

Stay Safe in the Cold

Injuries from the cold happen to thousands of people each winter with frostbite and hypothermia among the most common after falls and shoveling injuries. If you work or play outside, be careful. Being outside with the temp at 20 degrees F with the wind blowing at 20 mph can cause frostbite on exposed skin like your nose, ears, chin, fingers, and cheeks within 2-3 minutes! (Touching very cold liquid or metal can also cause frostbite – FYI.) The first signs of frostbite can be numbness, clumsiness, and cold skin. The skin can also appear discolored or even turn black.



Hypothermia happens when your body temperature starts to drop and continues to do so faster than your metabolism can regenerate body heat. Being prepared for cold weather by dressing warmly in layers and covering exposed areas is key. (FYI fact – Many college students have died of hypothermia in cold weather after abusing alcohol. Because they were under the influence or unconscious, they did not realize what was happening before it was too late.) Warnings signs of hypothermia include shivering, loss of dexterity, impaired thinking, high pulse, and increased breathing.

Seek emergency care if you suspect frostbite or hypothermia!

Planning with S.M.A.R.T. Goals

Did you make any New Year's resolutions? Lots of people do, but most people give up by February! You can see this by going to any gym in January (crowded) and then by mid-February, it's back to the regulars. What are some ways to stick with those resolutions? Try S.M.A.R.T. goal planning. S.M.A.R.T. stands for making your goal *specific, measurable, achievable, realistic, and time-bound*. The following is an example of a too-broad goal and changing it to a S.M.A.R.T. goal.

Too-Broad Goal: I want to lose weight.

S.M.A.R.T. Goal:

- **Specific:** I want to stay fit, have a diet plan, and will be working out henceforth.
- **Measurable:** I will visit the gym every day of the week except Wednesday and Sunday.
- **Achievable:** I am going to strengthen my arms, build abs, make sure I stay healthy and maintain my diet plan.



Mediterranean Sheet Pan Eggs

Ingredients:

- 2 cups cherry tomatoes, halved
- 6 garlic cloves, minced
- ½ medium red onion, thinly sliced
- 2 tablespoons extra-virgin olive oil
- 14 large eggs
- 1 medium zucchini, thinly sliced
- 2 cups baby arugula, plus more for garnish
- ¼ cup crumbled feta cheese, plus more for garnish
- ½ teaspoon kosher salt
- Pinch of freshly ground black pepper, to taste

Directions:

Preheat the oven to 400°F. In a medium bowl, drizzle the cherry tomatoes, garlic and red onion with the oil and toss to coat. Arrange on a rimmed half sheet pan. Bake until the tomatoes start to blister, 15 to 20 minutes.

While the tomatoes are roasting, whisk together the eggs in a large mixing bowl. Add the zucchini, arugula, feta cheese, salt and pepper, then stir to combine.

Remove the sheet pan from the oven, give the tomatoes a toss with a spatula, then pour the egg mixture on top. Reduce the oven temperature to 350°F and bake until the eggs are just cooked through, 15 to 20 minutes. Garnish with more feta cheese and arugula.

Storage: Store in an airtight container in the fridge (with parchment paper between the slices) for 3 to 4 days, or in the freezer for up to 3 months.

To Reheat: If frozen, thaw in the fridge overnight. Reheat in the oven at 350° for 10 minutes, or in the microwave for 1 minute, until warmed through.

Helpful Tip: If you plan to freeze, I suggest swapping out the tomatoes and zucchini for bell pepper and asparagus. Due to the amount of moisture in the tomatoes and zucchini, they're more likely to become watery when thawed and reheated.

12 Servings, 190 calories, 9g fat, 3g carbs, 8g protein, 2g sugar.

Recipe and photo - <https://www.purewow.com/recipes/mediterranean-sheet-pan-eggs>

(Human Maintenance, continued from page 1)

- **Relevant:** I am staying healthy, losing some weight, and building some muscles.
- **Timely:** I am achieving this in six months. I will be visiting the gym one hour a day.



