

Healthy U @ Work



August 2018

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 **Franciscan**
WORKING Well

Reducing Your CO2 Footprint

A carbon footprint is defined as the amount of greenhouse gases - carbon dioxide (CO₂) - that is released into the air as a result of human actions and lifestyle choices. These can include driving a car, running the air conditioner, and the foods and home goods you purchase. Reducing our carbon footprint is an essential step to reducing greenhouse gases and reversing climate control. Here are some simple ways to reduce your CO₂ footprint.

- Improve your home energy efficiency. Insulate well and make sure doors and windows are sealed. Use energy efficient appliances and unplug any appliances or chargers you don't use regularly. Use LED light bulbs and consider a programmable thermostat to control your heat and air conditioning.
- Reduce your intake of dairy and red meat. Cattle ranches and dairy farms can create significant amounts of greenhouse gases - a result of methane production, fertilizer emissions, and transportation. If you do purchase dairy and meat products, buy local and choose farms that follow environmental friendly practices.
- Reduce your water usage. Install water saving faucets and reduce shower time. Only run the washing machine and dishwasher when you have a full load and avoid watering your lawn.
- Drive a fuel-efficient vehicle, staying at the proper speed limit, and avoiding quick starts and stops. Keeping tires inflated properly can improve gas mileage as well.
- If you can, drive less. Ride a bike, take a bus or train, or car pool.
- Support and choose clean energy sources when possible such as wind, solar, and geothermal.
- Buy local. Reducing the mileage that goods need to travel from production to you reduces the CO₂ footprint.
- Advocate for a more responsible manufacturing process that reduces greenhouse emissions. Do this by supporting companies that already do this or by contacting companies you love and encouraging them to adopt more environmental friendly policies. Remember, you vote with your dollar.

For more information about carbon footprints, go to www.epa.gov/ghgemissions.



Watch Out for Ticks and Avoid Lyme Disease

According to the Centers for Disease Control and Prevention, the number of tick borne diseases has increased every year. More than 30,000 cases of Lyme disease were reported last year but studies suggest the total number of diagnosis maybe closer to 300,000. Lyme disease is an infection caused by a specific strain of bacteria carried by deer ticks and is spread through tick bites. Deer ticks are about the size of a sesame seed and are common in many parts of the United States, including the Midwest.

Symptoms of Lyme disease in its early stage include a rash, fever, chills, headaches, and muscle aches. Lyme disease, if left untreated, can spread to other parts of the body including the heart, nervous system, and the brain (meningitis). Lyme disease is treated with antibiotics and symptoms may improve with a healthy lifestyle that supports the body's innate immune system.

Prevention of Lyme disease is important. Stay on designated trails when enjoying the great outdoors and keep grasses and bushes trimmed near your home. To prevent tick bites, dress appropriately when in the woods or areas that are overgrown with bushes or tall grass. You should cover as much of your skin as possible with a long-sleeved shirt and long pants tucked into your socks. Clothes that are light-colored are preferred. Many bug repellents are also effective against ticks and can be used if hiking or camping. Once you are back inside, check your skin thoroughly for ticks and rashes. Make sure you check both your body and your scalp, looking near waist bands, the groin, and the armpit as common places for ticks to attach.

Article continued on page 4.

