



Partners in Prevention

Taking Health & Safety to Higher Ground

December 2012

YOUR GAMEPLAN TO LIVE

AVOID HOLIDAY WEIGHT GAIN

Rev up your engine! Move more. If you normally exercise after work, add another 10 to 30 minutes in the morning. If you don't work out at all, add a walk at lunch. You can follow workouts with on-demand television, DVDs or You Tube. Join a class: water aerobics, swimming, yoga, kick boxing... It shouldn't be difficult to find something you like. (If you haven't exercised in a long time, check with your physician before you begin.)

Become a veggie/fruit lover. Make sure you eat AT LEAST 7 servings of fruits and vegetables each and every day. These foods are nutrient dense and low calorie. Pack your refrigerator with ready-to-eat cut-up vegetables and grab-n-go fruits. Actually COUNT your servings!

Cut your temptations. Do not have treats hanging around the house in plain view. If you like to bake cookies, go ahead, but keep them in a tin in the garage for those special get-togethers. If people bring goodies into work, try to steer clear of where they are and have your own replacement "treat" handy to eat instead (fruit, yogurt, nuts, etc.). If you know that this won't work for you, allow yourself ONE.

Never arrive hungry to a party. Have soup, salad, a low-fat yogurt, or half a turkey sandwich, etc. before you leave home so that you don't overeat at the event.

Concentrate on socializing rather than on eating... and do your socializing AWAY from the buffet table!

Choose Party Food Wisely. Once at the party: Use a small plate rather than a large one, choose vegetables over cheese and crackers, grilled lean protein over meatballs, fried foods, or meat soaking in juices; avoid creamy sauces, opt for desserts such as fruit, pudding, an unfrosted mini muffin or cupcake, ginger snaps, angel food cake, or a very small serving of other desserts.

Drinks count. Even though many people think *tis the season* means let's eat (a lot) and drink (even more), it really is not healthy or smart. Stick to one or two servings of alcohol if you are a woman, and no more than three servings if you are a man. Light beer or wine is a good choice, and lemon water and tea are even better.



BARCELONA HOT CHOCOLATE

Indulgent as it may seem, one cup has twice the level of antioxidant activity of a five-ounce glass of red wine and two to three times more than a cup of green tea.

Ingredients:

- 2/3 cup boiling water
- 2 ounces good-quality dark or bittersweet (60 to 70 percent cocoa) chocolate, finely chopped
- 1 1/3 cups 1% low-fat milk
- 1 cup brewed espresso (or strong coffee)
- 1/4 cup unsweetened cocoa powder
- 1/4 cup packed brown sugar
- 1 2-inch piece orange rind strip
- 1/4 cup frozen fat-free whipped topping, thawed
- Cocoa powder (optional)

Combine boiling water and chopped chocolate in saucepan, stirring until chocolate melts. Add milk and next 4 ingredients (through rind); cook over medium-low heat, stirring with a whisk. Heat 5 minutes or until tiny bubbles form around edge of pan, stirring frequently (do not boil). Discard rind. Pour 1 cup mixture into each of 4 mugs. Spoon 1 tablespoon whipped topping over each serving. Dust with cocoa powder, if desired.

Yield: 4 servings
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GREAT LAST MINUTE HEALTHY GIFTS

Holiday gift giving is upon us, and if you are not yet prepared, the following are some HEALTHY GIFT giving ideas that will undoubtedly make someone very happy indeed!

