

Partners in Prevention

Taking Health & Safety to Higher Ground

November 2019

YOUR GAMEPLAN TO LIVE

HEALTHIER ALTERNATIVES FOR THANKSGIVING DINNER

Thanksgiving is generally associated with an abundance of wonderful food, family, sharing, thankfulness, and football. Go ahead and indulge, but you might want to think about tweaking a few things so that you don't feel like lying on the floor after your dinner... unable to move until Saturday.



Fun (or not so fun) Facts:

- The average person eats 3,000 to 4,000 calories on Thanksgiving Day.
- The average Thanksgiving meal contains over 200 grams of fat.

Tips:

- **Turkey** - Stick to white meat, no gravy or a light gravy, no skin.
- **Sweet Potatoes** - Forgo the candied variety for baked, roasted, or mashed.
- **Stuffing** - You do not have to use a ton of butter even if your recipe calls for it. Substitute a low sodium broth for at least half of what it calls for in butter for moistness. Instead of white bread, use whole grain.
- **Pumpkin Pie** - There are so many ways to make pumpkin pie healthier. Use evaporated SKIM milk, non-fat whipped topping, and (a personal favorite) a no-crust variety. Just make it per the directions on the can of pumpkin (skim milk), and forget the crust!
- **Mashed Potatoes** - Everyone's favorite - they can be made simply and nutritionally sound with skim milk, minimal butter and a few tablespoons of light olive oil, salt and pepper. If you normally use sour cream, you can replace with non-fat plain Greek yogurt. However, if you MUST use tons of butter, and/or cream or sour cream to make them, go easy on your portion!
- **Watch the Extras** - Rolls and butter, baked goods, high sugar cranberry relish, creamy sauces for vegetables... these all add up. Tiny tastes of everything are fine - full portions of everything are not ideal and will pack in the calories.
- **To make up for your "big fat" TASTY meal**, try to eat light and lean the day before, the rest of Thanksgiving Day and also for the next few days. Be sure to include physical activity on Thanksgiving Day (a family walk perhaps?) and for the days preceding and following (AND ALWAYS, of course!).

YOUR AFTER-THANKSGIVING WORKOUT

Start with some light cardio for at least 5 minutes and preferably 20-30 to warm up and burn some calories. Follow with the total body workout, below. Perform each exercise to exhaustion (until you can no longer do the movements while maintaining correct form). If you can easily do this, do more than one set of the circuit. Note: if you cannot perform an exercise using good form, stop. It is when you improperly perform an exercise that you can injure yourself.



A Healthier Stuffing

Ingredients:

- 1 Tablespoon light butter
- 14 oz. stuffing bread
- 1/2 cup chopped onion
- 1/2 cup diced celery
- 1/2 cup diced carrots
- 1/2 cup diced mushrooms (optional)
- 2-3 cloves garlic
- 2- 2 1/2 cups chicken broth (low sodium)
- Poultry seasoning to taste (about 1-2 tsp.)
- Pepper to taste (around 1 tsp.)

Directions:

Preheat oven to 350°F. Heat a large sauté pan. Once heated, add butter and spray with cooking spray. Add carrots and sauté celery, onion, garlic and mushrooms. Add additional cooking spray if needed and continue cooking until veggies are tender. Remove from heat and transfer to a bowl. Allow to cool slightly. In a large bowl add bread stuffing and veggies. Toss together and season with pepper and poultry seasoning. Add chicken broth, mixing until moist but not soaking. Spray casserole dish with cooking spray, add stuffing mix, cover with foil and bake 20-25 minutes. Uncover and cook an additional 10 minutes or until slightly crispy on top. (Also works well in a crock pot—spray inside with cooking spray and cook 2-3 hours.)

Number of Servings: 16
Calories: 106, Total Fat: 1.4 g.

recipes.sparkpeople.com

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Manual squats (with or without a medicine ball held in front of you at chest level). Stand with feet shoulder width apart, pointing straight ahead and medicine ball held in front of you at chest level. Start by pushing your butt backwards into a sitting position and bending your knees. Stop when your thighs are parallel to the floor. Return to standing position and squeeze butt. Inhale on the way down and exhale on the way up.

Pushups. Do these up on your toes or modified on your knees. Keep back straight and your abdominals pulled in tight. Keep your head in line with your body. Do not look forward. Position your hands shoulder-width apart or a little wider. As you bend your elbows and lower toward the ground, your elbows should be at approximately a 45-degree angle to your body.

Alternating forward lunges. Take a big step forward and immediately bend both knees as your foot hits the ground. Lower your body so that both knees are bent to 90 degrees. Push off with your front leg and return to standing position. Repeat with the other leg. As this gets easier, add a dumbbell in each hand or hold a medicine ball in both hands pulled into your chest.

