

## YOUR GAMEPLAN TO LIVE



### MORE REASONS TO EAT YOUR GREENS...

We all know that eating leafy greens is nutritious and VERY beneficial to your health. The following are some specific reasons to increase your intake of greens.

- Just about all leafy greens (spinach, kale, collards, turnip greens, etc.) are high in vitamin K, and vitamin K helps to lower body-wide inflammation. This includes inflammation that is associated with high blood pressure and heart disease as well as impotence and memory loss.
- Vitamin K in greens helps protect bones from osteoporosis and regulates blood clotting.
- As a food group, greens include lettuce, kale, spinach, cabbage, broccoli, brussels sprouts, and even dill and parsley. Recent evidence suggests that people who eat the equivalent of a cup of cooked greens a day were less likely to develop type 2 diabetes.
- Greens have been shown to help lower cholesterol levels and protect the immune system.
- Greens have no fat, no cholesterol, lots of fiber, and are low in calories.
- Greens are high in vitamin C, vitamin E, and beta-carotene.
- Greens have very little carbohydrates in them and are packed with fiber, which makes them slow to digest (keeps you feeling full longer). They won't impact your blood glucose and cause you to have those ups and downs that other carbohydrates often do.
- Green vegetables contain a variety of carotenoids, flavonoids, and other powerful antioxidants that seem to have cancer-protective properties.



### Lentil and Spinach Soup

#### Ingredients:

- 2 Tbsp. olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 ½ cups uncooked lentils
- 4 cups vegetable broth
- 4 cups water
- 1 sprig fresh rosemary
- 9 – 10 oz. fresh baby spinach, chopped
- 2 large tomatoes, chopped
- 1 cup shredded carrots
- ½ tsp. black pepper

#### Directions:

In a large pot, sauté carrots and onion in oil until tender. Add the water, broth, lentils, tomatoes, rosemary, and pepper. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until lentils are tender. Stir in spinach; simmer 5-10 minutes longer or until spinach is wilted. Salt to taste.

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## SAFE HANDLING OF LEAFY GREENS...

When shopping, pack fresh salad greens in plastic bags so they are kept separate from other groceries, especially raw meats and poultry.

- Refrigerate salad greens at 35 to 40 degrees F within two hours of purchasing. Store in a plastic bag or lettuce keeper.
- Always wash hands before preparing salads and make sure you are working with a clean cutting board.
- Wash lettuce just before using by running cold water over leaves. Leaves can be difficult to clean, so immersing the leaves in a bowl of cold water for a few minutes helps loosen sand and dirt. Presoaking lettuce for 10 minutes in dilute vinegar-water (1/2 cup distilled white vinegar per 1 cup water), followed by a clean water rinse has been shown to reduce bacterial contamination (but may affect texture and taste). After washing, blot dry with paper towels or use a salad spinner to remove excess moisture.
- Because lettuce and other salad greens are very perishable, they should be used within one week after purchase.
- Bagged and boxed salads can be convenient, but added processing steps like cutting and mixing can increase the likelihood of contamination with microorganisms. To reduce the risk of foodborne illness with bagged salads keep them refrigerated at 35 to 40 degrees F, observe "Use By" dates marked on the package, and rinse well before eating, removing any damaged or spoiled leaves.

## TIME MANAGEMENT

- ⇒ Does your life feel out of control and unorganized?
- ⇒ Do you feel overwhelmed and stressed because there just aren't enough hours in the day?
- ⇒ Do you feel like you waste a lot of time because you are unfocused?



- **TIME is what our lives are made of; we need to make the best of our time!**
- **Do you want to start fresh in order to make the best of your time?**

If your answer is YES, you need to put to use some time management skills and principles into place. *The most successful people are those who know that time is a precious commodity!*

Time management is based off of principles, practices, skills, tools, and systems working together to help you get more value out of your time with the aim of improving the quality of your life by feeling more accomplished, and at the same time, allowing you to do more of what you want to do!