- A massage (gift certificate)
- Aromatherapy Oils (soothe body and mind)
- Exercise equipment, mat, clothing, DVD, gym bag
- A great water bottle
- Inspirational literature or music
- A white noise machine (great for sleeping)
- A room or car air purifier
- A plant in a fun/unique container
- Spices in tins with see-through tops or labels (add a few recipes)
- Tea mug with infuser (include some favorite teas)
- A juicer
- Seed starter kit (vegetables or herbs)
- A gift certificate to a gym or exercise class
- A gift basket or tin of teas
- Fruit bouquet or basket
- Plush robe or slippers and lotion
- Take the recipient out to dinner (spend time together)
- Movie Night In – Basket of healthy snacks, sparkling water, cider or wine, DVD
- Thermal tote or reusable shopping bags
- A charitable donation to a great cause in the giftee's name
- A mason jar filled with a couple tablespoons of flaxseed, protein powder, hempseed, acai, raw oats and dried fruits. Attach a card to it instructing the giftee to blend it all together with some ice, avocado, kale or their favorite fruit (Huffington Post).

5 EASY WAYS TO BOOST SELF CONFIDENCE

When it comes to building self-confidence, perception is everything. *The way you view yourself* has a huge impact on how others will ultimately perceive you.

Be Optimistic. Whether you want to or not! Force yourself to think in a positive way – TALK in a positive rather than a negative way – and start doing it NOW (no, not next week) and keep it up even if you slip sometimes. It WILL become a habit. In all aspects of life, optimism is a powerful force, and it's something you can control!

Be prepared. People always feel more confident when they're prepared, whether you're going to work or going to have a good time; it doesn't matter. Know what you're going to wear, what you need to bring, what you're going to be doing!

Don't Fear Failure. Try new things. Getting a bit out of your comfort zone is a good thing! It HELPS build confidence by proving to yourself that you can handle something you have never handled before. Try it – it's liberating!

EXERCISE! Even just moderately - like a quick 10-minute walk/jog or deep stretch. It clears your mind by distracting your thoughts, reduces anxiety and tension, and releases endorphins.



ROASTED CAULIFLOWER WITH FRESH HERBS AND PARMESAN

Ingredients:

- 12 cups cauliflower florets (about 2 heads)
- 1 1/2 tablespoons olive oil
- 1 tablespoon chopped fresh parsley
- 2 teaspoons chopped fresh thyme
- 2 teaspoons chopped fresh tarragon
- 3 garlic cloves, minced
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preheat oven to 450°. Place cauliflower in a large roasting pan or jelly-roll pan. Drizzle with oil; toss well to coat. Bake at 450° for 20 minutes or until tender and browned, stirring every 5 minutes. Sprinkle with parsley, thyme, tarragon and garlic. Bake 5 minutes. Combine cauliflower mixture, cheese, and remaining ingredients in a large bowl; toss well to combine.

Yield: 8 servings.

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Compliment People. And mean it! Make it a habit. Look for the good you see in other people and let them know it. Bringing out the good in others brings out the good in you!

SMILE! And do it even when you don't feel like smiling. Smile when you answer the phone, smile when you walk past someone and catch their eye, smile at yourself in the mirror. Smiling makes us feel happier.

A QUICK WAY TO ASSESS BODY STRENGTH

The Squat Test: Stand in front of a mirror with your feet just outside of shoulder width, toes facing forward with your arms straight ahead. Maintain an upright torso and keep your heels down as you squat as low as you can go, keeping your arms in front of you. Perform facing forward as well as sideways in the mirror to assess your posture.

Five questions to ask yourself:

1. Are you unable to get your hips below your knees, achieving a full range of motion squat, while keeping your heels down and arms overhead?
2. Do your knees collapse inward?
3. Do you lean to one side, shifting your weight?
4. Does your torso bend forward beyond parallel with your shins? Your back should be parallel to your shins...is your back rounding forward?
5. Are your arms drifting down as you squat?

If you answered, "yes" to any of these questions, your squat form is improper—a clear sign that your body is compensating due to something being tight or weak.

You can usually figure out what's weak or tight as you do it...listen to your body. Are your hip flexors or hamstrings tight? Do you have core instability? Do you have a weak upper body or a tight upper or lower back? *Adapted from womenshealthmag.com.*

THE DANGERS OF... YOGA?

