

# Healthy U @ Work

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 **Franciscan**  
**WORKING** *Well*

## New Year, New You

Did you make a New Year's resolution? Odds are you did. But did you plan on how to make it happen? New Year's resolutions are a great way to identify the changes we want to see in our lives. They require time and patience. And perhaps the most important thing they require is a daily commitment to make them happen.

If that sounds like a lot of work, don't worry. The daily commitment is a mindset, one that reminds you that your resolution is still important to you and one you are willing to make changes for. If you want to exercise more, set a specific goal and commit to making that happen on a weekly basis. And if you don't make your goal one week, that's okay. Deciding that you can make a resolution each day, each week, and each month can help keep you motivated!

Whatever your resolutions, see them as goals. Create a specific and realistic plan to reach those goals. Seek out support from family or friends and be sure to track your progress. Each day gives you the opportunity to take one more step toward the life you want. Don't stress the setbacks and don't quit on yourself! Making changes takes time and a little kindness to yourself on this journey.







## The Dangers of Alcohol & Acetaminophen

Whether you enjoy a glass of wine with dinner, a beer while watching a game, or need to take something for a headache, it's important to understand how to safely consume alcohol and acetaminophen. Both are processed through your liver and can be dangerous in large doses and when taken at the same time.

Alcohol is processed through the liver, at a rate of about 1 drink (12 ounces of beer, 5 ounces of wine, or 1 1/2 ounces of liquor) per hour. Alcohol that is not processed right away goes into the bloodstream as well as body tissues. If you consume more drinks than you can metabolize, it can result in high blood alcohol levels which, depending on the level, can lead to impairment, blacking out, loss of consciousness, and even death.

Acetaminophen, an over the counter pain reliever found in Tylenol, Nyquil, and Robitussin, is also processed through the liver. Acetaminophen is good for reducing fever, cold and flu symptoms, headaches and arthritis pain.

Most people can take acetaminophen safely, but it's important to know that liver damage is possible in people who drink alcohol and take acetaminophen as well as people who exceed the maximum dosage of acetaminophen.

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## Produce of the Month Turnips

Turnips and turnip greens are hearty vegetables that are at their peak during the winter months. Turnip is a root vegetable and is often prepared like a potato, mashed, boiled or added to soups and stews. Turnip greens are the leafy part of the plant, similar to mustard greens or collard greens, and are a side dish in many Southern menus. Both the turnip and turnip greens have fiber and vitamins and can be a welcome addition to the usual vegetable lineup.

**The Basics:** Turnips are generally a round, white or pale-yellow vegetable with purple colored tops. Some will be sold with greens attached, though much of the time the turnip and turnip greens are sold separately. Smaller turnips are younger and have a milder flavor. They can be served raw as part of a vegetable platter or shredded in coleslaw as a replacement for cabbage. Larger turnips should be should be cooked in your favorite recipe. Be sure not to overcook a turnip though, as it will lose its sweetness and can adopt a sulfur-like smell and taste.

To prepare turnips, wash and trim any roots off. Peel the outer layer, then chop or slice according to your recipe. Turnips can be boiled, steamed, roasted, sautéed, or microwaved with a little water. Turnips can be cooked and pureed for a healthy, creamy base for soup. If boiling turnips, consider not covering the pot completely in order to reduce trapping the gases that can make the taste and smell too strong. Turnip greens are generally served cooked as a side dish, though young greens can be part of a salad.

**Try This:** Cooked turnip greens can warm up any meal as well as deliver immune building vitamins and antioxidants. For a healthy side, cook 1 bunch of chopped turnip greens in 1 tablespoon coconut oil, 1 sliced red onion, and 4 chopped garlic cloves on the stove for 10 minutes.

**The Facts:** The turnip root is low in calories and high in vitamin C. Turnip greens are also low in calories and an excellent source of Vitamin A, C and K. They are also a good source of fiber and calcium.

# What's for Breakfast?

You've heard that breakfast is the most important meal of the day, but did you know this?

- A study done at Blinn College in Texas found that eating breakfast had a meaningful impact on grades: Over 72% of students who ate breakfast earned a C or better on a biology test, while only 50% of students who didn't eat breakfast earned a C or better on the same test. The data also showed that those who ate breakfast were twice as likely to earn an A or a B than those who didn't eat breakfast.
- The American Heart Association's journal *Circulation* printed a study that found that there was a lower risk of coronary heart disease in men who ate breakfast.
- The journal *Obesity* reported that those who ate a large breakfast (700 calories) and a small dinner lost more than twice as much weight as those who ate a small breakfast and a large dinner.

It's clear. Breakfast does make a difference. Here are some ideas to get a healthy dose of nutrition in the morning:

- Oatmeal - choose an unsweetened variety and add a little yogurt and fruit for natural sweetness, calcium, and vitamins. A serving size of cooked oatmeal is one cup (or 1/2 cup raw oats).
- Enjoy a slice of 100% whole grain toast with sliced banana, peanut butter, and chia seeds. You could also substitute other nut butters.
- Serve 2 eggs on a whole grain English muffin with sliced avocado and some salsa. You can make ahead hard-boiled eggs for busy weekday mornings.
- Combine turkey sausage or seasoned black beans with spinach and avocado in a multigrain wrap.

**Quick Tip:** Many restaurants (including fast food spots and national coffee chains) sell oatmeal and yogurt parfaits. These will often be higher in sugar than what you make at home but can still be a good choice over other breakfast options when you are on the road.