## Low-fat Baked Cheesy Cauliflower

### Ingredients:

- 4 cups 1-inch cauliflower florets
- 1 ½ cups fat-free milk
- 1/4 tsp. salt
- 1/2 cup whole wheat bread crumbs (dry & fine)
- 3/4 cps. shredded sharp cheddar cheese
- 1/2 tsp. extra virgin olive oil
- 2 Tbs. flour
- 1 tsp. freshly chopped chives
- 1 tsp. Dijon mustard
- 1/4 tsp. pepper

### Directions:

Position rack in upper third of oven; preheat broiler. Bring cauliflower, 1 ¼ cups of the milk and salt to a boil in a large ovenproof skillet over medium-high heat. Reduce heat, cover and simmer until cauliflower is tender. Combine breadcrumbs, ¼ cup cheese and oil in a small bowl. Set aside. Whisk flour and remaining ¼ cup milk in separate small bowl until smooth; stir the mixture into the pan and cook, stirring, until thickened. Stir in the remaining ½ cup cheese, chives, mustard and pepper. Sprinkle with the breadcrumb mixture. Broil until the top is crispy and beginning to brown, 1 to 2 minutes. (4 servings.)

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**Take a few minutes at the beginning of each week or the end of each week to figure out the week ahead.** This is a good habit to get into just so you can get an idea of what your week will be like; what to expect, and to make sure you aren't forgetting anything. Check your calendar for anything coming up that you should start to prepare for. **WRITE DOWN YOUR PLAN FOR THE FOLLOWING WEEK!**

Figure out:

- Which days you will have more time to exercise and what kind of activities you may have time for
- What kind of meals and snacks you will eat and make a list of ingredients you need to get at the store
- What day will be best to run errands and go to the grocery store
- What needs to be done at work
- Plans to make time for your family and loved ones

## SOMETHING IS ALWAYS BETTER THAN NOTHING!

**One of our favorite sayings here at Occupational Athletics is confirmed to be true; something is always better than nothing!** According to The American Heart Association's journal "Circulation," even just 10-15 minutes of cardiovascular exercise a day can make a significant difference compared to doing nothing. They still recommend 150 minutes per week of moderate intensity exercise, but if you do less, it is still beneficial for you!

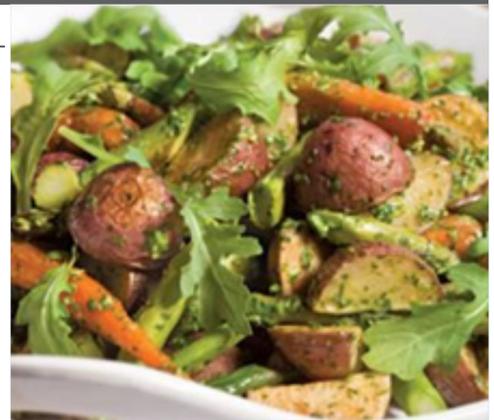


**Also noted in the article:**

- People who do 150 minutes of moderate intensity exercise (or 75 minutes of high intensity) have a 14% lower risk of heart disease compared with sedentary people.
- There's a progressive reduction of risk. If you do twice the guidelines (300 minutes), you lower your risk 20%. If you do 750 minutes, risk drops to 25%.

**You can up your physical activity in simple ways!**

- While sitting at your computer, take a break every so often to stretch – sit up as straight as you can, hold your core tight, and stretch your arms, wrists, shoulder and neck. Then tighten your core and arm muscles, and do arm circles.
- Put some energy into your shopping. (1) Park far away and walk swiftly. (2) Squeeze your glutes and hold your core in firmly. (3) Take the steps. (4) Squeeze your arm muscles to carry your bags.
- Before you start watching a TV show – commit to doing pushups, sit ups, leg lifts, and floor exercises during the commercials. Each time, try to do a few more than the last!
- Turn up the music while you're cleaning the house! It will put pep in your step and will encourage movement. Go up and down the stairs a few times with the laundry basket before you start the load, or lift it and lower it on your way to the laundry room.



