

Healthy U @ Work



July 2019

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 **Franciscan**
WORKING Well

Holding Family Meetings

In the summer, some families head to family reunions for an opportunity to reconnect and visit with relatives they might not get to see often. It's important, however, to connect with family members we see regularly. The busy schedule so many of us manage leaves little time to truly connect, and the family meeting may be just the thing to bring everyone together.

The phrase "family meeting" may seem formal or forced. But it doesn't have to be. Setting aside time each week — or even each month — to talk face to face can make a difference in how you feel and how your family functions. Many misunderstandings occur because of miscommunication, and the ability to talk to each other without distractions can eliminate that possibility, or at least lessen it. The family meeting can be a time to plan a fun upcoming event or work out a schedule conflict. Need help with a home project or want to add a new pet to the house? The family meeting is a great opportunity to ask for the help you need and discuss any major changes to the household. Children can participate, too. It can teach them how to listen well and how to speak up to let others know how they feel about certain topics!



If you want to give the family meeting a try, do what works for you and your family. Maybe you can sit down to dinner one night a week and use that time to talk about what's important to your family. Need it to be more of a special event? Try heading out once a month for coffee or a walk in a local park, using that time to talk to each other. However, you choose to do it, having regular family meetings may just make the day to day family time better for everyone.



Foodborne Illness

Foodborne illnesses, also called food poisoning can happen at any time of year and can be caused by food prepared at home or from a restaurant. The following are a few common foodborne germs that are more often found in summer months.

Salmonella: Salmonella is a type of bacteria and can be contracted from eating contaminated food, especially eggs, sprouts, chicken and chicken products, pork, fruits and vegetables and even processed foods made with contaminated product.

Listeria: Listeriosis is a serious infection that is most likely to impact those with a weakened immune system, namely pregnant women and older adults. Listeria can be found in deli meats, soft cheese, sprouts, cantaloupe, and hot dogs. Pregnant women should follow all dietary recommendations from their doctor and everyone should follow all announced food recalls.

Norovirus: The norovirus can be picked up from contaminated food/water or from an infected person or infected surface. Norovirus is common, but it can be avoided if you wash all produce, cook shellfish completely, and wash your hands regularly and well.

Other common foodborne germs are Clostridium perfringens, Campylobacter, Staph, and E. coli.

To prevent foodborne illness –

1. Wash your hands thoroughly (wet, lather, scrub, and rinse while singing happy birthday song two times) after using the restroom, changing diapers, preparing or eating foods.

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Produce of the Month Cucumbers

For a cool crunch, nothing beats a fresh cucumber. Cucumbers are composed of mostly water, making them a great choice for a refreshing summer salad or snack. Low in calories, cucumbers are a good source of fiber, potassium and vitamin C and are good for digestive health, blood pressure and healthy skin.

The Basics: Cucumbers are available year-round but are considered in season from May through early August. The most common cucumbers found in the grocery store are the slicing cucumber and the English cucumber. The slicing cucumber is dark green and often has a waxed skin that should be peeled. It has edible seeds, and it is generally less expensive than the English cucumber. The English cucumber is most often not waxed and is wrapped in plastic. This helps it to retain its water content. Though it is called “seedless,” it contains very small seeds that are digested more easily than a slicing cucumber’s seeds. Some people feel that the English cucumber is less bitter than a slicing cucumber. Whichever you choose, pick a cucumber that is firm and has a good green color to it. At home, store cucumbers unwashed in the refrigerator. When ready to eat, just wash and slice according to your recipe. Remembering to peel any waxy skin first.

Try This: Though cucumbers are most often found in salads, try sliced cucumbers on a turkey or roasted pork sandwich for added crunch. Use slices of cucumbers as the “bread” to make small sandwiches of chicken or egg salad. Use cucumbers to make a Middle Eastern yogurt sauce, excellent with grilled meats, fresh vegetables, or as a dip for pita bread. Combine equal amounts of plain unsweetened yogurt and grated cucumber (usually 1-2 cups). Add chopped garlic and fresh mint and mix with lemon juice and salt and pepper to taste.