One arm dumbbell row. Use a bench or other sturdy thigh-high platform to lean on. Place your dumbbell on the floor to the right. Put your left leg and left hand on the bench; then bend over so your upper body is parallel with the ground. Reach down and pick up the dumbbell in your right hand with a neutral grip (palm facing you), then hold it with your arm extended, keeping your back straight. Bring the dumbbell up to your chest, lifting it with your back and shoulder muscles vs. your arms. Keep your chest still as you lift. At the top of the movement, squeeze your shoulder and back muscles. Lower the dumbbell slowly until your arm is fully extended again. Do all your reps on one arm before switching to the other side.

Wall sits. Do a squat with your back resting on a wall. Make sure that your feet are about 2 feet away from the wall and your knees and hips are bent at 90 degrees. Hold your shoulders back against wall. Try to sit for the entire minute. Hold abs tight.

Triceps chair dips. Sit on a chair or bench with you palms on the edge of the bench and close to your hips. Straighten your arms to support your body and extend your legs straight out with your heels on the floor. Lower your body to the floor by bending your arms until your elbows are at 90 degrees. Return to starting position by pressing your arms down to straightening the elbows.

Now take three minutes of active rest. Options include light jogging, riding the stationary bike, walking, or marching in place. Then repeat the sequence.

Adapted from: <https://www.shape.com/fitness/your-perfect-post-thanksgiving-workout>
<https://www.coachmag.co.uk/dumbbell-exercises/7380/how-to-do-the-one-arm-dumbbell-row>

STAYING HEALTHY DURING COLD & FLU SEASON

It's that time again! Cold and flu season – aghhh! So how do we stave off those nasty symptoms? Can we be proactive? Well, sometimes there is no avoiding it, but if you take the following precautions and follow some simple lifestyle suggestions, you can increase your chances of NOT getting sick.

Keep warm – Being out in the cold does not cause a cold, but



Brussels Sprouts Gratin

Roasted until crisp, then topped with a light cheese sauce made with Gruyere and Parmesan—the perfect Holiday dish!



Ingredients:

- 16 oz. Brussels sprouts (trimmed of outer leaves and sliced in half)
- 1/4 tsp. kosher salt
- Black pepper (to taste)
- Olive oil spray
- 1/2 tbsp. butter
- 1/3 cup chopped shallots
- 2 tsp. all-purpose flour (or gluten-free flour)
- 3/4 cup fat free milk
- 1/4 tsp. kosher salt
- 1 tsp. fresh thyme
- 1 tbsp. grated parmesan cheese
- 2 oz. grated Gruyere cheese (divided)

Directions:

Preheat oven to 400°F. Spray an 8"x12" gratin dish or casserole with olive oil. Add the brussels sprouts and season with salt and pepper. Spray more olive oil over the brussels sprouts and place in the lower third of the oven. Bake 15 minutes, toss and bake an additional 10 minutes.

Meanwhile, heat a medium nonstick pan over medium heat. Add butter and let it melt, add the shallots and cook until softened, about 4 to 5 minutes. Sprinkle the flour over the shallots to make a roux, whisking for 1 to 2 minutes. Add the milk and stir with a wooden spoon until the roux is incorporated into the milk. Cook over medium-low heat for about 4 minutes, stirring, until the sauce thickens. Add fresh thyme, parmesan and half of the grated Gruyere cheese into the white sauce and stir until the cheese is melted and incorporated into the sauce.

Pour over the brussels sprouts, and top with the remaining cheese. Bake for 15 minutes until top is lightly browned and bubbly.

Nutrition per 1/2 cup serving: Calories: 110cal, Carbohydrates: 12g, Protein: 7g, Fat: 5g, Saturated Fat: 2.5g, Cholesterol: 14mg, Sodium: 135mg, Fiber: 3g, Sugar: 3g

<https://www.skinnytaste.com/brussels-sprouts-gratin/>

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shivering depresses the immune system, and this makes us more likely to catch colds. Also, lower levels of sunlight during late fall and into winter can alter levels of hormones such as melatonin and serotonin, which negatively affect how the immune system works. Dress appropriately in cold damp weather, and remember that we lose up to 30% of our body heat through our heads, so wearing a hat when it's cold is a good idea.

Wash your hands. Germs can be transmitted by physical contact or through the air when someone sneezes. Most effective is washing hands with soap and water often and drying them on disposable paper towels (or laundering hand towels regularly). This significantly reduces the chance of catching a virus, especially rotavirus, which tends to infect children and causes vomiting and diarrhea. The use of hand sanitizers is also effective. Make sure they are 60% to 80% alcohol if you are using alcohol based.

