



Partners in Prevention

Taking Health & Safety to Higher Ground

YOUR GAMEPLAN TO LIVE

HEALTHY SNACKING

Many people love to snack while they watch TV or read, and if you choose the *right* snacks, this shouldn't be a problem. Of course, vegetables with hummus (140 calories per 1/3 cup), or fruit with low-fat yogurt, or a serving of whole grain cereal and skim milk are the perfect choices, but if a bit of salty crunch is what you crave, choose popcorn! You can eat up to 6 cups of certain low-fat microwave brands for about the same number of calories that you'd get from just 7 to 10 chips. Plus - popcorn is a whole grain, and a serving of 6 cups counts as two daily servings.

In a survey that we found at Realage.com, 15,000 popcorn eaters consume far more whole grains overall than people who never eat popcorn. This is a plus for them, because high-fiber whole grains help you to feel full and satisfied, and they also tend to keep your blood sugar steady and your blood pressure under control.

Of course, you can't consume the kind of popcorn that has extra butter, movie style, etc. You need to find the light popcorn that is at least 94% fat-free, or even better - pop your own.

STRESS MANAGEMENT

Stress symptoms include mental, social, and physical symptoms. These include extreme fatigue, loss of or increased appetite, headaches, crying, sleeplessness and oversleeping. Trying to escape your stress through alcohol, drugs, or other compulsive behavior are often indications that something is wrong. Feelings of anxiety, frustration, or apathy may accompany stress. **Stress Management is the ability to stay calm and under control when situations, people, and events are taking their toll on you.**

Stress Management Techniques:

1. **Be Aware** – Is there something you can do or change to alleviate the situation?
2. **Don't over-book yourself** - Reduce the number of events going on in your life, and you may reduce your stress.



Lori's Favorite Healthy Popcorn

Makes 3 servings.

1 bag Jolly Time Healthy Pop Butter Flavor or White 94% Fat-free Microwave Popcorn
(12.5 cups popped per bag)
1 Tbsp. Olive oil
1 Tbsp. Light whipped butter
Salt, Pepper

Microwave popcorn, then heat butter and olive oil in microwave (approximately 30 seconds).

Drizzle over popcorn, add sprinkle of salt and add pepper to taste. Toss.

Per serving: 140 calories.

(Continued on page 2)

(Your Gameplan to Live, continued from page 1)

3. **Remove Yourself From The Stress** – Take a break, even if it is just for a few moments to regroup.
4. **Don't Worry About the Little Things** – Try to prioritize what is really big and important and what you can actually just let slide for now.
5. **Learn How To Relax** – Meditation and breathing exercises are **PROVEN** to be effective in controlling stress. Practice clearing your mind of disturbing thoughts. With practice, it will come easily.

Make a list of all the things you have to do, and prioritize WHAT YOU HAVE TO DO, WHAT YOU COULD DO LATER, and WHAT YOU DON'T NEED TO DO AT ALL or could delegate to others.

EXERCISE ADVICE: PUSH YOURSELF & SWITCH IT UP!

People often get into the same exercise routine day in and day out. This is great in the sense that you found something you like and can stick with. But at the same time, you should try to vary your routine at least a little bit, and you should keep challenging yourself! After a certain point, your body won't change anymore as it becomes used to doing the same workout every day.

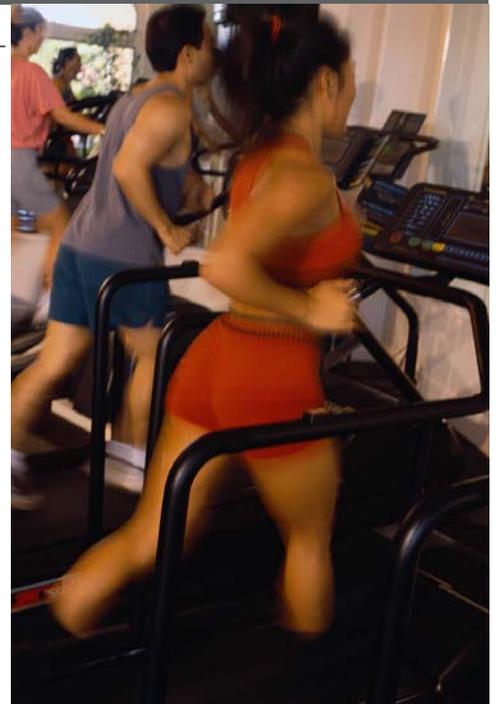
Example: you walk on the treadmill everyday for 35 minutes. Next time, try adding a few sprints in between walking. Or try walking a little bit faster, or experiment with different inclines. This is called interval training. Changing the intensity of the workout has been known to burn more calories, and it will rev up your fitness. Try a different cardiovascular exercise machine or activity altogether such as: Elliptical Machine, Stepper, Swimming, or try a class or workout video that challenges you current fitness level. Trying out various activities is a healthy thing to do because you can vary the pace, body parts, and intensities.

If you normally focus on cardiovascular exercise more than strength and flexibility, try to change your focus for a while to catch up with the other two. Instead of spending most of your time at the gym on a cardio machine, spend most of your time on the weight machines, or try a class like Pilates or Yoga that focuses on strength and flexibility.