The Facts: A cup of sliced cucumber is only about 14 calories and is a good source of vitamins C and A, potassium, fiber and folate.

Want to Get Your Kid to Eat Veggies?

Have a picky eater at home but still want everyone to eat his or her veggies? There are ways to include vegetables in your daily diet that even the pickiest eater won't mind! Use your imagination and look for ways to add vegetables to your meals. Over time, your picky eater may find his or her taste buds start to like and even crave the healthy and delicious flavors that vegetables provide.



Mash them away! Make a half potato/half cauliflower mash. Steam or boil all vegetables and prepare using your favorite mashed potato recipe. Feeling adventurous? Try making mashed butternut squash, beets, or carrots for a fun splash of color that may spark your little one's interest.

Super smoothies! If you like to make smoothies, add some spinach or carrots to your fruit smoothie. Chop very finely before blending.



Grate idea! Use a grater to add vegetables to a homemade pizza or casserole.



Sauce it up! Chop your veggies and add to your favorite red sauce for a super healthy pasta dish. Chopped veggies still too big? Use an immersion blender to make the veggies disappear into the sauce.

A better burger! Add grated or finely chopped veggies - like zucchini or bell pepper - to a ground meat blend and grill up healthier burgers or make a meatloaf with added vitamins and minerals.

Play chef! Letting your littles pick out produce at the store or farmer's market, wash veggies, or take part in weekly meal planning are great ways to build curiosity and excitement to try new foods.

Safe Cycling

The long days of sunlight are still with us, and a bike ride is a perfect activity for these beautiful summer days. Biking is a great way to enjoy the outdoors and get in shape. Appropriate for almost any age, biking can be an aerobic activity that is good for the heart as well as a workout for your legs. Biking does have its share of risks, so safe biking habits and behaviors are important.



Many cities and towns have designated bike paths for you to enjoy and explore. But if you need to share the road with cars, follow the rules of the road, riding the same direction as traffic and obeying all traffic signs and lights. If riding with other cyclists, proceed in a single file line. Do not bike with headphones on and remain aware of your surroundings. Carry personal identification with you. Stay visible at all times, wearing reflective clothing if riding at night.



The most important purchase after your bike is your helmet. Your helmet should sit level on your head and fit securely. Beginning in 1999, all bike helmets were required to meet federal safety standards. The helmet you buy should have a label stating it meets the Consumer Product Safety Commission (CPSC) standard for safety. A rear-view mirror, reflectors, a front light, and a horn or bell are additional safety features to consider.

Get out and enjoy these summer months on your bike. Take a quiet ride by yourself or head out with family or friends. It's a great, green way to get around and get fit.

Foodborne Illness

Continued from page 2

2. Wash your hands thoroughly immediately after contact with animals (at farms, petting zoos, fairs and even your own pets: cats, dogs, guinea pigs, hamster, reptiles, etc.). Remember to wash after cleaning items like food bowls and cages as well.
3. Warm weather and unrefrigerated food increase likelihood of getting foodborne illness. Refrigerate or freeze perishable goods, prepared foods, and leftovers within two hours, or within 1 hour if temperature outside is 90°F or hotter. Keep hot foods hot (140°F or hotter) and cold foods cold (40°F or colder).
4. Cook all meat and shellfish thoroughly. Ground beef should be cooked to at least 160°F, chicken and turkey 165°F, and pork 145°F. Use a thermometer to determine doneness.
5. Wash fruits and vegetables thoroughly before eating. Fill a glass spray bottle with 1 part distilled white vinegar to 4 parts water. Spray produce with vinegar solution and rub with your hands or a produce brush. Rinse with cold running water to remove any residual vinegar taste. To clean delicate berries and other irregular shaped produce like broccoli and cauliflower, soak them in a bowl with the vinegar/water mixture for two minutes. Rinse them under cold running water and pat dry before serving or storing. For leafy greens, dip them in the solution before rinsing them and pat dry or place in salad spinner.
6. Prevent cross contamination by washing cutting boards, counters, sinks, utensils, hands after touching raw meat.
7. Avoid raw unpasteurized milk and dairy products and juices.
8. Be careful not to swallow water when swimming or playing in lakes, ponds, streams and backyard kiddie pools.
9. Choose restaurants with a good reputation and ask for all foods to be cooked fully.
10. Throw out any foods that are subject to recall.