Yes, you read it right! Generally, yoga is known for its many benefits including stress relief and total body strengthening and flexibility. But like most exercises, it *does* come with some risk. Problems usually occur when beginners try to do advanced moves. It's common sense really; it isn't wise to contort your body into positions you haven't done since you were 12, or ever. If you were to start running after being a couch potato for 5 years, you might expect to hurt yourself, so you'd work your way up... beginning with a walk around the block, moving on to a brisk walk, walk/run, then jogging, etc. It just makes sense. That's what you need to do when beginning yoga or Pilates as well.

Hyperextension, lower back and knee injuries, as well as neck injuries are becoming more common. It's not smart to just show up to a class, jump in, and expect to keep up if you aren't used to doing the exercises. Instead, it is important to work your way up. Start by doing what you are comfortable with and go from there. It takes time. Yoga can be a great workout for body and mind, but it takes some learning, so do your research and find a qualified instructor to show you how to do the poses

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APPETIZERS: SWEET AND SMOKY PECANS

Ingredients:

- 1 1/2 cups pecan halves
- 2 tablespoons maple syrup
- 2 teaspoons olive oil
- 1 teaspoon smoked sweet paprika
- 1/2 teaspoon salt
- Pinch cayenne

Directions:

1. Preheat the oven to 400°. Line a rimmed baking sheet with parchment paper. In a bowl, combine all the ingredients; mix well.
2. Spread the nuts on the baking sheet; roast, tossing halfway through, until browned, 12 to 15 minutes.
3. Let the nuts cool. Serve.

Makes 6 servings.

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correctly. One-on-one, or a small class is your best bet initially. Find out what the goals of the poses are and what exactly you should be feeling... *and take your time.*

PREVENT BINGE EATING

Stop Starving Yourself! If you starve yourself, your blood sugar will be too low. This is the worst thing you can do and is often what causes people to binge eat. Without sufficient glucose, your brain doesn't have the fuel it needs to resist junk food. So if you feel your energy fading, eat a healthy snack ASAP, like nuts or fruit to hold you over until your next meal.

Don't solely rely on your willpower. Activity not only keeps us strong and limber, it also balances out what we eat. If you eat a treat, exercise a bit longer or a little harder or more often. If you need a reward after a workout, choose something other than food. Buy yourself an iTunes download or treat yourself to game tickets when you finish a certain amount of sessions.

Play Defense. Oddly, people with the best self-control were the ones who used their willpower less often. Instead of fending off one temptation after another, they set up their daily lives to minimize them. In other words, they played defense. For example, they don't keep bags of chips and cookies in the cabinet when they know they won't just eat one serving.

Short on sleep? Pour a cup of coffee or tea (early on in the day). This helps the area of the brain that supports your ability to stay focused and goal-oriented when confronted with tempting distractions. Make sure you get to bed early the next night and stay on a good sleep schedule. You're ALWAYS more tempted when you're tired and unfocused.

3 TOP RATED WEIGHT LOSS APPS

Here are the three top-rated weight-loss apps that include community support, recommended by Chad Catacchio, from *Women's Health Magazine*. Check them out! They could be especially useful this holiday season.

MyFitnessPal (free on iOS and Android)

"One of the best reviewed weight-loss apps on Google, MyFitnessPal has a pretty impressive food database of over 2 million foods that it can count calories for," Catacchio notes. The app syncs with the service's website, which has a large community where users can exchange weight-loss triumphs and difficulties.

Noom (free & paid on Android)

If you like to be told what to do, this is the app for you. Noom tells you exactly what to do every day with daily weight-loss tasks, which it tracks in real-time. Your progress is then graded, which allows the app to continually adjust itself to help you lose weight. Think of it like a game! "The nice-looking app uses gamification tactics to get you motivated," Catacchio mentions. It's also integrated with Facebook and Twitter so you can get your friends in on the pound-dropping action.

