



# Partners in Prevention

Taking Health & Safety to Higher Ground

## YOUR GAMEPLAN TO LIVE

### A QUICK GUIDE TO WEIGHT MANAGEMENT

So.... You've lost some weight, and now you'd like to **KEEP** it off – or – you just want to maintain the healthy weight you are at right now and not gain. What should you do?

**Build lean muscle.** Having a strength training routine will help you build lean muscle, and we're not talking body building – just some simple strength training exercises (push-ups, free weights, resistance machines, pilates). Muscle burns more calories than fat does. So if you have more muscle, you burn more calories—even sitting still.

**Choose filling foods.** Eating empty calories and processed foods, or foods full of sugar will make you hungry again very soon. *Lean proteins, fruits, vegetables, and whole grains* add bulk to your diet, making you full, and contain nutrients to provide your body with the energy needed to perform all day. An added bonus – most of these foods are not high in calories.

**Avoid temptation.** What do you have sitting on your kitchen counter – a cookie jar or a bowl of fresh fruit? What do you keep in your snack cupboard – a bag of potato chips or a container of nuts? The point is, make *healthful foods* very convenient and easily accessible and make *non-healthful foods* less convenient and therefore less tempting. In fact, it's not a bad idea to just not have unhealthy foods in your house at all. If you have to go out to indulge your sweet-tooth or snack attack, you may just find it's not worth the effort. Eventually, eating the healthy food you **DO** have in your house will be more than satisfying.

**Count calories.** Counting calories will help you learn how much a real serving is. You should also know how many calories is the ideal amount for you to eat in one day and be aware if you're eating that amount. Check out Cooper Institute's website: [www.standupandeat.org](http://www.standupandeat.org) and click on the *CALORIE NEEDS* link. Just fill in the calculator, and the number of calories you need to maintain your weight PLUS the number of calories you need to lose 1 pound per week will be calculated for you.

**Plan your meals in advance.** Working long hours and feeling stressed are often reasons why people stop by the drive thru and indulge in quick unhealthy meals. Not only does it take a toll on your health, but also your energy (or lack thereof) and your attitude and moods! Having meals already figured out and having the ingredients ready will ease the stress since you will already **KNOW** what you are eating.

**Measure your portions.** It may seem as if certain foods don't have many calories,



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but the calories are completely dependent on the serving size. If you become familiar with serving sizes, it will be much easier to determine whether the amount of calories per serving is actually worth a single serving size. Would you really only eat one serving? Try actually measuring your cereal, counting out your crackers, etc. Keep measuring tools handy.

**Drink plenty of fluids.** And by fluids we're talking water, tea, and low-calorie beverages. Sodas, sugary drinks, or anything with alcohol will just add up your empty calories and possibly increase risk for diseases like diabetes.

**Consider adding minutes to your exercise plan.** Physical activity raises your metabolism so that you burn calories more efficiently all day long. The CDC recommends: 150 minutes per week of moderate-intensity aerobic activity (i.e. brisk walking) or 75 minutes of vigorous-intensity aerobic activity (i.e. jogging or running) This is the absolute MINIMUM! Ideally, you should be exercising for 30 minutes to 1 hour most days of the week.

## **WORKING IN A WORKOUT AT WORK**

(Standupandeat.org from the Cooper Institute)

**Now you can get more out of work than just your paycheck.**

Use your break times at work to become more physically active and to burn calories. Believe it or not, five more minutes of movement here and there does add up to more calories burned. To add more physical activity in your work day:

- Get off the subway or bus a few stops further from your office. Walk the rest of the way.
- Park your car at the far end of the parking lot.
- Take the stairs (or walk up a few flights and then take the elevator).
- Hand deliver messages at work rather than picking up the telephone or using e-mail.
- Take a walking break instead of a coffee break.
- Conduct walking meetings instead of sitting.
- Stand while talking on the phone. Better yet, get a cordless headset and move while you talk.
- Form a team of coworkers to join a walk for a local charity.
- Find coworkers with whom you can start a walking club at work.
- Use the parking garage or lot as a place to put in some laps.
- Do standing pushups against the copy machine while you wait for your job to run.
- Keep a light set of hand weights or exercise bands in your office to do resistance training.
- Program your computer to alert you every 55 minutes to get up and move.
- Walk to your lunch stop instead of driving.

Build physical activity into your daily schedule. Many workers have traded in the "business lunch" for a few minutes at the gym. You can even try a *stretching break* instead of a coffee break.

There is no reason not to do something good for yourself by making physical activity a regular part of your workday. By gradually adding extra activity to your daily routines, you can become fitter, healthier and more productive.



