THE GAMEPLAN FOR LIVING
HEALTH & SAFETY RESOURCE

Partners in Prevention

Taking Health & Safety to Higher Ground

September 2019

Your Gameplan to Live

Autumn Allergy Season

Pollen

Ragweed and pollen counts can be sky high during the summer, and counts normally drop significantly by September, but when it gets rainy, grass and weeds grow out of control depending on where you live. This includes ragweed, goldenrod, sagebrush, mugwort, pigweed, tumbleweed, burning brush, and lamb's-quarters. More of these weeds means more pollen and hay fever, which affect millions of Americans every year.

For many, ragweed can be a real problem, and between August and November, just one ragweed plant can produce up to one billion grains of pollen. This is especially significant in the Midwest and Eastern part of the country.

Mold

We all love the beauty of autumn leaves, but as they fall (or are raked) into piles on the ground, they can start to decay. This creates a breeding ground for mold. Basements (both finished and unfinished) are another common place that mold grows, and the more damp a basement is, the more mold is usually a problem. Breathing in mold spores can cause wheezing, heavy breathing, asthma, and other upper respiratory problems for those allergic to mold.

Tips:

- Place a humidifier in your basement.
- Clean furnace filters (can push airborne mold spores throughout your house).
- Wash your bedding with HOT water often.
- Completely clean dusty areas such as window sills, blinds, and all surfaces.

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Strawberry Vanilla Protein Smoothie

This super creamy Strawberry Vanilla Protein Smoothie tastes incredible and is packed with antioxidants, minerals, protein and healthy fats to keep you vibrant and satisfied longer!

Ingredients:

- 3/4 cups unsweetened vanilla almond milk (other nondairy milk, water or coconut water)
- 1 scoop Tone It Up vanilla protein powder (optional)
- 1-2 heaping handful(s) spinach (or kale)
- 1 cup frozen strawberries (or another favorite berry)
- ¼ avocado
- 1 medium frozen banana
- 1/2-1 tablespoon almond butter (optional)

Directions:

1. Add ingredients to a high-speed blender in the same order they are listed above.
2. Blend until smooth. Add more milk if needed to get things blending. If you like a slushy smoothie add about 1/2 cup of ice cubes and blend on low until ice is blended. Once blended, pour into a glass and enjoy with a sprinkle of chia seeds!

Recipe and photo by www.kimscravings.com

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- Keep hard wood floors and/or carpet especially clean at this time of year.
- Avoid clutter because it attracts dust.
- Pollen counts are highest from early morning until 10 a.m.
- Don't allow leaves to pile up for long periods of time especially near your house.
- Wear a face mask when you rake leaves outdoors to avoid breathing in mold spores.
- Brush or wipe down pets after walks. Pollen can hitchhike into your home—and onto your couch, bed, or wherever else your dog likes to hang out.
- Be sure to use ventilation/exhaust fans in the bathroom and kitchen where moisture can accumulate; this is where mold loves to reside.
- You may want to look into buying an air purifier, which traps allergens.
- Keep your doors and windows closed.
- Keep your bedroom cool while you're sleeping.
- You may need to wash your hair and clothes more often than usual because they collect pollen and outdoor allergens.
- Stay consistent with your allergy medication. Work with your physician.
- If your allergies are absolutely miserable, you may want to get tested to figure out exactly what you're allergic to as you may benefit from shots or medication.

Exercising Enough to Maintain Weight

Losing weight is hard enough, but keeping it off can be just as difficult - or even MORE difficult - for many people. Of course, to keep the weight off, you need to maintain a healthy lifestyle, i.e. eating the right foods and the right *portions* of foods! In addition, the number of calories you burn each day (not counting those from exercise) is primarily determined by how big or small you are. "Muscle and fat burn calories just by existing. The bigger you are, the more muscle and fat you have, which will burn more calories throughout the day. As you lose weight, there is less of you, and thus you burn fewer calories in general, so exercise becomes very important in helping you keep the weight off." (Dr. Tim Church, Director of the Laboratory of Preventive Medicine, Pennington Biomedical Research Center, Louisiana)

To maintain good health and fitness, the CDC recommends 150 minutes of moderate intensity aerobic activity and also muscle strengthening activities on 2 or more days a week. However, if you've lost weight and want to

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Best Homemade Guacamole

Fresh and flavorful homemade guacamole! So easy and so perfect!

