

## YOUR GAMEPLAN TO LIVE

### DANGER—FOOD ALLERGIES

THIS ARTICLE IS REFERRING TO FOOD ALLERGIES, NOT FOOD INTOLERANCES.

The occurrence of food allergies in America has been skyrocketing since the late 1990's, rising at a rate of fifty percent and there is no clear answer as to why. Today, over 15 million Americans have some type of food allergy, and one in every 13 children is affected by this potentially deadly condition, causing them and their families to live in constant fear of having a reaction.

A food allergy can begin at any age. You can protect yourself by learning the symptoms of allergic reactions and knowing what steps to take if you or someone close to you has a severe reaction.

#### **What Are Major Food Allergens?**

While more than 160 foods can cause allergic reactions in people with food allergies, the law identifies the eight most common allergenic foods. These foods account for 90 percent of food allergic reactions, and are the food sources from which many other ingredients are derived.

#### **The eight foods identified by the law are:**

1. Milk
2. Eggs
3. Fish (e.g., bass, flounder, cod)
4. Crustacean shellfish (e.g., crab, lobster, shrimp)
5. Tree nuts (e.g., almonds, walnuts, pecans)
6. Peanuts
7. Wheat
8. Soybeans

These eight foods, and any ingredient that contains protein derived from one or more of them, are designated as "major food allergens" by FALCPA.

#### **Signs of possible allergic reaction or anaphylaxis:**

- Itchy mouth or throat
- Breathing difficulties
- Drop in Blood Pressure
- Swelling of face and/or throat
- Severe abdominal cramping
- Vomiting
- Death

**It is important to note that symptoms of anaphylaxis may recur after initially subsiding**, and experts recommend an observation period of about four hours to monitor that the reaction has been resolved. It is possible to have anaphylaxis without any skin symptoms (no rash, hives).

Strict avoidance of food allergens and early recognition and management of allergic



### **Protein Packed Pancakes**

**SAFE FOR THOSE ALLERGIC TO THE TOP 8 FOOD ALLERGENS**

*Serves 4: Calories (149), Fat (4 g), Carbohydrates (38 g), Protein (9.5 g), Fiber (6 g), Sugar (5.25 g)*

#### **Ingredients:**

- 1 cup navy beans, drained and rinsed
- 1 2/3 cup water
- 1 Tbsp honey (don't substitute as this gives the pancakes the golden color)
- 2 tsp oil (I use olive)
- 1 tsp vanilla
- 1/2 tsp salt
- 1 1/2 cup rolled oats

#### **Directions:**

Add ingredients to blender in the order listed. Blend until well blended. Set aside to thicken while you heat the skillet to medium. Cook until golden brown, turning as needed.

<http://www.realfoodallergyfree.com/2011/12/protein-packed-pancakes/>

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reactions to food are important measures to prevent serious health consequences as even trace amounts of a food allergen can cause a reaction. **Always read labels before eating any food, even if it's something you have eaten before** since ingredients or manufacturing processes can change. If you have any questions about ingredients, call the manufacturer.

Once an anaphylactic reaction starts, **epinephrine** is the first line of defense to treat the reaction. **You should immediately seek emergency medical attention by calling 911.** Failure to promptly (i.e., within minutes) treat food anaphylaxis with epinephrine is a risk factor for fatalities. Check expiration dates of epinephrine injectors frequently and keep them in an easily accessible location.

<http://www.foodallergy.org/treating-an-allergic-reaction/epinephrine>  
<http://www.foodallergy.org/>  
<http://www.mayoclinic.com/health/peanut-allergy/DS00710>  
<http://www.fda.gov/food/resourcesforyou/consumers/ucm079311.htm>

## BED-TIME SNACKS... YES OR NO?

Bedtime snacks... We've all heard several takes on this. *Don't eat after 8 or it will turn into fat. Eat nothing after dinner; in fact, brush your teeth right away so that you are not tempted to eat after dinner. Don't go to bed hungry. Certain snacks can help you sleep, so a snack is a good thing...* What it boils down to is this: a bedtime snack can help you sleep well, or it can disrupt your sleep and your weight control endeavors. It depends on what you eat and how much. Here are some facts.

Our digestive tracts work best when we are upright... and even better if we are moving. If you eat certain foods, or too much food, before bed, it can cause acid reflux or heartburn. In addition, digestion can interfere with relaxation as it requires the body to expend energy, and if you eat too much, it could also cause you to have to go to the bathroom during the middle of the night. But... hunger can disrupt sleep also... so what is the right thing to do?