## The Dangers of Alcohol & Acetaminophen

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People who regularly drink alcohol (especially 3 drinks or more per day) are more likely to suffer liver damage. Adults who take more than 4000 mg of acetaminophen (8 extra-strength pills or caplets) in a 24-hour period are also more likely to suffer liver damage. People with a history of liver disease, alcoholism or any concerns about correct dosages should consult with their doctor before taking acetaminophen.

Despite how readily available alcohol and acetaminophen are, it's important that each be used safely and within limits. Remember: no more than 4000 mg of acetaminophen should be taken in a 24-hour period. If you are consuming alcohol, avoid acetaminophen. And limit alcohol intake to one standard drink a day.



# How to Exercise Outdoors in the Winter Safely

By LeeAnn Wilcox

Going outdoors when it hurts to breathe in the cold air may sound like the last thing you want to do; however, many people are deeply affected by a lack of natural sunlight in the winter months. Making an effort to get outside in the cold weather can help reduce the chance of seasonal depression and improve your quality of sleep. The following are some tips to consider when trekking outdoors this winter.

**Mind the forecast.** Before heading out, check the weather for ice, snow, and heavy winds. As long as the temperature and wind chill stay above 5° F, your chances of frostbite are low. If you suffer from asthma, exercise-induced bronchitis, a heart condition, or Raynaud's disease, talk your doctor about what temperatures are safe for you to exercise at as cold weather especially aggravates those conditions.

**Dress in layers.** Synthetic fabrics, wool, and waterproof materials are your best bet. Cotton tends to absorb sweat and moisture, which can make you more susceptible to hypothermia. For most outdoor activities, it is ideal to have your first layer be a thin, synthetic material that can draw sweat away from your body. For your second layer choose something warm like wool or fleece. Your final, outer layer should be something that is water/weatherproof to help keep out the rain or snow.

**Accessorize.** Approximately 50% of our body heat escapes through the top of our head. Wearing a warm hat and covering your hands, nose, and ears can help keep you warm in the cold weather. Consider wearing a facemask, or scarf over your mouth and nose, to help warm the air you breathe to protect your lungs. Choose sturdy footwear with good traction, and wear light-colored or reflective clothing if you'll be out after dark. Don't forget your helmet, when appropriate, and sunscreen. You can still get a sunburn in the winter.



**Know the signs:** Know the signs of frostbite (pins and needles feeling, loss of sensation, burning feeling of the skin) and how to treat it safely (slowly warm, don't rub, the area, and immediately seek medical attention). Don't forget to hydrate frequently, even if you don't think you're thirsty; the drying cold weather can make dehydration harder to spot.

**Think safety first:** Especially if you are going to be outside by yourself, tell someone what route you are taking and when you plan to return. Even if you are working out with others, it may be a good idea to keep someone else informed of your plans in case an emergency occurs.

# 5 Ways to Enhance Your Weight Loss Efforts Naturally

A message from your Healthy U @ Work Wellness Champion:

Pamela Johnson, BS, HHP-AADP, CFMP, RYT



## Your To- Do List for Sustainable Weight Loss and Optimal Health:

- 1 Detox by drinking pure water, exercising regularly, and adding greens to your diet while removing processed foods (sugar) and genetically modified organisms from your diet.
- 2 Add omega-3 fats to replace bad fats such as those from vegetable oil. Choose clean protein such as grass-fed beef, wild-caught fish, free-range eggs, beans, nuts and seeds. Then incorporate a lot of sulphur-rich vegetables and fruit for fiber and antioxidants to crowd out high-glycemic-index carbohydrates such as breads and pasta.
- 3 Detox for stress relief and improve sleep by keeping electronic devices (that negatively affect the Pituitary gland) away from your body, especially when sleeping.
- 4 Detox for hormone health by refraining from drinking from plastic bottles, breathing in air fresheners (and other chemicals), and by switching personal hygiene products such as shampoo, soaps and makeup to those without parabens and phthalates (hormone disrupting chemicals).
- 5 Try yoga, Pilates or some form of exercise that aligns and moves the spine and strengthens muscles. This often includes learning breathing techniques to help reduce stress and lowers cortisol levels.

If you suffer from chronic disease, consider testing for toxins, nutrient deficiencies and participating in a functional medicine program that offers corrective supplementation and detox protocols. For more information, call *Working Well's Functional Medicine Clinic* at (219) 476-1083.





**Q:** Hey Erin! I have been at this game for a while, counting my calories and trying to stay active. I feel like I should be seeing more results on the scale. Is it true that if you burn more calories than you consume, you will always lose weight?

-Josh, 34

**A:** Hello Josh! Thank you for your question. I think this is one that many can benefit from. The truth is, everyone is different and everyone burns calories differently. For some of my clients, the calories in/calories out approach really does work. If they burn more calories than they consume, they lose weight. Unfortunately, for most of my clients, it's not that simple. The kind of calories you eat are equally, if not more, important to the number of calories you eat. If you eat 1200 calories of junk food, you may not lose the weight that someone, who ate 1200 quality calories would lose. In other words, your weight loss success is tied to your overall nutrition.

I teach my clients the 80/20 rule. 80% of what you choose to eat should come from plants including fruits, vegetables, beans, nuts and seeds. The other 20% should come from everything else, including meat, dairy, etc. Following this rule has led many of my clients to their weight loss goal, and they continue to follow this rule long after they reach their goal weight. Eating this way isn't just about losing weight. It's about living a healthy life.

Dedicated to your success,

Erin M Long

**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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