

Just a Bump or Could it Be a Concussion?

A concussion is a form of traumatic brain injury caused by contact or a blow to the head. Be aware that what seems to be a mild bump to the head can actually be serious. A concussion is not a visible injury and symptoms can present immediately or start to develop days or weeks later. If you notice any signs or symptoms stated below, please seek medical attention.



- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurred vision
- Sensitivity to light or noise
- Feeling slowed down, “foggy”, or sluggish
- Difficulty concentrating or feeling forgetful
- Confused
- Feeling “not right” or increased sadness

Others may notice these signs about you.

- Appears dazed or stunned
- Confusion with regular or known tasks
- Forgets instruction
- Unsure of surroundings
- Stumbling or clumsy movements
- Answers questions slowly
- Loss of consciousness for any amount of time

Be alert of symptoms that worsen over time. Immediately go to the ER if any of the below symptoms are noticed.

- One pupil (the black part in middle of eye) is larger than the other
- Drowsiness or cannot be woken up
- Headache worsening or not going away
- Weakness, numbness, or decreased coordination
- Repeated nausea or vomiting



Baked Parmesan Tomatoes

Ingredients:

- 4 medium tomatoes, halved horizontally
- 1/4 cup grated Parmesan cheese
- 1 teaspoon fresh oregano, chopped
- 1 teaspoon sea salt and pepper, ground, to taste
- 4 teaspoons extra virgin olive oil

Directions:

Preheat oven to 450°F. Place tomatoes cut side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

Serves 8.

- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness or agitation
- Unusual behavior
- Loss of consciousness (even if very brief)

What you should do if you notice symptoms (above).

- SEEK MEDICAL ATTENTION IMMEDIATELY
- AVOID SITUATIONS WHERE ANY CONTACT COULD HAPPEN TO YOUR HEAD
- INFORM SPOUSE/PARTNER/ROOMMATE/FAMILY MEMBER of the signs/symptoms
- Avoid drinking alcohol
- Eat nutrient dense foods and eat well-balanced meals
- Avoid using your cell phone, laptop or watching TV/playing video games
- Dim lights in the room you are in
- Wear sunglasses outside
- Get ample amounts of rest, your body heals and repairs itself during sleep

How can I prevent a concussion?

- Follow and practice safety rules regularly.
- Buckle up when you are in a motor vehicle – every time.
- Never drive under the influence of drugs or alcohol.
- Wear protective gear and PPE, hard hats, helmets when in designated work areas, playing sports, or riding bikes, scooters, skating, skateboarding, horseback riding, skiing, snowboarding, snowmobiling, motorcycle riding.
- Make sure protective gear/PPE fits properly and is well maintained.
- Have your eyes checked yearly to make sure you are seeing properly.
- Do strength and balance exercises.
- Make living and play areas safe for children and the elderly.

Indoor Gardening is Therapeutic

Gardening is known to have therapeutic and mental wellness benefits; however, you don't need to have a plot of land or even go outside to enjoy gardening's benefits. All you need are a few pots on your windowsill. Grow house plants or food. Nurture your plants and watch them flourish. The benefits include reduced anxiety and stress while



Mixed Green Salad with Pecans, Goat Cheese, and Honey Mustard Vinaigrette

If making in advance for a party, do not add the dressing until you are ready to serve. The recipe makes more salad dressing than is required for the salad.

Ingredients:

- 4 ounces pecans, whole
- 1 Tbsp melted butter
- 1 Tbsp sugar
- 2 Tbsp honey mustard
- 1 clove garlic, minced
- 1/4 teaspoon red pepper flakes
- 1/4 cup balsamic vinegar
- 3/4 cup olive oil
- Salt and pepper to taste
- 2 cups tangerine or orange sections
- 1 lb. mixed salad greens, including fresh baby spinach
- 4 ounces goat cheese
- 1/4 cup dried cranberries

Directions:

Preheat oven to 300°F. Place pecans in a bowl, pour melted butter over them, sprinkle with sugar, and gently toss until the pecans are all well coated with a dusting of sugar. Place them in a single layer on a parchment paper or Silpat lined cookie sheet. Bake for 20 minutes. Let cool to touch.

Whisk together the honey mustard, garlic, red pepper flakes, and balsamic vinegar in a medium sized bowl. Slowly drizzle the oil into the mixture, whisking constantly until completely incorporated. Season to taste with salt and pepper.

Place lettuces and baby spinach in a large bowl. Add the goat cheese, dried cranberries, orange sections, and pecans. Toss with 1/4 cup of the dressing.

Serve immediately. Serves 8.

(Human Maintenance, continued from page 2)

improving mood and self-satisfaction. The easiest food to grow includes herbs, leafy greens, microgreens, carrots, scallions, garlic, spring radishes, beets, bush beans, peas, micro tomatoes.



If growing vegetables, you should consider the following.