Damp weather - Germs survive longer during wet weather. They hang in the air attached to water droplets, and if there is no breeze to blow the germs away, they linger longer.

Moderate Your Alcohol Intake - Research has shown that consuming excess alcohol can tamper with your immune system by slowing it down, making bacteria-fighting white blood cells sluggish and much less efficient. This can occur even with just one binge drinking episode. On the other hand, light or moderate drinking has not been shown to be harmful and can even be beneficial. *(For some people, for instance – women who may be pregnant, people with certain health conditions, alcoholics, and people who need to be sharp (drivers, etc.) no amount of alcohol is considered beneficial.)*

Crowding together and central heating - During the cold months, people are in closer proximity to each other because they are indoors. This makes it far easier for infections to be passed around. In addition, central heating can be very drying to the protective mucous in our nasal passages, which reduces our defenses and aggravates conditions such as asthma. A humidifier can help.

Zinc and garlic - The mineral, zinc, can help fight colds and provide a boost to your immune system. Good food sources include meat, oysters, eggs, seafood, tofu, black-eyed peas and wheat germ. Zinc and Vitamin C together are great for when you have a cold. Garlic can help ease chest complaints, and small amounts taken daily may also reduce the frequency of colds and flu.

Elderberry – Teas and syrups made from the elderberry plant have been used to fight upper respiratory infections for hundreds of years, and though it's not official, there have been studies that show it works. In one randomized study of 60 adults with flu symptoms, those who took 15 ml of Sambucol brand elderberry syrup 4 times a day saw their symptoms clear up four days earlier than the group that took a placebo. To note: we here at OAI, have all used and continue to use Sambucol syrup and lozenges with positive results. It's not a cure, but it has helped considerably most of the time.

Stay hydrated

Doctors recommend we drink about eight glasses of water a day to stay healthy. Water helps the kidneys function properly and flushes out the toxins that accumulate in our bodies.

Make sleep a priority

Lack of quality sleep makes us more prone to infection. Studies show our T-cells go down and our inflammatory process goes up. ... This could potentially lead to a greater risk of developing a cold or the flu. Sleep deprivation suppresses immune system function.

Exercise regularly

Regular moderate exercise increases lymphocytes in the bloodstream, which help our bodies scavenge foreign invaders such as bacteria and viruses. Regular exercise can keep these soldier cells working hard at protecting us from infection for several hours after our workout, but if you exercise too much, it can lower the number of protective cells.

If you are not eating enough fruit and vegetables...

First off – you will benefit greatly from eating enough fruit and vegetables daily (5-7 servings minimum), but if you are *not* eating enough fresh or frozen fruit and vegetables, taking a daily multivitamin is especially important in the winter when you may be at greater risk for infection. In addition, probiotics are friendly bacteria in our intestines and



Broccoli and Brown Rice Vegan Casserole

Ingredients:

- 1/2 cup long-grain brown rice
- 1 cup sweet potato, cubed
- 2 cups broccoli, chopped
- 12 ounces extra firm silken tofu
- 4 tablespoons nutritional yeast
- 1 1/2 tablespoons soy sauce
- 1 tablespoon arrowroot powder

Directions:

In a small saucepan bring 1 cup water to a boil, then add the brown rice. Return to boil, then reduce the heat to low and cover. Cook for about 40 minutes. Steam the sweet potato cubes until tender. Let cool slightly. Preheat the oven to 375°F (190°C). Coat an 8-inch (20cm) square baking pan with cooking spray and set aside. Place the sweet potato cubes and tofu in the bowl of a food processor and puree, scraping down and repeating until smooth. Add the nutritional yeast, tamari and arrowroot and process to mix. In a large bowl, combine the cooked rice, chopped broccoli and tofu mixture. Stir until well-mixed, then spread in the prepared pan. Bake, uncovered, for 45 minutes. The top will be cracked and feel firm when pressed lightly with a fingertip. Cool and cut into 4 squares.

Serves 4, Serving size: 1/4 pan

Nutrition (per serving): Calories: 261; Total Fat: 6g; Saturated Fat: 0g; Monosaturated Fat: 2g; Cholesterol: 0mg; Sodium: 356mg; Carbohydrate: 36g; Dietary Fiber: 5g; Sugar: 0g; Protein: 15g.

Photo and Recipe: <https://blog.myfitnesspal.com/broccoli-and-brown-rice-vegan-casserole/?printthis=1&printsect=1>

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are recognized for their importance in maintaining a healthy digestive system AND improving the body's natural defense mechanisms.