Summary

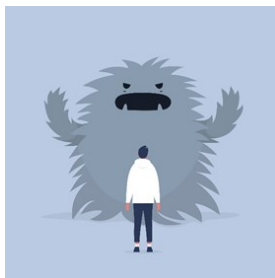
I am staying healthy and fit. I am visiting the gym for my workout sessions, 5 days a week and an hour a day.

S.M.A.R.T. Goals are important!

- **Self-Discipline:** - Goal setting gives you a sense of responsibility because you know that you need to do things when they should be done. Disciplining yourself to do what gets results is easier when you have a target to achieve.
- **Focus** - By focusing on your goals, you avoid distractions and waste less time. Setting goals helps to keep you on track.
- **Motivation** - SMART goals are a form of motivation as you begin to desire and actually yearn for success. It helps, too, if you write your goals and specifically how you aim to get there down on paper or in your phone, etc. When you feel lost, look at those goals!
- **Set Priorities** - To achieve your goals, you need to set priorities. Put important things above trivial things, and kick procrastination to the curb
- **Progress and Growth** - Having goals will help you to move forward vs. staying stagnant. This helps to create a better version of yourself as you grow and progress towards something important to you.

Panic Attack?

Have you ever had a panic attack? About 25% of people experience at least one panic attack during their lifetime. It can happen at any time or place with seemingly no rhyme or reason. You could suddenly awaken during the night in fear with the classic symptoms of a rapid heartbeat, extreme anxiety, trembling, dizziness, and the inability to catch your breath. If you've never had one before, you may think you are having a heart attack, which makes it even scarier (and causes your heart rate to go higher and the symptoms to last longer).



With a panic attack, symptoms often resolve in about 10 or 15 minutes, and it doesn't necessarily mean that you have an anxiety disorder or another mental health condition. It is still a good idea, however, to talk to your medical provider to make sure that you don't have any health issues. This will also help to reassure you. If panic attacks happen frequently, there are medication and techniques that are very effective at controlling and eliminating them.



Spiced Grilled Chicken with Cauliflower "Rice" Tabbouleh

Ingredients:

- 5 tablespoons extra-virgin olive oil, divided
- 2 ½ teaspoons ground cumin, divided
- 1 ½ teaspoons dried marjoram
- ¼ teaspoon salt, divided
- ¼ teaspoon ground allspice
- ¼ teaspoon cayenne pepper
- 1 pound boneless, skinless chicken breast
- ¼ cup lemon juice
- 2 cups fresh riced cauliflower (see Tip)
- 2 cups flat-leaf parsley leaves
- 1 cup diced cucumber
- 1 cup halved cherry tomatoes
- ¼ cup sliced scallions

Directions:

Preheat grill to medium-high. Mix 2 tablespoons oil, 2 teaspoons cumin, marjoram, ½ teaspoon salt, allspice, and cayenne in a small bowl. Brush on chicken. Grill the chicken, turning occasionally, until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 10 to 12 minutes. Meanwhile, whisk lemon juice with the remaining 3 tablespoons oil, ¼ teaspoon cumin and ¼ teaspoon salt in a large bowl. Add riced cauliflower, parsley, cucumber, tomatoes, and scallions; toss to coat. Transfer the chicken to a clean cutting board and let rest for 5 minutes. Thinly slice the chicken and serve over the tabbouleh.

Tip: Swapping riced cauliflower for bulgur in this tabbouleh amps the veggie servings. If frozen, first cook it according to package directions, then let it cool and pat it dry before using.

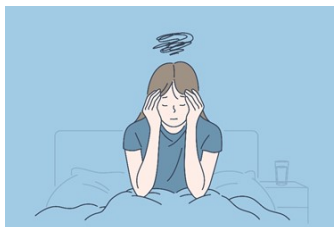
Serving Size: 3 oz. chicken and 1 ¼ cups tabbouleh

Per Serving: 341 calories; protein 28.3g; carbs 8.5g; fiber 3.3g; sugars 3.2g; fat 21.1g

Recipe and photo - <https://www.eatingwell.com/recipe/279027/spiced-grilled-chicken-with-cauliflower-rice-tabbouleh/>

At-Home Tips for Chronic Pain

Many people experience chronic pain on a daily basis. Work with your doctor(s) for treatments and therapies, and if you are not happy with your treatment/outcome, don't hesitate to look further for answers from other providers. In addition, there are things that you can do at home to ease your discomfort.