Produce of the Month

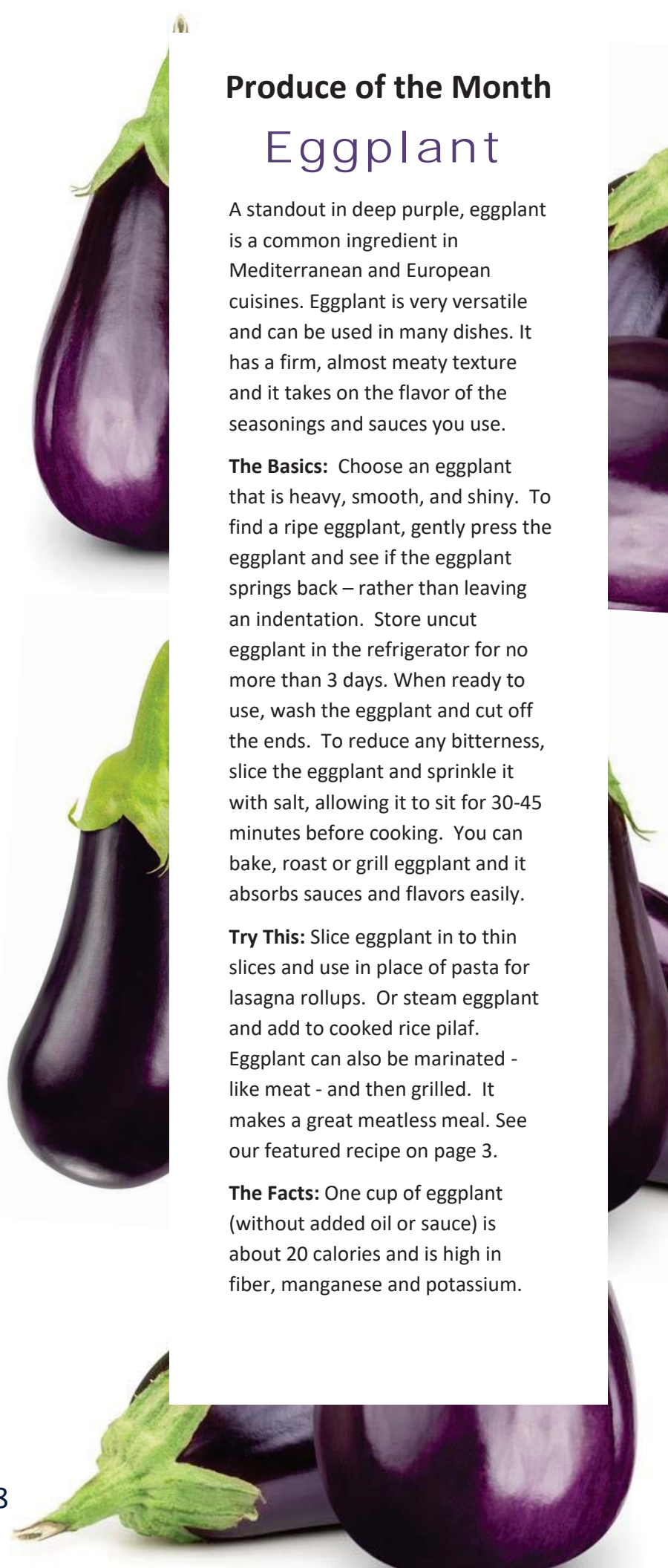
Eggplant

A standout in deep purple, eggplant is a common ingredient in Mediterranean and European cuisines. Eggplant is very versatile and can be used in many dishes. It has a firm, almost meaty texture and it takes on the flavor of the seasonings and sauces you use.

The Basics: Choose an eggplant that is heavy, smooth, and shiny. To find a ripe eggplant, gently press the eggplant and see if the eggplant springs back – rather than leaving an indentation. Store uncut eggplant in the refrigerator for no more than 3 days. When ready to use, wash the eggplant and cut off the ends. To reduce any bitterness, slice the eggplant and sprinkle it with salt, allowing it to sit for 30-45 minutes before cooking. You can bake, roast or grill eggplant and it absorbs sauces and flavors easily.

Try This: Slice eggplant in to thin slices and use in place of pasta for lasagna rollups. Or steam eggplant and add to cooked rice pilaf. Eggplant can also be marinated - like meat - and then grilled. It makes a great meatless meal. See our featured recipe on page 3.

The Facts: One cup of eggplant (without added oil or sauce) is about 20 calories and is high in fiber, manganese and potassium.



New Nutrition Labels

After nearly 20 years, nutrition labels underwent a “remodel,” reflecting the latest in scientific knowledge about food and nutrition. The new design also highlights information using larger text size and bold print. While many products have already made the change to the new nutrition label, the compliance date for most manufacturers is January 1, 2020. So, what’s changed?

