

Partners in Prevention

Taking Health & Safety to Higher Ground

December 2020

YOUR GAMEPLAN TO LIVE

Are You a Healthy Habit Binger?



Do you *think* you lead a healthy lifestyle, but what you actually do is binge on “health foods” certain days of the week, and then slide into unhealthy habits the other 4 or 5 days?

If you are overdosing on vegetables, whole grains, and fish a few days a week (or even a month) and then eating fast food and starchy prepared foods the rest of the time, you do not have healthy eating habits. If you are a weekend warrior (you are active only on weekends), you are not doing your body any favors either.

To maximize the health benefits of exercise and a healthy diet, you need to be consistent. Flip those habits around. If you eat clean and healthy on MOST days of the week, and exercise on MOST days of the week... a day here and there that you “cheat” on wings and pizza and veg on the couch watching the big game is not likely to derail you too much from the gains you’ve achieved from following a healthy lifestyle. Do it too often, though, and you just might find yourself with health issues.

Your 2 Week Walking Maintenance Guide

Although most of us focus on the calorie-burning advantages of exercise, it’s good to remember just how much good walking can really do for you. In addition to reducing cravings, supporting immunity, and bolstering brain health, it can also help improve your mood, lower anxiety and decrease depression — all of which are crucial during the holiday season.

This plan is designed for all levels and offers a suggested two-week schedule to maintain your walking habit and, therefore, your fitness. There are recommended parameters for each walk, but feel free to make adjustments to best suit your schedule and preferences. Something is always better than nothing, even if it’s 10 minutes of walking when you usually do 30 minutes.

ENDURANCE WALK - Build stamina and maintain your aerobic strength with this steady-state walk. After a brief 3–5 minute easy pace warmup walk, aim to maintain a brisk pace (at this effort, you should be breathing harder but still able to maintain a conversation, RPE 5–6).

INTERVAL WALK - Power up your walk with some time-saving intervals. Start with a 3–5 minute warmup walk, then boost your burn by alternating 2–3 minute intervals of a



Healthy Lemon Garlic Salmon

This Healthy Lemon Garlic Salmon is easy to make and ready in under 15 minutes. It’s healthy, low calorie, and only uses a handful of ingredients!

Ingredients:

- 4 salmon portions skin-on
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 teaspoons extra virgin olive oil
- 4 tablespoons fresh lemon juice
- 8 garlic cloves crushed
- 2 tablespoons finely chopped fresh dill

Directions:

Season salmon portions with salt and pepper.

Heat a large heavy skillet over medium-high heat. Add in olive oil and heat 30 seconds. Place salmon portions into the skillet, starting with the skin side up. Sear 3 to 4 minutes, then flip over and sear the other side 3 more minutes. Move salmon to one side of the pan.

Pour lemon juice into empty area of skillet and in garlic cloves and sauté 60 seconds. Spoon garlic lemon juice over salmon and cook until fish is cooked through and flakes easily with a fork.

Sprinkle fresh dill on top of salmon portions and serve immediately. Garnish with lemon slices if desired.

PHOTO & RECIPE - [HTTPS://THESTAYATHOMECHEF.COM/HEALTHY-LEMON-GARLIC-SALMON/](https://thestayathomechef.com/healthy-lemon-garlic-salmon/)

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steady, power pace (RPE 5–6) with 30–60 seconds of a very fast pace walk (RPE 7–8). You can adjust the interval windows based on your current fitness level and any time constraints. As you build fitness, try increasing the length or intensity of the more challenging intervals (building to one minute, or adding some brief jogging, for instance) and, if you like, decrease your moderate pace/recovery time (shortening from 3 minutes to 2, for example). Be sure to give your body time to recover by spending the last 3–5 minutes at a more comfortable pace, bringing your breathing and heart rate back to a more normal state.

STRESS-RELIEVING WALK - While all walks can offer stress-relieving benefits, it helps to have a dedicated day where you aren't worried about time, pace or other factors. Go for a walk in a more serene environment (if you always walk along a busy street, for instance, try this walk in a park, or elsewhere in nature), listen to more relaxing music, attempt a walking meditation, or simply pay extra attention to your body, your breath and your thoughts.

