

Healthy U @ Work

September 2018

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Brown Bag Best Practices

The reasons are compelling: bringing your lunch to work will save you calories, time, and money. But what should you do to maximize nutrition and taste in your brown bag lunch? Here are some best practices to consider:

- Pack your lunch the night before or take time on the weekend to make and freeze lunch options. Place your lunch in the refrigerator the night before so it has time to defrost.
- If you don't mind leftovers, double your dinner portions and pack your lunch as you clean up after dinner.
- Pay attention to the nutrients you are packing. Include a protein, healthy fat, and complex carbohydrate. For example, try a sliced turkey and avocado sandwich on whole wheat bread. Or enjoy brown rice and vegetables with a side of cashews. If you like a deli sandwich, choose meats that are lean and don't have added nitrates.
- Need to reheat something? It's best not to do it in plastic. Use glass or a paper plate in the microwave. If possible, you can also keep a dish at work to use.
- Be sure to include a cold pack in your lunch if you have anything perishable. Or place your lunch in a refrigerator at work.
- Be sure to include at least one serving of vegetables in your lunch. Make ahead a salad, add veggies to wraps and sandwiches, or bring cut veggies with your favorite dip.
- Have more than 1 lunch to make? Get your family involved by creating a lunch assembly line! Getting everyone involved makes your life easier and helps to teach children about good nutrition!





Prostate Awareness

September is Prostate Awareness Month, established by the American Foundation of Urologic Disease. The goal this month is to increase awareness of prostate disease and recommended screenings.

Prostate cancer is the most common cancer in men, developing primarily in older men, and of male cancers is the 2nd leading cause of death. The prostate is a small gland located beneath the bladder in men. It is generally the size of a walnut but can become enlarged as men age. Cancer of the prostate is often a slow growing cancer, but some prostate cancers can be more aggressive and grow quickly. Other than age, the other risk factor is race; African American men are at an increased risk of prostate cancer.

Screening for prostate cancer often begins with a blood test: the prostate specific antigen test (PSA). Levels of PSA in the blood are higher for men who have prostate cancer. However, there are other factors that can raise the PSA level, so this is not a definitive test. If the blood test is highly indicative of cancer or a man has symptoms accompanying a positive blood test, a transrectal ultrasound or prostate biopsy may be recommended. Men should discuss these screenings with their doctor depending on both personal and family medical history.

Exercise, a diet based on fruits and vegetables, and avoiding smoking and drinking alcohol are associated with lower cancer risks, including a lower risk of prostate cancer. See your physician regularly for a wellness check and to discuss lifestyle choices that impact health and screening recommendations. Share this information with the men in your life to help increase awareness and early detection.

Produce of the Month

Bell Peppers

The bell pepper is a mild, sweet pepper that can be eaten raw or cooked. Bell peppers are extremely versatile – great for stuffing with your favorite ingredients or adding to salads, pastas, tacos, burgers, meatloaf, omelets, stir fry, stews and soups. Bell peppers can also stand alone, sautéed for a side dish or enjoyed raw as a snack. Available in a variety of colors, bell peppers add a punch of nutrition and flavor to any meal.

The Basics: Bell peppers, also known as sweet peppers, are abundant at grocery stores and many farmer's markets. Their skins can be green, yellow, orange or red depending on how ripe they are. As the pepper ripens, it becomes milder and sweeter. No matter what color, peppers should be firm, smooth and feel somewhat heavy. Avoid bruises and blemishes when purchasing. They store well in the refrigerator for approximately a week. To prepare the pepper, wash and cut open to remove the seeds. You may also trim the white veins that run the length of the pepper. Peppers can be sliced or diced according to your favorite recipe. If you choose to make stuffed peppers, cut the stem portion off, and clean out the inside of the pepper. It is ready to be stuffed!

Try This: Grill peppers to accompany chicken or fish or add to brown rice or barley for a vegetarian meal. Roasted peppers are wonderfully sweet and smoky. To roast your own, wash the peppers and brush with olive oil. Place on a baking sheet. Using your broiler, place the baking sheet approximately 3 inches from the heat. As the skins begin to turn black, remove the baking sheet and turn the peppers carefully with a pair of tongs. When the whole pepper has been blackened, remove the peppers and place in a bowl. Cover with plastic or foil and seal securely so that peppers will steam in the bowl. Once cooled, peel the skins from the pepper, remove the seeds and slice the pepper. Roasted peppers, often featured in Italian dishes, can then be used in a variety of recipes.

The Facts: Peppers are low in calories and a good source of fiber. Peppers are also a good source of vitamin C: the more ripe the pepper, the more vitamin C.

How to Dress for Your Body Shape:

Tips and Tricks for Looking Your Best

Ever pause in the fitting room frustrated that nothing seems to look flattering? The following are some timeless tips for looking your best.

