

Partners in Prevention

Taking Health & Safety to Higher Ground

March 2019

YOUR GAMEPLAN TO LIVE

WE ALL NEED A STRONG CORE!



Many people think of the *Core* as just your superficial abdominal muscles – the ones you can see, but it is much more. It is the Lumbo-Pelvic-Hip Complex—made up of approximately 29 muscles that include: deep abdominals, obliques,

deep spinal musculature, hip flexor group and the glutes. The core is where the human body's center of gravity is located and where all movement begins. The key role of the core is to support the upper body primarily to prevent injury to the spinal column and to make it easier for you to do most physical activities. Core exercises are important because they strengthen your core muscles, including abs, back and pelvis. You can do core exercises on a carpeted floor or mat. Breathe freely and deeply during each exercise. It is very important that you focus on tightening your deepest abdominal muscle — the transversus abdominis — during each exercise. This is the muscle you feel contracting when you cough.

Good Posture is VERY Important to a Strong Core

Good posture, as in pulling your shoulders back and sitting or standing up tall with your abs pulled up and in is one of the easiest core strengthening techniques you can do. Practice good posture while you are standing, lifting, riding a bike, or just sitting at your desk. Whenever you pass a mirror, take a look at yourself. Are you standing tall with your stomach pulled in and not sagging? The core muscles are also responsible for efficient movement. Without effective core muscles, the upper body would flop about unnecessarily creating a lot more work for other muscles and joints in the body.

Core Muscle Exercises

The Plank: This is the most basic form of stabilizing abdominal exercise you can do. Get down in pushup position, toes on the ground, but instead of your hands touching the ground — lean on your elbows to and forearms. Then you use your core strength to hold your body in a completely straight line... with your stomach pulled in tight. This is a beginner's move. Keep this position for as long as you can, working up to one minute.

Tabletop Leg Press: "This is a really good exercise if you have back issues, a separated abdominal wall, or just a difficult time really connecting with your core. I call this a 'core connector.' It's one of the first things I do when I wake up in the morning—I do it while literally lying in bed to get myself connected to my core and get my low back in a safe place. And then I put my legs down and do some bridges." -Kira Stokes, celebrity trainer and creator of the Stoked Method (<https://www.self.com/gallery/core-exercises-top-trainers-swear-by/>)

How to do it:

- Lay down with legs raised in a tabletop position keeping knees bent at 90 degrees and stacked over hips.



Photo and Recipe @ <https://legionathletics.com/superfood-smoothie-recipes/>

Antioxidant Smoothie Bowl

It's exactly as it sounds—a smoothie in a bowl, but there's something more satisfying about eating breakfast with a spoon rather than gulping it down from a glass. You can also add toppings which need to be chewed. Chewing slows us down and forces us to enjoy the meal more.

Ingredients (makes 1):

- 1 frozen banana
- 1/2 cup frozen cherries or frozen berries
- 1 tbsp. hemp seeds
- 1/2 cup almond milk
- 1/2 fresh banana, sliced
- Fresh raspberries
- Fresh blackberries
- 1 tsp. chia seeds
- 1 tbsp. pepitas
- 1 tbsp. coconut flakes
- 1/4 cup pomegranate seeds

Directions:

Add frozen banana, cherries, hemp seeds, and almond milk to a blender. If more milk is needed, go ahead and use a little at a time. Blend until smooth and pour into a bowl. Top smoothie with sliced bananas, raspberries, blackberries, chia seeds, pepitas, coconut flakes and pomegranate seeds.

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- Press lower back to the ground while contracting ab muscles. Keeping this position, crunch up a few inches and reach hands towards your quads.
- Press quads towards your hands while simultaneously pushing your hands towards your quads. You can feel the intensity of this exercise but there really is no visible movement.

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 also disrupt sleep... 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 (1 serving)
- Avocados
- Turkey
- 1/2 to 1 oz. Cheese
- 1 tablespoon peanut butter or almond butter
- Whole grain slice of bread or crackers

FITNESS MOTIVATION: FIND YOURS!



Lack of motivation is usually the culprit of what comes in between a person and their fitness. Finding motivation can be easy some days, harder other days, and depending on the person, it can change often or stay the same for a while. For some people it can depend on mood, environment, attitude, stress, time,



Recipe based upon Article printed from Under Armor:
<https://blog.myfitnesspal.com>

Warm Kale and Sweet Potato Salad with Veggie Sausage

Ingredients:

- 2 servings organic veggie sausage (we like Amy's but choose your favorite)
- 1 tablespoon olive oil
- 1 cup cubed sweet potato
- 4 cups organic kale, torn in 1-inch (2.54 cm) pieces
- 2 teaspoons ground sage
- 1 tablespoon 100% pure maple syrup
- 1 teaspoon lemon juice

Directions:

Take out the frozen sausage patties and let them thaw while you prep the salad.

Drizzle the olive oil in a large skillet and place over medium-high heat. Add the sweet potato cubes and stir until they start to sizzle. Reduce the heat to medium-low and cover the pan so the sweet potatoes steam. Cook for about 10 minutes, until they are tender when pierced with a paring knife.

Uncover the pan and add the kale, stirring to coat with oil. Add the sage and stir until the kale turns dark green.

Add the maple syrup and lemon juice and stir, just until the liquids coat the vegetables. Remove from heat and keep warm.

Heat the sausage according to package directions. Divide veggie mixture and sausage between the two plates.

Serves: 2 | Serving Size: 1 1/2 cups of the vegetables, plus one sausage patty.

URL to article: <https://blog.myfitnesspal.com/warm-kale-and-sweet-potato-salad-with-veggie-sausage/>

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etc. **FIGURE OUT WHAT MOTIVATES YOU.** Here are some examples of what motivates people...