STRETCHES – Stretching is an important healthy habit — it helps improve your range of motion and flexibility, so you get the most out of each walk and prevent injury.

Article from: <https://blog.myfitnesspal.com/your-2-week-walking-maintenance-guide/>
By Jessica Smith 11/22/2020

2 WEEK						
WALKING MAINTENANCE GUIDE						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1						
ENDURANCE WALK 30-60 MIN	REST, STRETCH OR CROSS-TRAIN	INTERVAL WALK 15-30 MIN	REST, STRETCH OR CROSS-TRAIN	STRESS-RELIEVING WALK 15-45 MIN	REST, STRETCH OR CROSS-TRAIN	STRESS-RELIEVING WALK 15-45 MIN (OR REST)
WEEK 2						
INTERVAL WALK 15-30 MIN	ENDURANCE WALK 30-60 MIN	STRESS-RELIEVING WALK 15-45 MIN	ENDURANCE WALK 30-60 MIN	INTERVAL WALK 15-30 MIN	REST, STRETCH OR CROSS-TRAIN	STRESS-RELIEVING WALK 15-45 MIN (OR REST)

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Spaghetti Squash & Chicken with Avocado Pesto

Give pesto pasta a healthy makeover with this easy recipe that combines low-carb spaghetti squash with high-protein chicken breast. Top this powerhouse combo with homemade basil pesto that gets a creamy upgrade from ripe avocados to complete a mouthwatering chicken dinner.

Ingredients:

- 1 2 ½ to 3 - lb. spaghetti squash, halved lengthwise, seeded
- 1 ripe avocado
- 1 cup packed basil leaves
- ¼ cup unsalted shelled pistachios
- 2 tablespoons lemon juice
- 1 clove garlic
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 5 tablespoons extra-virgin olive oil, divided
- 1 pound boneless, skinless chicken breast, trimmed and cut into 1-inch pieces

Directions:

Preheat oven to 400 degrees F. Coat a large rimmed baking sheet with cooking spray. Place squash, cut-side down, on one side of the prepared pan. Bake until tender, about 45 minutes.

Meanwhile, combine avocado, basil, pistachios, lemon juice, garlic, ½ teaspoon salt and ¼ teaspoon pepper in a food processor. Pulse until finely chopped. Add 4 tablespoons oil and process until smooth.

Ten minutes before the squash is done, toss chicken, the remaining 1 tablespoon oil and the remaining ¼ teaspoon each salt and pepper together in a medium bowl. Spread the chicken in an even layer on the empty side of the baking sheet. Return to the oven and bake until just cooked through, about 10 minutes. Using a fork, scrape the squash from the shells into a large bowl. Add the chicken and toss gently to combine. Serve topped with the pesto.

<http://www.eatingwell.com/recipe/261688/spaghetti-squash-chicken-with-avocado-pesto/>

Keep Your Brain Fit

Protect Your Brain - Though protecting your noggin should be a no-brainer, it's helpful to be reminded of some practical brain safety tips that can reduce your risk of head injury. These include avoiding high-risk sports where you can hit your head, remembering to wear a seat belt when in a vehicle, and always wearing a helmet when on a motorcycle, bicycle, skateboard, snowboard, skis, or rollerblades.



Play Brain Games - Brain games are excellent for cognition – especially for older adults. Spending just 15 minutes a day, five days a week on games such as crossword puzzles, memory games, chess, Sudoku, and jigsaw puzzles can improve concentration. They also can boost memory!

Listen to Soothing Tunes - Listening to music can increase pleasurable feelings, improve mood, boost energy, raise dopamine levels, and help with focus and concentration. Remaining in a relaxed state of mind is easier to accomplish when you have a happy tune running through your head. Listen to brain enhancing music specifically composed to enhance mood, gratitude, motivation, and inspiration.