Adapted from: <http://www.dailymail.co.uk/health/article-86521/Ten-ways-avoid-colds-flu-winter.html#ixzz2BICbuWrT>
<http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/immune-system-lack-of-sleep>
<https://www.webmd.com/cold-and-flu/news/20150105/binge-drinking-may-weaken-immune-system-study-suggests#1>
<https://www.cdc.gov/alcohol/fact-sheets/moderate-drinking.htm>
<https://health.clevelandclinic.org/elderberry-a-natural-way-to-boost-immunity-during-cold-and-flu-season/>

ASPCA Thanksgiving Safety Tips (For Pets)

Thanksgiving is a time for friends, family and holiday feasts—but also a time for possible distress for our animal companions. Pets won't be so thankful if they munch on undercooked turkey or a pet-unfriendly floral arrangement, or if they stumble upon an unattended alcoholic drink.



Check out the following tips for a fulfilling Thanksgiving that your pets can enjoy, too:

- **Talkin' Turkey:** If you decide to feed your pet a small bite of turkey, make sure it's boneless and well-cooked. Don't offer her raw or undercooked turkey, which may contain salmonella bacteria. Do not give your pet the left-over carcass—the bones can be problematic for the digestive tract.
- **No Bread Dough:** Don't spoil your pet's holiday by giving him access to raw yeast bread dough. When a dog or cat ingests raw bread dough, the yeast continues to convert the sugars in the dough to carbon dioxide gas and alcohol. This can result in bloated drunken pets, which could become a life-threatening emergency, requiring hospitalization.
- **Don't Let Them Eat Cake:** If you plan to bake Thanksgiving desserts, be sure your pets keep their noses out of the batter, especially if it includes raw eggs—they could contain salmonella bacteria that may lead to food poisoning.
- **A Feast Fit for a King:** While your family enjoys a special meal, give your cat and dog a small feast of their own. Offer them made-for-pets chew bones. Or stuff their usual dinner—perhaps with a few added tidbits of turkey, vegetables (try sweet potato or green beans) and dribbles of gravy—inside a food puzzle toy. They'll be happily occupied for a while, working hard to extract their dinner from the toy.

A few small boneless pieces of cooked turkey, a taste of mashed potato or even a lick of pumpkin pie shouldn't pose a problem. However, don't allow your pets to overindulge, as they could wind up with a case of stomach upset, diarrhea or even worse—an inflammatory condition of the pancreas known as pancreatitis. In fact, it's best to keep pets on their regular diets during the holidays.

Foods to avoid feeding your pet: Alcohol, Avocado, Chocolate, Coffee and Caffeine, Citrus, Coconut and Coconut Oil, Grapes and Raisins, Macadamia Nuts, Almonds, Pecans, Walnuts, Milk and Dairy, Onions, Garlic, Chives, Raw/Undercooked Meat, Eggs, Bones, Salt and Salty Snacks, Xylitol, Yeast Dough.

Article and Photo from: <https://www.aspcare.org/pet-care/general-pet-care/thanksgiving-safety-tips>
<https://www.aspcare.org/pet-care/animal-poison-control/people-foods-avoid-feeding-your-pets>

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!

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Five Spice Healthy Mashed Sweet Potatoes

Ingredients:

- 3 pounds sweet potatoes peeled and cut into 2-inch chunks
- 1/4 cup coconut oil
- 1 clove garlic chopped
- 1 teaspoon grated ginger
- 2 teaspoons Chinese 5 Spice
- 1 orange zested and juiced
- 1 1/4 teaspoons salt

Directions:

1. Bring 1 to 2 inches of water to a boil in a large saucepan fitted with a steamer basket over high heat. Add potatoes to the basket, cover and steam until a fork can be easily pressed into the potatoes and pulls out without resistance, 19 to 22 minutes.
2. Meanwhile, melt coconut oil in a small saucepan over medium heat. Add garlic and cook until fragrant and just starting to brown. Add ginger and 5-spice and stir to combine. Remove from the heat and immediately and CAREFULLY stir in juice from the orange to stop the spices from over cooking. Stir in 1/2 teaspoon zest and salt until the salt is dissolved.
3. Remove the steamer basket from the saucepan. Transfer the sweet potatoes to a food processor fitted with the steel blade attachment. Scrape coconut oil mixture into the food processor. Puree, scraping down the sides and mixing together once or twice, until completely smooth. Alternatively, for a more rustic texture, pour the boiling water out of the saucepan, and dump the cooked sweet potatoes out of the basket into the hot saucepan. Pour the coconut oil mixture over the sweet potatoes and mash with a potato masher until smooth.

Nutrition: Calories 175, Protein 2G, Fat 10G, Sodium 348 MG, Sugar 12G, Fiber 3 G, Carbohydrates 27G.

<https://www.healthyseasonalrecipes.com/five-spice-mashed-sweet-potatoes/>