- The design features a larger, bold font for serving size and calories.
- Serving sizes have been changed to reflect what people actually eat to make tracking nutrition easier. For example, small packages of food that used to be labeled as having 2 servings will now be listed as having one serving or may list two serving options - one for 2 servings and one for 1 package. Other examples of changes in serving size include ice cream - formerly ½ cup serving, now ⅔ cup serving - and soda pop - now 12 ounces, formerly 8 ounces.
- Vitamin D and potassium percent daily values have been added to the label, and Vitamin A and C have been removed. This change reflects the latest research about deficiencies in the American diet and importance of Vitamin D and potassium for heart health, bone health, and colon health.
- While types of fat will continue to be listed, calories from fat will not.
- In addition to Total Sugars, Added Sugars will also be listed. The label will first list Total Sugars, and the next line will show the total grams of Added Sugars that are included in the total. Added sugars are those added during processing that are not naturally occurring in the ingredients like those found in fruit.
- The percentage listed for Daily Value may be different, reflecting new recommendations from the Institute of Medicine and the 2015 Dietary Guidelines Advisory Committee Report.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The changes in the nutrition labels are meant to give consumers the information needed to make better dietary choices. In addition to reading the nutrition labels, scan the ingredient labels for a more complete understanding of what you are buying. Good food choices are the first step in eating better and better health!

Grilled Eggplant Provolone

30 minutes - Serves 4 as main entree



- 1 1/2 tablespoons balsamic vinegar
- 3 tablespoons olive oil
- 1/4 teaspoon dried oregano
- 4 small eggplants, cut in half lengthwise
- 1/2 teaspoon kosher salt
- freshly ground black pepper
- 1/2 pound deli-style thick-sliced mild provolone
- Grilled Salsa

Step 1

Combine the vinegar, oil, and oregano and brush on the cut sides of the eggplants. Sprinkle with salt and pepper.

Step 2

Preheat a gas grill to high; adjust the heat to medium after 15 minutes. (If cooking over charcoal, allow the coals to burn until they are covered with gray ash.) Grill the eggplants cut-side down until browned, about 5 minutes. Flip the eggplants and top each half with a slice of provolone. Grill 3 minutes more or until the cheese is bubbly. Top with some Grilled Salsa.

If the weather isn't ideal for grilling or if you don't have a grill, prepare the eggplant as described in step 1. Then heat the broiler and cook the eggplants about 6 inches from the heat, cut-side down, for 5 minutes. Turn and broil cut-side up for about 3 minutes. Add the provolone and broil about 3 minutes more. Let cool and enjoy!

Beat the Heat

Summer is a time full of fun gatherings, outdoor activities, and sunshine; but summer also comes with increased temperatures, humidity, and inclement weather. Whether you're enjoying some quality relaxation time, exercising, or being productive outdoors, there are some safety concerns to keep in mind.

- **Protect Your Skin:** Wearing minimal clothing can help you beat the heat, but it may cause painful sunburns. Opt for lightweight clothing that covers your shoulders, head, and feet to avoid common areas for sunburn; find a sunscreen you trust with appropriate SPF and safe ingredients; and keep to the shade when the sun is at its hottest.
- **Drink Plenty of H₂O:** When you're outside during the day, you may experience more perspiration. If you're swimming or around water, it may be difficult to truly assess how much water you've sweated out. Make sure to keep hydrated throughout your day to avoid heat-related ailments. Look for beverages that will hydrate like water and avoid drinks that dehydrate like coffee and soda.
- **Take Breaks:** Remember to be aware of your body and its needs throughout your activity time and check in with children who may not realize when they need to take a break in the shade. Eat regular, water-dense meals that include fruit and vegetables and pay attention if you need to slow down or take a break. Keep some cool cloths on hand for quick aid. Be vigilant. Many times, heat-related ailments can happen fast; it's not worth a trip to the hospital.
- **Plan Ahead:** Check the weather forecast before planning to spend the day outdoors and create a backup plan if necessary. Know where emergency personnel or services are located, have a plan for emergencies, and keep to a buddy system when in crowds.

Summer can be a fun season with exciting memories made. Keep those memories positive; don't let safety take a backseat.



Lyme Disease

Continued from page 2

Should you find a tick, use tweezers to grasp the tick as close to your body as possible. Pull up with steady and even force to remove the tick. Don't twist or jerk to ensure you remove the entire tick. Dispose of the tick by placing in a sealed bag or container or by flushing down the toilet. Wash well and apply an antiseptic to the bite. Make sure that you watch your skin for the next few months. Should you see a rash, contact your doctor. Other symptoms that require a visit to the doctor include fatigue, swollen or stiff joints, and night sweats.