Avoid Harmful Foods - Proper nutrition is essential to peak brain function. Unfortunately, the standard American diet is filled with toxic foods that increase your risk for physical problems as well as issues with your focus, mood, and memory.

Many of these unhealthy foods are:

- Highly processed
- Pro-inflammatory

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- Pesticide sprayed
- Artificially colored and sweetened
- High glycemic
- Low fiber
- Laden with hormones
- Tainted with antibiotics

In place of these harmful foods, be sure to eat a healthy diet...one that includes lean protein, high fiber, and healthy fats. Also, it's recommended that you eat 9 servings of fruits and vegetables every day.

Learn Something New - Brain researchers emphasize that the "use it or lose it" principle applies to the brain. When the brain stops learning it can start fading, so be intentional about learning new things. Set aside sometime each day to learn something new. Take a class, learn a new language or musical instrument, or try square-dancing, chess, tai chi, yoga, or sculpture. Einstein said if someone spends 15 minutes a day learning something new, they'll be an expert in a year!

Revitalize with Exercise - Aerobic exercise, sufficient to make you sweat for 30 minutes, increases blood flow to your brain as well as your muscles and other tissues. This helps deliver nutrients and remove waste products. It can even increase the growth factor BDNF which promotes improved brain function. Physical activity also has been associated with improved mood and a more optimistic outlook on life. Walking can help clear your mind, improve your mood, and burn some calories all at the same time.

Clear Your Mind - Make time for yourself every day. Taking breaks for relaxation and meditation provides benefits for both your physical and mental health. Spending just 15 minutes alone, without distractions, may refresh your mind. Clearing your mind and slowing your breathing can help restore inner calm. Repeating simple words like "May I be safe and secure" can increase positive emotions and decrease negative ones. Loving Kindness Meditations can help reduce stress and improve your overall outlook on life.

Excerpt from: <https://brainmd.com/blog/8-best-ways-to-keep-your-brain-fit/>

Snow Shoveling Safety

Shoveling snow can be physically demanding and can lead to injuries such as sprains and strains. Please follow these safety tips when you go out to shovel in wintry weather:

- Dress in layers and be sure to wear warm clothing, be especially careful if there are wind chills and temperatures are below freezing. Also wear the appropriate footwear for wintry weather.
- Use a shovel that is comfortable for your height and strength. Do not use a shovel that is too heavy or too long for you. Consider buying a shovel that is specially designed to prevent too much stooping. Space your hands on the tool grip to increase your leverage.
- When it snows, shovel a few times during a storm rather than waiting until after it's done snowing and shoveling it all. Freshly fallen snow will weigh less than compacted snow.
- Warm up your muscles. Shoveling can be a vigorous activity. Before you begin, warm up your muscles for 10 minutes with light exercise.
- If you must lift, take small amounts of snow and use proper form, keeping your back straight and lift with your legs. Lift by straightening your legs, without bending at the waist.
- When possible, push the snow instead of lifting it. Do not throw the snow over



Gluten-Free Butternut Squash and Wild Rice Stuffing

Ingredients:

For the roasted squash:

- 1 medium butternut squash, peeled, seeded, cut into 1-inch cubes
- 3 Tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon freshly cracked black pepper

For the stuffing:

- 4 Tablespoons unsalted butter
- 2 large shallots, peeled and thinly sliced
- 2 celery stalks, thinly sliced
- 4 garlic cloves, finely grated
- 5 fresh sage leaves, minced
- ½ teaspoon dried thyme
- 1 1/3 cups wild rice
- 4 cups chicken or vegetable broth
- Salt and pepper
- ¼ cup lightly toasted pecans, roughly chopped
- 1/3 cup fresh parsley, finely chopped

Directions:

Preheat oven to 400 degrees Fahrenheit. Toss the cubed squash, olive oil, salt and pepper together and spread in an even layer on a baking sheet. Roast for 25 minutes or until fork tender. Set aside.