- Eat any large meals early in the day when the body can best use the energy that food supplies.
- Don't eat a heavy meal within 4 hours of going to bed.
- Don't eat or drink caffeinated foods/drinks after noon.
- A small snack before bed to stave off hunger is OK if it is figured into your daily caloric intake of food.
- If you wake up hungry, and it doesn't pass, eat a small (not more than 150 calorie) snack.
- Carbohydrate-rich foods are preferred as they raise your level of tryptophan, which is calming.
- Protein-rich foods are more difficult to digest, so keep protein to a small amount.

### Healthy Bed-time Snacks To Eat Alone or Combine

- Berries, Bananas, Apples
- Low or non-fat yogurt
- Butter-free popcorn
- Cereal (high-fiber, low or no sugar) with skim milk or almond milk
- Avocados
- Turkey
- 1/2 to 1 oz. Cheese
- 1 tablespoon peanut butter or almond butter
- Whole grain slice of bread or crackers

## WHAT HAPPENS WHEN YOU HIT A WEIGHT PLATEAU?

Ok, so you've lost a good amount of weight and you're excited to continue, but all of a sudden, your weight loss comes to a complete halt. WHY??? This is a situation known as a weight loss plateau.



### Quick Sun Butter Chicken

#### Broccoli Stir-Fry

**SAFE FOR THOSE ALLERGIC TO THE TOP 8 FOOD ALLERGENS**

Serves 4: Calories (200), Fat (7 g), Carbohydrates (9 g), Protein (28 g), Fiber (3 g), Sugar (2 g), Sodium (95 mg). Nutrition information not including rice.

#### Ingredients:

- 4 teaspoons Canola Oil divided
- 1 pound boneless, skinless chicken breasts, cut into 1/2-inch pieces
- 2 cups (1 1/2-inch) broccoli florets
- 1 medium red or green bell pepper, cut into 1/4-inch wide strips
- 4 ounces fresh snow peas, trimmed (1 heaping cup)
- 1/2 cup green onion, cut in 1-inch lengths
- 2 cloves garlic, minced
- 1 (8 oz.) can sliced water chestnuts, drained
- 3/4 cup water
- 1/2 cup Sun Butter
- 1/2 cup bottled stir-fry sauce
- Hot cooked white rice

#### Directions:

HEAT 2 teaspoons oil in large skillet or wok over medium-high heat. Stir-fry chicken in oil until lightly browned and no longer pink in center. Remove from skillet. HEAT remaining 2 teaspoons oil in skillet. Stir-fry broccoli and red pepper in oil 3 minutes. Add snow peas, green onion and garlic; stir-fry 1 to 2 minutes. Add water chestnuts; stir-fry 1 minute or until hot. Whisk together water, Sun Butter and stir-fry sauce in small bowl until smooth. Add sauce mixture and chicken to skillet; heat through. Serve over cooked rice.

<http://www.sunbutter.com/recipes-sunbutterchickenstirfry.php>

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### What Causes Weight Loss Plateaus?

- *Reduced Energy Requirements.* The thing is -- when you weigh less, it takes fewer calories to move your body than it did when you weighed more. A loss of any amount of weight will lead to a reduced energy requirement. You may have to decrease your daily caloric input a bit every time you hit a plateau.
- *The 'Adaptation' Phase.* The more you perform exercises, the better you get at them because your body adapts. As this occurs, your body actually uses fewer calories during the exercise. Combat your body's adaptation period by changing the intensity, duration, frequency and/or the mode of your exercise routine and include interval training if necessary.
- *As you get into better shape, your body is more efficient, and it costs fewer calories to operate.* Improved health means a lower resting metabolic rate, and fewer calories are burned during normal daily activities. Part of this is because your cardiovascular system is more efficient now, and you have a lower resting heart rate.
- *Also - all that regular physical activity is likely to result in a loss of body fat and an increase in muscle.* On the scale this may translate into higher numbers because muscle weighs more than fat. But physically, you are healthier and more in shape.

## QUICK TIPS FOR JOINT HEALTH

### Move to Help Prevent Joint Pain

Keep joints healthy by keeping them moving. Generally speaking, the more you move, the less stiffness you'll have. Whether reading, working, or watching TV, change positions often. Take breaks from your chair and move around – at least every 30 minutes.

### Maintain a Healthy Weight

If you are overweight, work on losing it, because extra body weight creates strain on joints, especially the knee joints. Losing as little as 10 lbs. of body weight can help reduce pain.

### Change Up Your Exercise

Doing the same exercise over and over again causes wear and tear on your joints. Vary your exercise routines.

### Train with Weights

Having strong muscles helps to support joints. Weight training helps to strengthen our muscles and ligaments. Talk to your doctor if you have not been previously exercising.