Diet Point (free & paid on iOS and Android)

If you're looking for the basics, Diet Point is the way to go. It claims to have the largest list of diet plans (55 for free, more than 150 for paid users) as well as the largest mobile weight-loss forum. The app comes with BMI and BMR calculators along with



WILD MUSHROOM CROSTINI

Ingredients:

- 1 pound mixed wild mushrooms, trimmed and sliced
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon salt
- Freshly ground black pepper
- 12 slices whole wheat baguette
- Olive oil spray
- 2 tablespoons grated Parmesan cheese

Directions:

Preheat the oven to 400°. In a bowl, toss the mushrooms with the balsamic vinegar, olive oil, rosemary, salt and pepper to taste. Line a rimmed baking pan with foil and spread the mushrooms in the pan. Roast, tossing every 5 minutes, until the liquid has evaporated and the mushrooms are beginning to crisp in spots, about 25 minutes. Meanwhile, lightly spray the baguette slices on both sides with olive oil and place them on a baking sheet. Toast in the oven until the tops are golden, about 4 minutes. Sprinkle each toast with 1/2 teaspoon Parmesan cheese and return to the oven until the cheese is melted. Pile the mushrooms on the toasted baguette slices; serve.

Makes 6 servings.

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real-time meal reminders. "The app is relatively basic looking, but the reference and community seem to be its strengths," Catacchio reports (*Adapted from Women's Health Magazine*).

FYI – HEALTH & FITNESS TRIVIA

AEROBIC EXERCISE – The term in relation to exercise was founded in 1969 by Kenneth Cooper, an Air Force physician. The concept quickly caught on and created a workout craze that has spanned more than forty years. Dr. Cooper's principles were (and still are) sound, and health-care professionals support it for its many benefits.

HEART –

- A human heart weighs about 10 ounces.
- Resting heart rate: Adults have a general wide range between 60-90 beats per minute, and infants between 90-140 beats per minute.
- During an average lifetime, a human heart will beat over 2.5 billion times.
- According to researchers, heart attacks occur most often on Mondays.

EAR - The average ear grows 0.01 inches per year.

MUSCLES –

- Each muscle fiber is thinner than a human hair and can support up to 1,000 times its weight.
- With every pound of muscle you gain, your body burns an extra 50 calories per day.
- If every single muscle in your body worked together at the same time, you could lift about 50,000 pounds.
- After turning 30, we lose about one pound of lean muscle mass each year.

HEALTH INSURANCE \$ – Americans will spend over 2 trillion dollars this year in health insurance, medications, and medical bills.

YUCK! – Margarine is just one molecule away from being plastic and shares 27 ingredients with paint!

http://realhealthtalk.com/health_trivia_archive.html

<http://kel13www.wordpress.com/2012/05/16/a-little-fitness-trivia/>

<http://www.swansonvitamins.com/blog/health-tips-2/8-fun-fitness-facts>

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!



CAMEMBERT MASHED POTATOES

Camembert is similar in flavor and texture to Brie, which makes a fine substitute.

Ingredients:

- 1 1/2 (8-ounce) rounds Camembert cheese#
- 11 cups cubed peeled Yukon gold potatoes (about 4 1/2 pounds)
- 1/2 cup 1% low-fat milk
- 3/4 teaspoon salt
- 3/4 teaspoon freshly ground black pepper
- Chopped fresh chives (optional)
- Freshly ground black pepper (optional)

Cut cheese into 6 wedges. Carefully remove rind from cheese; discard rind. Chop cheese; let stand at room temperature while potato cooks. Place potato in a large Dutch oven; cover with water. Bring to a boil. Reduce heat; simmer 12 minutes or until tender. Drain in a colander; return potato to pan. Add cheese, milk, salt, and 3/4 teaspoon pepper; mash with a potato masher until smooth. Garnish with chives and additional pepper if desired.

Yield: 12 servings
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Contact Mark Everest & Staff at:
Occupational Athletics, Inc.
4309 Linglestown Road, Suite 203
Harrisburg, PA 17112
Phone: (717) 651-9510
www.occupationalathletics.com