In a large pot or pan with tall sides (that has a lid) melt the butter over a medium-high flame. Add the sliced shallots and sauté until soft and lightly caramelized. Then add the sliced celery and finely grated (or minced) garlic. Sauté until soft and fragrant (about 3 minutes). Add the wild rice, broth and a pinch of salt and pepper. Stir well and bring to a boil. Allow the liquid to boil for 5 minutes, uncovered.

Reduce the flame to a simmer, cover and cook for 40-50 minutes, or until the rice is tender and the liquid is fully absorbed. Once the rice is fully cooked, fold in the roasted squash, chopped pecans and parsley. Toss to coat, taste and adjust seasoning to your liking and serve.

Serves 4-6

Photo and Recipe - <https://www.brit.co/gluten-free-butternut-squash-and-wild-rice-stuffing/>

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your shoulder or to the side. This requires a twisting motion that stresses your back.

- Avoid shoveling under snow and ice-covered trees and roof lines due to possibly falling limbs, ice and snow.
- Take breaks while shoveling and do not overexert yourself, especially if you are inactive over the age of 40. Pace yourself. Take frequent breaks and replenish fluids to prevent dehydration.
- If you or someone you are with begins to have chest discomfort, shortness of breath or other signs of a heart attack, seek emergency care. If you have a history of heart disease do not shovel without your doctor's okay.

Creamy Vegan Broccoli Cauliflower Soup

Cozy up with a bowl of this luxuriously thick and creamy Vegan Broccoli Cauliflower Soup. Packed with veggies, this easy healthy soup makes the best lunch on a chilly day.

Ingredients:

- 2 tbsp. extra virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 carrots, diced
- 1 medium head broccoli, finely chopped (florets and stalk, about 4 cups)
- 1 medium head cauliflower, finely chopped (about 4 cups)
- 1 small-medium potato, diced
- ¼ cup whole wheat pastry flour (or flour of choice)
- 4 cups vegetable broth
- 1 cup unsweetened, unflavored almond milk (not coconut milk)
- 1/3 cup nutritional yeast
- 1 ½ tsp kosher salt (to taste)
- Freshly ground black pepper
- 1 tbsp. lemon juice

Directions:

1. Heat oil in a soup pot or Dutch oven over medium heat. Add onion, 1/2 tsp salt, and a grind of pepper and sauté for 5 minutes, or until softened. Add garlic and cook for another minute.
2. Add carrots, broccoli, cauliflower, and potato and sauté for another 3-5 minutes. Add flour and stir well to combine.
3. Add broth, milk, nutritional yeast and another 1/2 tsp salt. Bring to a boil and then reduce heat to low and simmer, covered, for 15-20 minutes or until veggies are tender. Remove from heat and stir in lemon juice. Season with salt/lemon juice to taste until the flavors really pop.
4. Use an immersion blender to blend half the soup, leaving some chunky for texture. You can also blend half in a blender, being careful as the soup will be very hot!

Photo and recipe - <https://www.hummusapien.com/creamy-vegan-broccoli-cauliflower-soup/comment-page-6/>

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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Sweet & Smoky Pecans

Ingredients:

- 1 ½ cups pecan halves
- 2 tablespoons maple syrup
- 2 teaspoons olive oil
- 1 teaspoon smoked sweet paprika
- ½ teaspoon salt
- Pinch cayenne

Directions:

1. Preheat the oven to 400°. Line a rimmed baking sheet with parchment paper. In a bowl, combine all the ingredients; mix well.
2. Spread the nuts on the baking sheet; roast, tossing halfway through, until browned, 12 to 15 minutes.
3. Let the nuts cool. Serve.

Makes 6 servings.



Chocolate Cherry Chia POWER Smoothie

Ingredients:

- ½ banana, frozen
- 1 cup Cherries (frozen organic preferred)
- 1-2 handfuls Fresh Spinach (organic)
- 4 dates (dried and pitted)
- 2 tbs. Chia Seeds
- 2 tbs. Cacao powder
- 1 ½ cup almond milk
- ½ cup ice

Directions:

Blend in blender to desired consistency. Add more liquid if too thick and more ice if too thin. Makes one large or two small servings.

Note: Add a serving of powdered protein of your choice if you desire.