### Eat a Healthy Diet

Eat plenty of fruits and vegetables and be sure you get enough magnesium, calcium, phosphorus, Vitamin C and D3. Talk to your doctor before supplementing. Drink plenty of water. Forgo sodas and sweetened drinks.

### Stay Flexible

Static stretching (Stretching that is slow and constant and held at the end position for 10 seconds to 30 seconds), yoga, and Pilates are all good ways to stay flexible, allowing your joints to become better lubricated. Flexibility exercises are also stress relievers so both your mind and body benefits.



### Classic Butternut Squash Soup (Gluten-free)

Per Serving (6 Servings): 140 calories, 6g total fat, 1g saturated fat, 280mg sodium, 20g carbohydrate (5g dietary fiber, 4g sugar), 6g protein.

#### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 carrot, diced
- 1 celery stalk, diced
- 1 onion, diced
- 4 cups cubed butternut squash, fresh or frozen
- 1/2 teaspoon chopped fresh thyme
- 4 cups low-sodium chicken broth (check for gluten-free)
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper

#### Directions:

Heat oil in a large soup pot. Add carrot, celery and onion. Cook until vegetables have begun to soften and onion turns translucent, 3 to 4 minutes. Stir in butternut squash, thyme, chicken broth, salt and pepper. Bring to a boil, reduce heat and simmer until squash is fork-tender, about 30 minutes. Use an immersion blender to purée soup. Alternatively, let the soup cool slightly and carefully purée in batches in an upright blender.

<http://www.wholefoodsmarket.com/recipe/classic-butternut-squash-soup>

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## WHAT IS YOUR NATURAL STRESS RESPONSE? (AND HOW TO DEAL WITH IT)

Stress is a normal psychological and physical reaction to the demands of life. Did you know that a small amount of stress is good for you? It helps motivate you to get things done. Too much stress has the opposite effect, increasing your risk for everything from backaches and headaches to heart disease and lower immunity. Too much stress is known as the "silent killer" and that's why it's so important to reduce stress if it's gotten out of hand.

### Your Reaction To Stress

- You may crave fatty and sugary carbohydrates. (Your body releases the hormone, cortisol, when you're stressed, which increases insulin levels).
- You feel like you don't have the time or energy to exercise or do much of anything physically.
- You may not spend time with family or friends – secluding yourself or "shutting down" completely.
- You may lean on vices, such as smoking and drinking.
- You may sleep a lot more than usual, or a lot less than usual.
- ...take a minute to think about how YOU handle stress.

### Stress and Heart Disease

- According to Marc Gillinov, heart surgeon at the Cleveland Clinic and coauthor of the book, *Heart 411*, there's a strong connection between emotional stress and heart disease.
- Men who frequently display anger over time, appear to have a greater risk of heart disease.
- People who are pessimistic, cynical, anxious, or depressed don't fare much better.
- In fact, most negative emotions have been associated with a greater risk of heart disease.

### What To Do

Your mental outlook on life is very closely connected to how you deal with stress. When you can't cope, everyday pressures seem overbearing-- sapping our energy and mood. Over time, chronic stress can even lead to emotional issues, such as anxiety and depression.

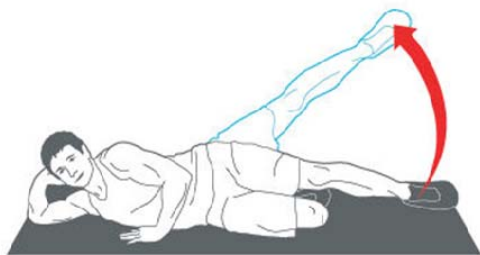
We've all heard about the power of positive thinking. Learning how to stay upbeat has amazing effects. The most crucial element in staying positive may be learning how to avoid negative, destructive thinking. Make the conscious decision not to do this! Stop yourself EVERYTIME. Set up new behavior... positive thinking. After you learn how to do this - you will notice more and more positive change and get much more joy in life.

Having the right attitude will also help you rationally and logically get through stress, put the stressors in perspective, and allow you to make healthy decisions such as eating right, exercising, and keeping a good balance of life.

Source: [www.sharecare.com](http://www.sharecare.com) "Stress Increases Risk"

## SIMPLE AT-HOME EXERCISES FOR LOWER BODY STRENGTH

### Side Lying Hip Abduction



Lie on your side on a mat/floor with your legs lengthened out or bottom knee bent (pictured). Your lower arm can be bent and placed under your head for support and your upper arm comes in front with hand placed on the floor. Your hips and shoulders should be stacked up and aligned vertically to

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### Hearty Turkey Chili

Serves 6 (2-1/4 quarts): 1-1/2 cups (calculated without optional toppings) equals 349 calories, 7 g fat (2 g saturated fat), 60 mg cholesterol, 725 mg sodium, 47 g carbohydrate, 12 g fiber, 27 g protein.