If you have food poisoning, avoid preparing food for others until symptoms have subsided for two days. In most cases, you will recover within 12 hours. If you have any concerns, contact your doctor for instructions on how to handle food poisoning.



Q:

Hi Erin. I'm getting married in December and have been working hard to get in shape. I've already lost 20lbs and have 40 more to go. I've been working out 5x a week but thought about upping it to 7x a week. Is there such a thing as working out too much? Also, I've mainly been doing cardio, do I really need to incorporate weights? I really don't like strength training because I don't want to look bulky for the wedding. Any help would be appreciated.

Amelia B.

A:

Hi Amelia. Thanks for the questions. Congratulations on your success so far, you are doing great and are well on your way to achieving your goal. Let's start with your first question, I do believe there is such a thing as working out too much. It's one thing to be active every day but I do not recommend 7 days a week of hardcore workouts. Your body does need time to rest. You can always go for a walk on your off day but allowing your body to rest and recover will help you see the results you are looking for.

To answer your second question, yes, I would definitely incorporate strength training. You will be amazed what adding in strength training will do for you. Not only will it help you burn more fat but you will see faster results. As a woman, you will not "bulk" up; women generally do not produce enough testosterone to become bulky. Focus on doing 15-20 repetitions of each workout with a lower weight. If you don't enjoy strength training, try looking for classes that incorporate this. That way you can concentrate more on toning and you don't have to think about what to do – you may even have fun.

For best results, I would recommend cardio 3 days a week, strength training at least 2 days a week, and then leave the other two days for recovery. Maybe you could look into taking a yoga class or just go for a 30+ minute walk on your rest days. I hope this helps

Good luck the next few months! You will look amazing at your wedding! Cheers to many years of happiness.

Dedicated to your success,
Erin M Long, B.S., NSCA-CPT

Are Your Kids Safe on the Internet?

- 1 out of 8 parents allow their children on the Internet starting as young as 2 years old.
- Over 71% of parents *stop supervising their children's* Internet use after the age of 14 years old.
- 72% of all missing children cases that begin online involves children 15 years or older.
- 32% of teenagers either hide or delete their browsing history from their parents.
- 16% of teenagers have email and or social media accounts unknown to their parents.
- The National Center for Missing and Exploited Children report 15% of children between ages of 10-17 years old have been contacted via Internet for sexual purposes.
- Around 26% of online sex offenders find their victims whereabouts using information posted on the victim's social media site.
- 1 in 7 teenagers have taken a nude or semi-nude photograph of themselves, and over half have been shared.
- Anonymous apps, such as, *Whisper, Yik Yak, and Ask.FM* are dangerous in promoting bullying.
- Children under the age of 18 are 51x more likely to have their identity stolen.

Source: *Shared Hope International, National Center for Missing and Exploited Children*

Protect Young Eyes and Defend Kids from Online Danger

Take Our Internet Safety Quiz:

1. Do you periodically check your kids' digital devices?
2. Do you know your kids' usernames/passwords?
3. Do you have a bedtime turn-in for all electronics?
4. Do have filter/webpage monitor on home wireless router?
5. Have you talked to your kids' friends' parents about Internet use?
6. Do you know what you would do if you found out your kids were looking at porn?
7. Do you know what apps your kids' use?
8. Do you have rules about Internet use in their bedrooms?
9. Do you have consistent, direct conversations about the Internet use?

KEEP YOUR KIDS
SAFE Online



Questions about Internet Safety?

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

EAP Webinar on Internet Safety for Kids & What We Know About Sleep on July 17

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www.medicalfitness.org

*Some amenities may vary by location.

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4111 S. Franklin St.
Michigan City, IN 46360
1-866-552-WELL (9355)
www.workingwell.org