Ingredients:

- 4 large ripe avocados
- 1/2 teaspoon salt + more to taste
- 1/4 teaspoon black pepper
- 1/2 teaspoon ground cumin
- 2 tablespoons freshly chopped cilantro leaves
- 2 cloves minced garlic
- 1/2 jalapeño, seeds and stems removed and finely chopped
- 1 ripe medium sized tomato, seeds removed and diced
- 1/4 cup red onion, diced small
- 3 tablespoons lime juice (from about 1 ½ limes), or more if needed

Directions:

1. Remove the seed from the avocado and using a spoon, scoop the flesh of the avocados into a shallow serving bowl, discarding any bruised, browned areas.
2. Using a pastry cutter, potato masher, or fork, mash up the avocado until it reaches the consistency you like (I like mine to have some lumps).
3. Add all of the remaining ingredients to the avocado. Stir to combine.
4. Taste and add additional salt (I often add up to ½ teaspoon more), until the flavors really pop. If it needs more zip, add a little more lime juice (or, if it tastes too limey already, don't worry—it will mellow out after a brief rest).
5. Serve and enjoy!

https://www.kimscravings.com/best-homemade-guacamole/

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maintain that weight loss, the amount of exercise necessary is closer to 45 to 60 minutes per day - nearly every day. This holds true if you are trying to *lose* weight as well.

Motivation—Senior Spotlight

Being a senior citizen is not what it used to be for many. People don't think of themselves as "old" the way they used to. They want to be active and to enjoy life, and in order to do that, they have to live well. Thanks to advances in medicine and safety as well as lifestyle choices (attitude, nutrition, and exercise), people are living longer. In fact, one in seven adults is older than 80, and the fastest growing age group is those over 100! "No matter how old you are, it's never too late to start living a healthier, more active, more engaging lifestyle," says Terry Grossman, MD, a physician with an anti-aging and complementary medicine practice in Denver and co-author of Transcend: Nine Steps to Living Well Forever. Even walking an extra 10 minutes a day or taking an adult education class can help keep your body and mind sharp over time," he says (https://www.everydayhealth.com/senior-health-pictures/10-super-seniors-we-admire.aspx).

So if you think you're "too old" to start an exercise routine, THINK AGAIN! You won't believe what this 92 year old woman, Gladys Burrill (her friends called her the Gladyator!), has achieved. She ran her FIRST ever marathon when she was 86 years old, and she didn't stop there. She went on to accomplish the 26-mile Honolulu marathon and made the *Guinness Book of World Records* as oldest woman ever to complete a 26-mile race at 92 years, 19 days old! If you're wondering how she achieved all this so late in her life she gives the credit to her attitude. "It's so important to think positive," Gladys told NBC Sports. "It makes such a difference in how you feel and your outlook on everything."

Five years later, on May 31, 2015, Harriette Thompson, 92 years 65 days old crossed the Suja Rock 'n' Roll San Diego Marathon finish line to become the new oldest woman ever to complete a 26-mile race. She started at age 76. So, age really is just a number. Be vigilant in living a healthy lifestyle, keep your mind sharp by doing new things, and learning new things. Do your best to be the best you can be no matter *how old* you are… and enjoy life!

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Healthy Fajita Chicken Burrito Bowls

Ingredients:

- 1 pound boneless skinless chicken breasts or tenders
- 2 tablespoons taco seasoning
- 3 tablespoons white flour (use gluten-free flour as needed)
- 1-2 tablespoons olive or avocado oil
- 2 large bell peppers, cut into strips (any color)
- 1 package Green Giant Riced Veggies (I used riced broccoli)
- 1 clove garlic, minced
- 1-2 tablespoons lime juice (juice of 1 lime)
- 2-3 tablespoons finely chopped cilantro
- 1 can corn, drained and rinsed
- 1 can black beans, drained and rinsed
- 1/2 a red onion, chopped
- 1 avocado peeled, seeded and sliced
- Optional toppings: guacamole, pico de gallo, low-fat sour cream, salsa, fresh cilantro, Mexican-style dressing
- Salt and Pepper to taste