Q: Hi Erin. I was curious to know what you would recommend eating pre-and post-workout in the mornings to help fuel and recover the muscles and body? I find it hard to eat before early morning workouts but do not feel good if I don't get something in my stomach. Would love some suggestions. Thank you in advance,
Gabbi, J.

A: Hi Gabbi. So, nice to hear from you. You've asked a great question but also a tricky one. The answer really depends on what you are trying to accomplish during your workouts. If you are training for a marathon, trying to lose weight, increase muscle or just general fitness this question may be answered differently. Let's suppose you are just trying to get in shape and maybe lose some weight or tone up.

When it comes to pre-workout nutrition, I do encourage you to eat at least a little something before starting exercise especially if you tend to feel weak or nauseas without. It doesn't have to be a big meal depending on your schedule that day.

Scenario 1: If you are rolling out of bed to work out and after your workout you allow yourself time to get ready for the day and eat a more substantial breakfast, you could just grab a protein bar, some Greek yogurt and berries, an apple with a little nut butter or even a banana to get the metabolism going. I only recommend this if you plan to eat something a little harder within an hour or so after your work out.

Scenario 2: If you are getting up and won't be working out until an hour or so later, then I would definitely try to eat a bigger meal. You could cook an egg or two with a piece of toast, a bowl of oatmeal with nuts or flaxseeds for added protein, or a smoothie made with a scoop of protein powder.

As for post workout, I will always recommend making sure you get a good protein source and making sure you are staying hydrated...water, water, water. If you are that person I mentioned earlier who rolls out of bed and grabs a quick bite to just get a little something in you I would definitely get something a heavier in you after your workout. Some people do a protein shake after depending on the time of day and when they plan to eat again. You could do a couple of eggs and a cup of fruit with peanut butter toast. If you had a bigger breakfast before your workout, you may not need something too big after. Maybe just a shake or protein bar would do until lunch. Do your best to make good, healthy choices throughout the day as well to get the full benefits of your workout. Make sure you get plenty of protein that day along with several servings of veggies and maybe a fruit or two and drink plenty of water. I cannot overemphasize the importance of making sure you are hydrated every day. I hope this helps answer your questions.

Dedicated to your success,

Erin M Long, B.S., NSCA-CPT

FRANCISCAN EMPLOYEE ASSISTANCE PROGRAM

SUICIDE: WHAT YOU NEED TO KNOW

Jennifer Strayer, EAP Therapist, LCSW

FACTS ON SUICIDE

SAVE: Suicide Awareness Voices of Education

- **Every 12 minutes**, someone dies by suicide.
- Suicide among males is **4 x's higher** than females; and **they represent 79%** of all suicides in the US.
- Females are **more likely** than males to have suicidal thoughts.
- **80-90%** of people who seek treatment for depression are successfully treated with **both** medication and therapy; **however, only half of all Americans** experiencing an episode of Major Depression receive treatment.
- Suicide is the **3rd leading cause of death** among 15-24 year old Americans.



KNOW THE WARNING SIGNS

Suicide Prevention Lifeline

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as evidence of the person searching online or buying a weapon.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.

WHAT TO DO

SAVE: Suicide Awareness Voices of Education

- If you notice warning signs with a loved one, begin asking questions in a **non-judgmental** and **non-confrontational** manner:
 - **Do you ever feel so bad that you think about suicide?**
 - **Do you have a plan of how you would take your life?**
 - **Have you thought about when you will do this (today, tomorrow, next week)?**
 - **Have you thought about what method you would use?**

- Asking these questions helps determine if a loved one is in imminent danger. **If the person says yes, has the means and plans to act on it, you will need to call 911 or go to the nearest Emergency Room. If this person does not have intent to act on it and no means to do it, an appointment needs to be made with a mental health therapist for an assessment.**

Seeking Help for A Loved One?

Call 219-662-3730 or 1-800-747-7262

EAP Webinar: Suicide: What You Need to Know & 5 Things for a Clean Financial Bill of Health August 15

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www.medicalfitness.org

*Some amenities may vary by location.

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Want to Know More? Contact Working Well for more information on wellness programs and how they can help you reduce healthcare costs and improve employee wellness.

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