Competition. Some people thrive on competing with others, and some people thrive on competing with themselves.

Feeling Good. Exercise lifts your mood, beats stress, and leaves you with a feel-good attitude to get you motivated about other aspects of your life. Not to mention, it makes you feel better about yourself and your body.

Surround yourself with motivation. Hang up pictures and sayings that motivate you... on your mirror, in the car, refrigerator, calendar, etc. — so it's a constant reminder to work toward your goals.

Getting Back to How You *Used* to Look. (Or closer to it...) Put photos out around your house or office of a time in your life when you thought you looked great and would like to see yourself that way again (be realistic, though).

Lack of Energy, Depression, Anxiety, Illness. People get sick and tired of being sick and tired, so they want to take action against it. Daily exercise is one of the best ways to beat the blues, enhance immunity, and boost energy.

Family and loved ones. Many people want to be healthy and active for their family members so that they can take good care of them. People are also motivated to look better for their spouse or want to stay fit in order to be a good role model for their children.

Results. Once you get started, the results are great motivation. You start to see results and you'd like to maintain and want more.

Involvement and Social Aspects. Group classes or even just belonging to a gym can make you feel involved and included in something. It's a great way to make new friends or casually socialize.

Occupation. In some occupations, being physically fit could be crucial for staying safe or performing at your best.

Ask yourself: "Will I regret skipping this workout?"

Anger, Frustration, Negative Emotions. When you're feeling angry and frustrated, you can acquire pent up energy that's trying to make its' way out of your body. Exercise can be a very effective way to start dealing with these types of emotions.

FEEL YOUNGER LONGER!



It doesn't matter if you are 30 or 90, there are things you need to do to feel young at heart. You are as young (or as old) as you feel. Feeling younger is about personal well-being and vitality as you grow older. No matter what age you are, staying active and maintaining a positive attitude will keep you feeling younger!

- **Volunteer!** - Sharing your time is good for your mental and physical health.
- **Socialize!** - Social connections such as clubs and organizations are excellent ways to stay engaged, develop a network of good friends, and add interest in your life.
- **Learn!** - Challenge yourself to learn something new. Take a class or read a book to master a new skill.



Sautéed Kale

Ingredients:

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 1 to 1/2 pounds kale (ribs removed) coarsely chopped
- 1/2 cup water
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper
- 2 to 3 teaspoons sherry vinegar or red-wine vinegar
- 1/4 teaspoon salt

Directions:

Heat 1 tsp oil in a Dutch oven over medium heat. Add kale and cook, tossing with large spoons, until bright green, about 1 minute. Add water, reduce heat to medium-low, cover and cook, stirring occasionally, until kale is tender, 12 to 15 minutes. Push kale to one side, add the remaining 1 tsp oil to the empty side and cook garlic and crushed red pepper in it until fragrant, 30 seconds to 1 minute. Remove from the heat. Stir in vinegar and salt to taste.

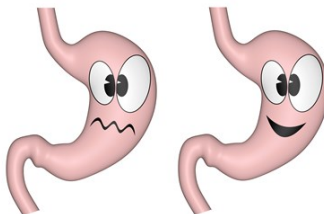
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- **Exercise!** - Being active will help you feel younger by giving you more energy, increasing dexterity, helping you to look better, and protecting you from many health issues including heart disease and diabetes. You can walk, join a gym or class, or follow any fitness video at home.
- **Take on a Hobby!** - Revive a hobby you once enjoyed; or begin a new hobby that has always interested you. The point is to engage in a creative activity that is meaningful and rewarding to you.
- **Celebrate You!** - Treat yourself to a massage, buy yourself flowers, get tickets to a game or concert you've been wanting to go to... anything that puts a smile on your face to boost your spirit on occasion.
- **Enjoy the Great Outdoors!** - Sunlight helps your body to produce serotonin, a natural mood booster.
- **Do Something Different!** - Get out of your usual routine by traveling somewhere different, or just doing something different in your own town.
- **Keep the Romance Alive in Your Relationship!** - Love can boost morale and emotional well-being.

STOMACH UPSET? STAY AWAY FROM THESE FOODS

Indigestion is uncomfortable to say the least, so we all want to do what we can to clear it up as soon as possible. What you eat can either make it worse or make it better. However, it is best if you eat the right things in the first place so that you can prevent feeling sick to your stomach.



If you have stomach problems, avoid:

- ✓ **Dairy Products** (You can usually still eat yogurt and some hard cheeses, however.)
- ✓ **Spicy Foods** (These foods stimulate the digestive system.)
- ✓ **Fatty and Fried Foods** (Depending on what you eat, they can either cause constipation or diarrhea.)
- ✓ **Tomato Sauce, Citrus Fruits, Carbonated Beverages** (These are all acidic and can cause you problems.)
- ✓ **Artificial Sweetener** (Especially sorbitol, which can create gas, bloating, and diarrhea. It is in sugar-free gum and other diet foods, but also occurs naturally in prunes, apples, and peaches.)
- ✓ **Alcohol** (Drinking too much can cause indigestion and illness.)
- ✓ **Caffeine** (If you have diarrhea, it will worsen it.)

At the Gameplan for Living, 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!

www.gameplanforliving.com

Questions / Support:
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Roasted Cauliflower

Ingredients:

- 1 head cauliflower, cut into florets
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon garlic
- 1/4 teaspoon salt
- 1/2 cup parmesan cheese (grated or shredded)
- Ground pepper to taste

Directions:

Preheat oven to 450°F. Toss cauliflower, oil, garlic, salt and pepper. Roast on a large baking sheet until it starts to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with balsamic vinegar and sprinkle with cheese. Return to oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Serves 4: 150 calories, 10 grams of fat.