Finding the Perfect Fit

Select fitted (not too baggy or too tight) clothing. Clothing should lie on your body, not cling or bunch. Both baggy clothes and clothes that are too tight can make you look larger than intended. Pro tip: Don't let yourself be discouraged if you need a different size than you're used to. Vanity sizing is to blame for inconsistent sizing from store to store. Focus on the fit of the piece and feeling great; only you know the number on your clothes.

Understanding Patterns and Prints

Prints can be a great way to add some spice to your wardrobe. Larger prints draw the eye. Pick pieces with large prints when you want to highlight a part of your body. Embellishments, wording, and beading work similarly. An embellishment near the neckline will draw the eye to the neck and face; whereas an embellishment near the waist will draw the eye to the waist. Keep in mind smaller prints behave more like a solid. Solids, especially dark solids, tend to be more slimming than prints. These are a great choice to minimize areas where you feel self-conscious. If you like stripes, remember vertical stripes tend to slim while horizontal stripes tend add width.

Balancing Bold Pieces

Pair a print with a solid color for more balance. If you're going bold on top, pick a solid color from the print or a neutral color to wear on bottom to really allow the bold piece to pop. If you are wearing bright colored or patterned bottoms, go for a solid up top. Neutrals like black, white, gray, navy and tan are great to pair with prints or bright colors as to not overwhelm the eye. Neutrals are classic and never go out of style; wearing all neutral colors can allow for a special accessory such as a bold shoe or necklace to make a serious statement.

Take it for a Test Drive

If you are selecting clothing for a certain activity or event, make sure to test the clothing. If you're selecting a special outfit for an occasion, wear similar undergarments, accessories, and hairstyle that you would wear with it for the event when trying on outfits. If you're selecting a specific outfit for a certain activity (ex. exercising, presenting, etc.), test the clothing in the fitting room by bending or reaching in the manner in which you will need the clothing to support. This can help prevent frustrating mishaps later.

For the Ladies

Achieving that Hourglass Look

To appear to have a smaller waist or to create that hourglass body shape, cinch the smallest part of your waist (usually right where you naturally bend or just below chest at the ribcage) with stitching, embellishment, or a belt.

Undergarments

Fitted undergarments can make all the difference. Many undergarment shops provide free fittings. Check to see if your sizing matches up with their measuring, especially if your body has undergone any changes lately (weight loss, weight gain, pregnancy, menopause, etc.).

In the end, if you want to wear something, go for it. Fashion is a great way to express yourself and experiment with fun looks. Style is truly self-created, and confidence is the best accessory.



What's Your Excuse?

Are you interested in starting a fitness routine but can't get over a nagging excuse? Read the bolded descriptions below that best describe your current excuse for some possible ways to move forward:

I don't like to workout alone.

There are many gyms that offer group fitness classes in formats ranging from Yoga to Pilates, Bootcamp to Core classes, Zumba to Step, and Cycling to Pound. Many facilities even have aquatic group fitness classes if they have a pool. These are excellent opportunities to have accountability, gain new friends, and surround yourself with like-minded individuals.

I don't like to workout at the gym.

There are many outdoor areas such as parks and trails that have fitness areas. If you have a space in your home or yard to get your sweat on, there are many DVDs, video games, and online workouts available for purchase, and some are even available for free. Just about any space can be a workout space.

I don't know what to do.

Personal training or small group training is an excellent way to gain the confidence in what you are doing and how you are doing it. These services can be reasonable, especially if you opt for small group training and split the cost with some friends. Some facilities offer small group introductory classes or even a free tour of the facility that may include a small tutorial of several pieces of equipment if requested.

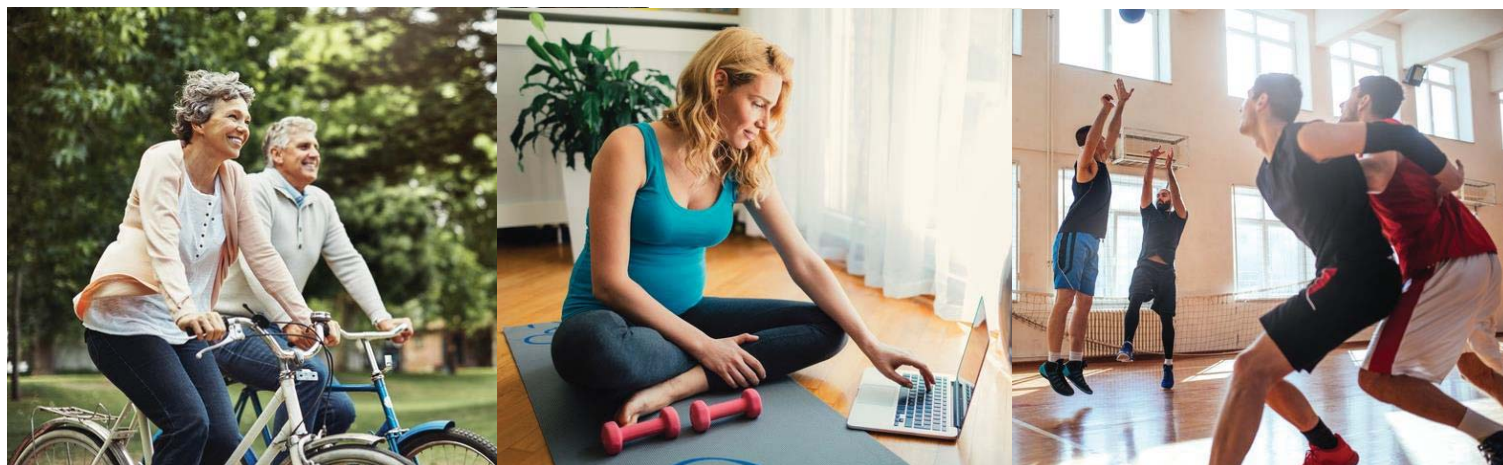
I'm afraid I'll stand out/don't belong.

