients:

- 3/4 cup sugar
- 1 cup water
- 1/2 cup port, or other sweet red wine
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon freshly grated nutmeg
- 1/2 cup dried tart cherries
- 1 12-ounce package fresh or frozen cranberries
- 2/3 cup chopped walnuts, toasted
- 1/2 teaspoon freshly grated orange zest

Directions:

Combine sugar, water, port (or wine), cinnamon and nutmeg in a medium nonreactive saucepan; bring to a boil. Add cherries and cook for 1 minute. Stir in cranberries; return to a boil. Reduce heat and simmer until about half the cranberries pop, 10 to 12 minutes. Remove from the heat. Stir in walnuts and orange zest. Let cool completely. (The marmalade will thicken as it cools.) Serve at room temperature or chilled.

Makes 4 cups; 1/4 cup servings.

Nutrition per serving: 91 calories; 3 g fat; 2 g protein; 2 g fiber; 2 mg sodium

http://www.eatingwell.com/recipes/cranberry_cherry_walnut_marmalade.html