Breathe - When pain kicks in, we tend to tense up. Instead, try to breathe deeply. You may want to visualize the breath going to the area that hurts. This will help you relax. Most people also benefit from other stress management techniques, including meditation.

Pace yourself - It's great to feel better. What a relief! But you may feel tempted to do a lot of stuff to make up for the times you weren't able to do much of anything. Instead, ask yourself, "Are my goals realistic?" Pace yourself. It's one of the keys to getting things done without a pain-backlash.

Challenge yourself - Are you taking it too easy? If you think that you can't be active because of your pain, that's understandable but may be misguided. Activity helps -- as long as it's not too hard, too long, or too much. Exercises that strengthen can help prevent injury. Ask your doctor or physical therapist what's best for you.

Watch your weight - Extra pounds put a strain on your back, hips, knees, feet. Aim to get to or stay within 10 pounds of your ideal weight by eating healthfully and exercising regularly.

Connect with others - *Reach out* because pain can be isolating. Consider joining a support group, book a few sessions with a counselor to help manage emotions and learn to manage stress, and/or open up with your friends and family about what you're going through.

Check your meds - If you take medication for pain, ask your health care provider for information: expectations of relief, side effects, warnings, and how long it is ok to take them.

Curb alcohol intake - Alcohol may take the edge off, but it can interfere with sleep, cause anxiety/depression, may not mix well with other medications, and create dependency and other health problems.

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:
info@gameplanforliving.com

Low-Carb Zucchini Enchiladas



Zucchini:

- 8 zucchinis, halved lengthwise
- 3 tablespoons kosher salt

Filling:

- 1 tablespoon vegetable oil
- 1 bunch scallions, white and light green parts only, thinly sliced
- 2 medium poblano peppers, deseeded and finely chopped
- 1 cup cooked black beans
- 1 cup canned corn, drained
- 1 rotisserie chicken, skin removed, and meat shredded
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- Kosher salt and freshly ground black pepper
- ½ cup enchilada sauce
- Hot sauce, as needed

Assembly:

- 2½ cups enchilada sauce
- 1 cup shredded cheddar or Monterey Jack cheese
- Sour cream and chopped fresh cilantro, for serving

Prepare the Zucchini:

Preheat the oven to 375°F. Use a spoon to scrape out the seeds from the zucchini; discard seeds and place the flesh in a colander. Be generous when scooping, making as much room as possible for the filling without breaking the zucchini. Season the zucchini with the kosher salt and toss gently to combine. Place the colander in the sink and let sit for 20 to 25 minutes. Remove the zucchini from the colander, pat it dry with paper towels and place in a single layer on a baking sheet. Transfer the baking sheet to the oven and roast until the zucchini are just tender, 10 to 15 minutes.

Make the Filling:

In a medium skillet, heat the oil over medium heat. Add the scallions and poblano peppers and sauté until the peppers are tender, about 5 minutes. Stir in the black beans and use the back of a spoon to mash and break them up slightly. Stir in the corn and chicken and toss to combine. Season the filling with the cumin, garlic powder, salt and pepper. Stir in the 1 cup enchilada sauce and hot sauce, to taste, and continue to cook for about 2 minutes. Set the filling aside.

Assemble the Enchiladas:

Pour ½ cup of remaining enchilada sauce in the bottom of a 9-by-13-inch pan, spreading evenly. Arrange the roasted zucchini boats in an even layer on top of the sauce. Using tongs, fill each piece of zucchini generously with filling, repeating until you've used it all up. Pour the remaining 2 cups enchilada sauce evenly over the zucchini and filling, and top with the shredded cheese. Transfer to the oven and bake until the cheese is melted and the sauce is bubbly, 25-30 minutes. Garnish with sour cream and cilantro.

8 Servings, 448 Calories, 25g Fat, 26g Carbs, 33g Protein, 13g Sugar

Recipe and photo - <https://www.purewow.com/recipes/low-carb-zucchini-enchiladas>