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## TIME MANAGEMENT TOOLS & TIPS

### To-do Lists

One of the best tools for managing your time is a TO-DO List. **It might sound like such a simple thing, but in retrospect – they are a very helpful tool in managing time by identifying the tasks needed done and by placing importance and prioritization on each.** It also feels helpful when you know what your day will be like, and it feels encouraging as you check things off when they are accomplished!

### Break your week into days.

It's a good idea to write a *to-do list* for the next day before you go to bed. For some people, this can make them sleep better as they feel at ease knowing that they have the next day all planned out. But for others, it may cause anxiety because of all the things you know you have to do. If that is you, do up your list when you wake up, before you start your day.

After you figure out everything you have to do that day, put the items in order of how they should be done. Keep in mind that some things are more important than others, so prioritize with the most urgent at the top of the list. Some days, you will have several important and urgent things on your list, so be sure you're making the best choices. Another great tip is to get things out of the way that you do not like doing - FIRST. It will take the weight off your shoulders for the rest of the day and give you the motivation to move on to things you don't mind doing or *like* doing.

## BRAIN FITNESS EXERCISES

You exercise your body to stay physically healthy. Exercise your brain to stay mentally fit! The following are a few brain exercises to increase brain wellness.

- **How well can you memorize a list** — a grocery list, things to do, or anything else that comes to mind — make the list and then memorize it. An hour or so later, see how many items you can remember. As you get better at it, make your list more challenging.
- **Do math in your head.**
- **Learn a new way to cook.** Take a class. Cooking uses the senses of smell, touch, sight, and taste, all of which use different parts of the brain.
- **Learn a foreign language.** The listening and hearing involved stimulates the brain.
- **Music** - Learn to play a musical instrument or study music.
- **Learn a new skill that involves fine-motor skills**, such as knitting, drawing, painting, assembling a puzzle, etc.
- **Learn a new sport.** Take up an athletic exercise that utilizes the mind and body, like golf or basketball.
- **Switch it up.** Drive home via a different route, brush your teeth with the opposite hand, or hold your phone to the ear you don't normally use.
- **Play Sudoku and word games like Scrabble and Crossword.**

## OCCASIONAL CASE OF THE BLUES?

Sometimes you get a case of the blues and you don't know why. But you figure it happens to everyone, pick yourself up, and keep on moving past it. Knowing how



**Exercise your brain to stay mentally fit! Learning a new skill, a new sport, or playing word games are just a few of the things you can do to exercise your brain.**

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to pick yourself up and move on is a GOOD thing to know how to do, but maybe next time you should consider letting the “blues” linger – just for little while.

According to *RealAge.com* (one of our favorite healthy lifestyle sites) the following study was conducted:

People with intact memories and people with amnesia were shown sad movie clips. The facial expressions and demeanors of amnesic patients remained sad for up to 30 minutes later, even though they had no memory of what they'd seen. In comparison, people with intact memories returned to normal much more quickly.

So the verdict is: instead of drinking away a bad mood or doing something similar to that effect to just *forget about it* and move on, let yourself go through the process... indulge yourself. The thing is, if you don't acknowledge a reason behind your occasional case of the blues, then your mind can't process the situation and let you know why it might be occurring. If you don't process what you're going through, sad thoughts may continue to linger, and sad signals may even get stored in your body. That's exactly what researchers suspect happened to the people with amnesia in the recent study. So the next time you feel down take some time to evaluate or even write some thoughts down.

## **GOOD REASON TO TURN UP THE HEAT IN YOUR NEXT MEAL**

Did you know that **hot peppers are excellent for your health**? The reasoning behind this can be credited to their high concentration of a substance called *capsaicin*. This substance has been widely studied and proven to have a variety of health benefits including:

- Fighting and preventing inflammatory diseases such as arthritis
- Activating fat-burning proteins to help you lose weight
- Reducing bad cholesterol and triglyceride levels
- Controlling and lowering blood pressure
- Clearing the mucus membranes from congestion (Give it a try this cold season—there are teas made from cayenne pepper that are known for quickly relieving congestion of the mucus membranes.)

Hot peppers are also high in Beta- carotene, which is a potent antioxidant and can be converted into Vitamin A by your body, if needed – which has been shown to help boost the immune system.

Dried hot pepper has been shown to have exceptional healing qualities, and as a powder, has been used for quickly healing wounds. A thin layer of this powder can help to clean the wound, destroy the germs and aid in the healing process.

The spiciest peppers with the most capsaicin include – Habaneros, Jalapenos, and Spanish pimientos. Incorporate hot peppers into meals with hot sauce, cayenne pepper, chili powder, and flaked chili peppers.

Be cautious, though! When hot peppers are cooked alongside other spices, they could cause burns and irritation... especially if you eat too much at a time!



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