If it feels like you're just going through the motions, it's not challenging enough!

YOUR GUIDE TO MAKING HEALTHIER BEVERAGE CHOICES

Most of us drink them thinking we are doing something good for ourselves; but the truth about many of the "healthy" waters and teas on the market is a little blurry. Some of them are definitely better than others, and some really are healthy, but marketing gimmicks make it hard to tell the difference and when you're rushing in and out of a convenience store or grocery store – it's



If it feels like you're just going through the motions, it's not challenging enough!

(Your Gameplan to Live, continued from page 2)

really hard to make the best decision. One thing is for certain; you can never go wrong with plain water and taking your own vitamins and minerals or with making your own tea.

The problems with many of the drinks is that, yes they do provide B vitamins, electrolytes, or antioxidants, but they also ADD much more sugar than should be consumed in one beverage and can pack on the calories too. The key is to find the lowest amount of sugar and calories – but also be aware of that in comparison to what the serving size is. Is it for the whole bottle? Are you going to want to drink the whole bottle?

Many of you have heard some of the claims about green tea – it IS beneficial and may have anti-aging effects and healthy antioxidants. But the benefits can be outweighed by negatives when you're buying the tea in a pre-made bottle. Your best bet is to first look at the ingredients; first should be water and second should be green tea. If anything is in between (honey, high fructose corn syrup perhaps) that's your first sign that it's not the best choice. For example: a bottle of Lipton Iced Tea, has green tea listed as the FOURTH ingredient! Not to mention a ton of sugar and a lot of calories. You may as well be drinking a soda. Ingredient list: "*Water, high fructose corn syrup, citric acid, green tea, sodium hexametaphosphate, ascorbic acid, honey, natural flavors, phosphoric acid, sodium benzoate, potassium sorbate, calcium disodium edta, caramel color, tallow 5, blue1.*"

Also what many people don't know is that ALL the different teas – White, Black, Red, Green, and others ALL have antioxidants and anti-aging benefits.

The following provides a list of items on the market that seem to be better choices than the others. They are all smaller bottles like you would find in a convenience store.

Choose the "Drink These" for a healthier beverage over the "Instead of These" options.

Drink these:

- **Propel Berry** (24 fl oz bottle) 30 calories, 6 g sugar
- **Function: Light Weight Blueberry Raspberry** (16.9 fl oz bottle) 11 calories, 2 g sugar
- **Gatorade G2 Glacier Freeze** (20 fl oz bottle) 45 calories, 12 g sugar
- **Glaceau Smart Water** (33.8 fl oz bottle) 0 calories, 0 sugar *Great Choice – water and electrolytes ONLY!*

Instead of these:

- **Function: Urban Detox** 100 calories, 24 g sugar
- **Powerade Mountain Berry Blast:** 200 calories, 56 g sugar
- **Sobe Lifewater:** 90 calories, 23 g sugar

(Continued on page 4)



**You can never go wrong
with plain water and
taking your own
vitamins and minerals
or with making your
own tea.**

(Your Gameplan to Live, continued from page 3)

- **Snapple Antioxidant Water:** 140 calories, 32 g sugar
- **Gatorade G Orange:** 80 calories, 21 g sugar

Drink these:

- **Honest Tea Community Green Tea** (16 fl oz bottle) 34 calories, 10 g sugar
- **Ito En Oi Ocha Unsweetened Green Tea** (16 oz fl bottle) 0 calories 0 g sugar
- **Steaz Organic Iced Teaz Lightly Sweetened** (16 fl oz can) 80 calories, 20 g sugar
- **Snapple Red Tea Acai Mixed Berry** (17.5 fl oz bottle) 90 calories, 20 g sugar
- **Arizona Organic Green tea Pomegranate** (20 fl oz bottle) 50 calories, 12.5 g sugar
- **Organic Raw Multi-Green Kombucha Multi-Green** (16 fl oz bottle) 70 calories, 4 g sugar
- **Inko's White Tea Honeydew** (16 fl oz bottle) 56 calories, 14 g sugar

Instead of these:

- **Fuze White Tea Agave Gogi Berry** (18.5 fl oz bottle) 150 calories, 37 g sugar
- **Gold Peak Green Tea** (16.9 fl oz bottle) 170 calories, 42 g sugar
- **Lipton Pure Leaf Iced Tea Raspberry** (16 fl oz bottle) 150 calories, 39 g sugar
- **Sobe Green Tea** (20 fl oz bottle) 240 calories, 61 g sugar
- **Nantucket Nectars Half & Half** (17.5 fl oz bottle) 190 calories, 46 g sugar

So don't just assume you are getting what the front label says you are getting. Look at the ingredient list!

TIDBIT OF HEALTHY INFORMATION

Frozen produce is healthy! It can even contain more nutrients than fresh, but for canned food, you might want to think twice. A study in the Journal of the Science of Food and Agriculture found that for some vegetables, canning degraded up to 95 percent of vitamin C and all the B vitamins in the food. So— if you don't HAVE to cook with canned vegetables, don't! If you have no option, canned is better than nothing. Just be aware of the sodium content.

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!



Don't just assume you are getting what the front label says you are getting. Look at the ingredient list!

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