Directions:

1. If not using raw chicken tenders, ground chicken to even, thin pieces or slice large breasts evenly in 2 halves. Salt and pepper the chicken pieces. In a bowl, stir together the taco seasoning and white flour. Generously dredge each piece of the chicken breasts in this mixture.
2. Warm a large, non-stick skillet with oil to medium high heat. Once the oil is heated, add the chicken to a single layer in the skillet. Cook for 3 minutes on one side and then flip to the other side and cook for another 4-6 minutes or until chicken is cooked through. Set aside to allow to cool.
3. Add the peppers to the same heated skillet (no need to wash skillet and drizzle with a little extra oil only if needed) and cook until soft and slightly charred. Season with salt and pepper.
4. While the chicken is cooking, prep the riced broccoli: combine the riced broccoli and minced garlic in a pot over high heat. Once the riced broccoli is cooked through, stir in 3 tablespoons (1 large) lime juice and 3 tablespoons packed & finely chopped cilantro. Season to taste with salt and pepper.
5. Chop or slice the cooked and cooled chicken.
6. Coarsely chop the lettuce into small pieces.

Place lettuce on the bottom of 6 bowls. Divide the riced broccoli, chicken, peppers, corn, black beans, onion and avocado evenly among the bowls. Top each bowl with toppings of your choice and, if using, drizzle dressing evenly over the bowls.

6 Servings

https://www.kimscravings.com/healthy-fajita-chicken-burrito-bowls/

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MOVE IT!!!

Although the average person burns approximately 30% of calories through daily activity, many sedentary people only use 15%. Simply being aware of this fact – and taking every opportunity to move can make quite a dramatic difference in the amount of calories you burn on a regular basis.

The trick is to have that: *'keep moving'* message in your head. If you need reminders, *text* the word *'move'* to yourself. Send yourself a 'move" email. Write the word, *'move'* on post-it notes and put them in places you'll notice when you're sitting. Then, take every opportunity to actually do it! Move!

- Get a pedometer and use it! They have phone apps! Look at your steps. Try aiming for 10,000 steps a day!
- Tighten and relax various muscles while you sit or stand.
- After sitting for longer than 45 minutes, get up and move. Stand up and stretch.
- Stand up and down on your tiptoes while you are waiting in line.
- Change positions frequently.
- Use the restroom that is furthest away.
- Park in the furthest corner of the parking lot.
- Stand up when you're on the phone. Walk or pace if you can.
- Keep a pair of light dumbbells handy to use whenever you think about it.
- Try 7-minute workouts. Short and available on phone apps. You can adapt them to fit your level.
- Don't drive when you can walk

Movement burns more calories than being still, so MOVE!

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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5-Ingredient No-bake Granola Bars

Ingredients:

- 2/3 cup unsalted almond or peanut butter
- 1/2 cup honey
- 1 tablespoon coconut oil
- 2 cups rolled oats
- 2/3 cup almonds chopped
- 2 Tablespoons whole almonds
- 1/3 cup unsweetened shredded coconut
- Pinch salt and ground cinnamon optional
- Optional Add-Ins:
  - ✓ 1 tsp pure vanilla extract
  - ✓ dark chocolate chips
  - ✓ dried fruit
  - ✓ flax seeds, chia seeds
  - ✓ sunflower seeds, pumpkin seeds

Directions:

1. Line an 8x8 inch pan with parchment paper and set aside.
2. In a large pot, melt almond butter, honey and coconut oil (if using) over medium-heat until the mixture comes to a boil, stirring constantly. Lower the heat and simmer until the mixture is slightly thickened, about 2 minutes. Remove the pot. (Now add vanilla, cinnamon and salt, if using.)
3. Fold in oats, shredded coconut, chopped almonds, and any other add-ins, reserving the whole almonds for topping.
4. Transfer the mixture into the prepared pan while pressing down and flattening with a spatula until compressed. Press the whole almonds and chocolate chips into the bars.
5. Press down with spatula one more time. Place the pan in the refrigerator until hardened, about 1 hour. When the bars are set, use the parchment paper to lift them from the pan. Slice into even bars.

Makes 24 servings.