Everyone at the gym is working towards a fitness goal. Many people are new, especially at peak times such as January. Some clubs offer some privacy areas for hesitant individuals; however, you may be able to come to the gym at a non-peak time when the facility may be quieter and more to your liking. Ask the front desk when the gym is least busy.

I don't like to "exercise".

There are many ways to become more fit without having to spend 30 minutes on the treadmill every day. Grab some friends for a weekly game of racquetball or basketball; join a recreational league; find a workout game online or on video; go roller skating or ice skating; try a fun exercise class like Pound or Zumba; or swim some laps at your local pool. You could hula hoop, go dancing, or ride your bike. Exercise doesn't have to be a total drag.

Still having difficulty getting started? Find a friend who you know is active and simply tag along a few times. Who knows, maybe their favorite workout will become yours?





Q: Hi Erin. What is your opinion on heartrate monitors and fitness devices? Do you think there is an advantage to using one while working out and are they worth the money? Is there one you would recommend? Thank you in advance,

Joel B.

A: Hi Joel, thank you for your questions. Fitness devices are the hot thing in the fitness world these days and they definitely can help play a role in your fitness and health journey. I personally love this tool both as an athlete and a personal trainer. I have had an iWatch for 3 years now and wear it every day. I am kind of lost without it. I love that I can see how many steps I've done during the day or the calories during a workout, etc. It actually helps motivate me to improve myself and pushes me to work harder. With a fitness device, you can compare your workouts to see if you worked harder or took it easy and set new goals for yourself. I have many clients who wear a fitness device and at the end of their workout I ask for some information provided by their device to help monitor their progress.

As for a heart rate monitor, there are many different varieties including ones you can wear on your wrist and chest straps. Many fitness devices also include a heart rate monitor. This is a great tool to help you see where your heart rate is during a workout, track your intensity, and calculate how many calories you have burned. This information can help you get the most out of your workout.

As you can see, I am a big advocate of fitness devices and heart rate monitors, and I definitely think they are worth the money. There are so many devices out there you may have to do a little research to see which one fits your needs and wants. Some are super fancy with lots of bells and whistles like the FitBit Versa, Apple Watch, and Garmin while some operate more simply like the FitBit Flex. The wellness portal can sync to your Fitbit, Garmin, and several other popular devices. I would recommend going to a retailer that carries a few different kinds and see the ones you are interested in.

I hope this helps answer your question and that you find a fitness device that works for you!

Dedicated to your success,

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

Where to Draw the Line: Boundaries



A chief complaint of clients in counseling revolves around boundaries. Too many boundaries create rigidity and distance. Too few boundaries cause anxiety and fear. Unclear boundaries can create confusion and sometimes, cause conflict. When we care too much about what other people think about us, our boundaries become easy to manipulate.

Remember, your boundaries belong to you and you alone. You shouldn't try to fit YOUR boundaries into what works for someone else. It isn't about their limits; rather, it's about your limits! Boundaries are about how we respect ourselves. It is up to us to teach others how we want to be treated. Learn to be authentic. People with poor boundary skills often have low self-esteem.

Because it's uncomfortable to set boundaries with others, especially if we've not done it in the past, most of us are inclined to be passive and not say anything. That leaves us with that "Doormat Feeling" and builds resentment.

Sometimes, the resentment and frustration build and then we either explode or we implode. We hold it all in until we can't hold it in anymore and then...watch out! One way to combat this swing is to think about being *assertive*. Assertive people are not passive, nor are they aggressive. They fall somewhere in the middle. Assertive people find ways to demand respect without being demanding.

Practice a few phrases that are quick answers to multiple questions. Say them out loud. Most people don't like the plain and simple "no", so elaborate a little. Try, "No thanks, that just won't work for me." and see if that helps. For these and other tips, please plan on attending our webinar!

Need Help Setting Boundaries, Contact Your Employee Assistance Program.

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

EAP Webinar on Boundaries and the Best and Worst Drinks for your Health September 19, 2018

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