- Choose containers that have enough holes to allow for adequate drainage and are the right size for the plant you're growing. Shallow and rooted greens may only need about a 2-inch depth, but carrots or deep-rooted tomatoes will need at least 12 inches of soil.
- Use a good quality potting mix, not garden soil. Mixes dedicated to potting usually have vermiculite or perlite, which allows for better drainage.
- Consider some type of supplemental lighting if your home doesn't offer enough natural light.
- Don't expect the same level of bounty that you'd get if gardening outdoors.

Gardening requires a certain level of focus and attention - mindfulness in the present, which can promote a sense of well-being. And focusing on the present task at hand can help to alleviate anxiety and depression. Give it a try! You may be surprised at what your green thumb can produce!

<https://www.cambridgebee.com/blogs/news/the-therapeutic-potential-of-indoor-gardening-mental-health-benefits-for-urban-dwellers>
<https://www.gardenbetty.com/indoor-vegetables/>

Simple Exercise for Legs and Glutes

Sumo Squat

This exercise is called the Sumo Squat because it mimics the move that sumo wrestlers use. It will strengthen your inner and outer thighs, and if you keep your abs(core) uplifted and pulled in, it will aid in core strength and balance.



How to do a Sumo Squat:

- Stand with your feet as wide apart as possible. Point your toes outward.
- Lower your body until your thighs are parallel to the floor.
- Hold a few seconds, exhale, and press back to the starting position. Repeat.



Roasted Shrimp and Orzo

Ingredients:

- Kosher salt
- Good olive oil
- 3/4-pound orzo pasta
- 1/2 cup freshly squeezed lemon juice
- Freshly ground black pepper
- 2 pounds (16 to 18 count) shrimp, peeled and deveined
- 1 cup minced scallions, white and green parts
- 1 cup chopped fresh dill
- 1 cup chopped fresh flat-leaf parsley
- 1 hothouse cucumber, unpeeled, seeded, and medium-diced
- 1/2 cup small-diced red onion
- 3/4-pound good feta cheese, large diced

Directions:

- Preheat the oven to 400 degrees F.
- Fill a large pot with water, add 1 tablespoon of salt and a splash of oil, and bring the water to a boil. Add the orzo and simmer for 9 to 11 minutes, stirring occasionally, until it's cooked al dente. Drain and pour into a large bowl. Whisk together the lemon juice, 1/2 cup olive oil, 2 teaspoons salt and 1 teaspoon of pepper. Pour over the hot pasta and stir well.
- Meanwhile, place the shrimp on a sheet pan, drizzle with olive oil, and sprinkle with salt and pepper. Toss to combine and spread out in a single layer. Roast for 5 to 6 minutes, until the shrimp are cooked through. Don't overcook!
- Add the shrimp to the orzo and then add the scallions, dill, parsley, cucumber, onion, 2 teaspoons salt, and 1 teaspoon pepper. Toss well. Add the feta and stir carefully. Set aside at room temperature for 1 hour to allow the flavors to blend or refrigerate overnight. If refrigerated, taste again for seasonings and bring back to room temperature before serving.

Makes 6 servings.

Recipe and Photo: <https://www.foodnetwork.com/recipes/ina-garten/roasted-shrimp-and-orzo-recipe-1947099>

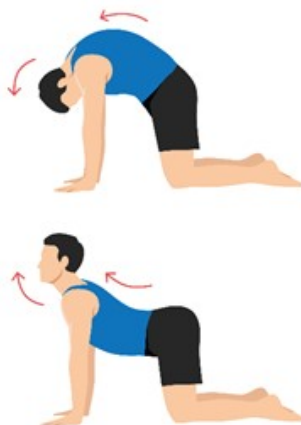
(Continued on page 4)

- Always keep your shoulders directly over your hips. Don't lean forward or let your knees extend beyond your toes. Keep your abs drawn in and up, and don't arch your back.

YOGA POSE: Cat-Cow

Cat-Cow Pose is a great stretch for your back that really feels good!

- To get into this pose you need to get down on all fours.
- Make your body like a tabletop – shoulders stacked over wrists and hips over knees.
- As you inhale, tilt your tailbone up, drop your belly and lift your gaze slightly up without bunching up the back of your neck.
- As you exhale, tuck your tailbone, round your spine, and bring your gaze in towards your belly button.
- Do this slowly and repeat for at least three breaths.
- If you have wrist pain, come down on your elbows.
- If you have knee pain, put extra padding underneath your knees.



Benefits of Cat-Cow

- It's a great warm-up or cool-down stretch. It involves flexing and extending the spine and can help to improve posture.
- This pose helps with back pain or stiffness, especially from sitting.
- Cat-cow is relaxing. If you pair it with breathing, it helps to relieve tension from both body and mind.

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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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 optional
- 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.

12 servings.

Recipe: Sydney Boyce, Workright NW Athletic Trainer