### Ingredients:

- 1 pound lean ground turkey
- 1 medium green pepper, finely chopped
- 1 small red onion, finely chopped
- 2 garlic cloves, minced
- 1 can (28 ounces) diced tomatoes, undrained
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 1-3/4 cups frozen corn, thawed
- 1 can (6 ounces) tomato paste
- 1 tablespoon chili powder
- 1/2 teaspoon pepper
- 1/4 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- Optional toppings: reduced-fat sour cream and minced fresh cilantro

### Directions:

In a large nonstick skillet, cook the turkey, green pepper and onion over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Transfer to a 4-qt. slow cooker. Stir in the tomatoes, kidney beans, black beans, broth, corn, tomato paste, chili powder, pepper, cumin and garlic powder. Cover and cook on low for 4-5 hours or until heated through. Serve with optional toppings if desired.

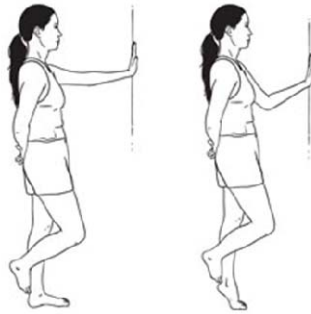
<http://www.tasteofhome.com/Recipes/Family-Pleasing-Turkey-Chili>



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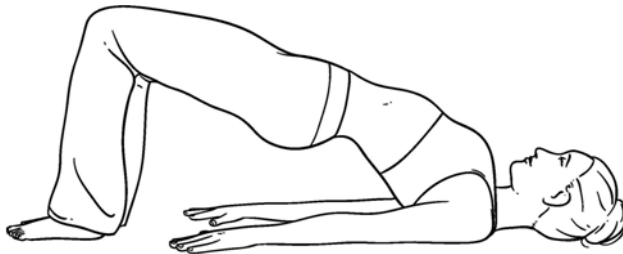
the floor. Engage your abdominal muscles then raise the upper leg off the lower leg. Keep the knee straight and the foot in a neutral position. Do not allow the hips to roll forward or back. Return the leg to your starting position in a slow, controlled manner. Switch sides. (A common mistake is raising the leg too high in this exercise.)

## Standing Calf Raises



Stand 6 -12" away from a wall with your feet hip-width apart and toes facing forward. Place your hands on the wall, shoulder height. Slowly rise up onto your toes, lifting your heels off the floor. Keep your knees straight. Do not allow the feet to rotate. Use your hands on the wall to support your balance. Hold the raised position briefly then slowly lower your heels back to the floor. (You can also do this exercise one side at a time, which is pictured.)

## Glute Bridge



Lie on your back on an exercise mat or the floor in a bent-knee position with your feet flat on the floor. Place your feet hip-width apart with the toes facing away from you. Gently contract your abdominal muscles to flatten your low back into the floor. Attempt to maintain this gentle muscle contraction throughout the exercise. Keep the abdominals engaged and lift your hips up off the floor. Press your heels into the floor for added stability. Avoid pushing your hips too high. Lower back down slowly.

<http://www.acefitness.org/acefit/fitness-programs-article/2863/Top-25-At-Home-Exercises/>

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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!



## Roasted Fall Vegetables

Servings: 14. 3/4 cup equals 110 calories, 5 g fat, 384 mg sodium, 17 g carbohydrate, 3 g fiber, 3 g protein.

### Ingredients:

- 1 large acorn squash, peeled and cut into 1-1/2 inch cubes
- 1 large rutabaga, peeled and cut into 1-inch cubes
- 1 medium butternut squash, peeled and cut into 1-inch cubes
- 3 large carrots, peeled and cut into 1-1/2 inch pieces
- 1 medium parsnip, peeled and cut into 1-inch cubes
- 1/4 cup grated Parmesan cheese
- 1/4 cup canola oil
- 3 tablespoons minced fresh parsley
- 2 tablespoons paprika
- 2 teaspoons salt
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne pepper

### Directions:

In a large bowl, combine the first five ingredients. In a small bowl, combine the remaining ingredients. Pour over vegetables; toss to coat. Transfer to two greased 15-in. x 10-in. x 1-in. baking pans. Bake, uncovered, at 425° for 40-50 minutes or until tender, stirring occasionally.



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