## Roasted Spring Vegetables with Arugula Pesto

**Ingredients:**

- 4 cups baby or new potatoes, halved or quartered
- 5 teaspoons extra-virgin olive oil, divided
- 4 cups peeled baby carrots
- 1 bunch asparagus, trimmed and cut into thirds
- 1/2 teaspoon salt
- 1/2 cup baby arugula for garnish
- 1 clove garlic, peeled
- 5 cups baby arugula
- 1/2 cup finely shredded Asiago cheese
- 1/4 cup toasted pine nuts
- 1/4 cup extra-virgin olive oil
- 1/4 teaspoon salt

**Directions:**

Preheat oven to 425°F. Toss potatoes with 2 teaspoons oil and spread on a baking sheet. Roast for 5 minutes. Toss carrots with 2 teaspoons oil and spread on another baking sheet. Place the carrots in the upper third of the oven and roast potatoes and carrots for 15 minutes. Toss asparagus with remaining oil and add to the pan of potatoes. Continue until all the vegetables are starting to brown.

In a food processor mince garlic then add arugula, cheese, pine nuts, 1/4 cup oil and 1/4 teaspoon salt. Pulse/process until the mixture is a smooth paste. Toss the roasted vegetables with 1/3 cup pesto and 1/2 teaspoon salt in the large bowl. Transfer to serving dish and garnish with arugula.

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- Play with kids! Kids don't care what activity they're doing; they just like to have someone to do it with. Run around with them, or teach them a new activity!
- If you've committed time to a friend or loved one, suggest something active to do.
- If you're on the phone – pace around and do some lunges.

## MOTIVATION & SELF PURPOSE

Having a "PURPOSE" is a great help in staying motivated. Self purpose comes in many ways, shapes, and forms: it can be measured in a lifetime, decade, year, day, and everything in-between. For some people it comes naturally, but others have to search to find it or make it happen. Which type of person are you?



If you know your purpose, identify it in words now.....

For most people, however; that may not be the case. You must make purpose and find purpose. Make it a habit to wake up every day, and ask yourself: what is my purpose(s) in life *today*? Try it tomorrow upon awakening. Write yourself a reminder, and post it so that you remember to think of it each day.

*For example:* if you have a child, your purpose for the day may be to make sure your child's needs are being met and that they are happy, but for the decade, your purpose may be to make sure your child's life gets off to the right start – mentally, socially, physically, and emotionally.

Your personal purpose could possibly be to become physically and mentally conditioned so you will be able to become a healthier, more centred person. Or perhaps you have certain goals to achieve at work, and your purpose is to work towards them.

If you're going through a rough time, maybe your purpose is to nurture yourself and take the steps to get yourself back on track - or to do the same for a friend or relative in need.

Purpose varies as you move through life, but it is important to always have some type of purpose, EVERY DAY, even if you consider it to be "small."

**When you have purposes in your life, you are much more likely to be an all-around motivated person. What do you consider your purpose to be today? What do you consider your purpose to be longer term?**



## Watermelon & Heirloom Tomato Salad

### Food as Medicine

*Watermelon and tomatoes are both abundant sources of lycopene, which has been found to be protective against cancer of the prostate, breast, lung and colon.*

### Ingredients:

- 2 organic watermelons, peeled & cut into chunks
- 8 organic local heirloom tomatoes (various colors and sizes), cut up
- 24 mint or basil leaves
- 2 tablespoons red onion, sliced paper-thin
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons white balsamic vinegar
- Feta cheese, optional
- Coarse sea salt, to taste
- Pepper, to taste

### Directions:

Arrange the pieces of watermelon and tomato on a serving platter. Sprinkle with mint/basil leaves and red onion. Drizzle with olive oil and vinegar. Finish with salt and pepper.

*This recipe is courtesy of [Dr. Weil's True Food Kitchen](#) restaurant in Phoenix, Arizona.*

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## EMERGENCY PLAN FOR YOUR PET

1. USE A SECURE BOARDING FACILITY with a plan in case of emergency and a worker on the premises at all times.
2. POST PET RESCUE ALERT STICKERS at the exterior doors of your house. Find these at local animal shelter or online.
3. HAVE AN EXIT DRILL IN PLACE THAT INCLUDES YOUR PET. The most common reason pets perish in emergencies is that they are confined.
4. KEEP LEASH AND ID COLLAR HANDY so that they are easy to grab.
5. KNOW WHERE YOUR DOG or CAT HIDES.
6. KEEP YOUR PET ON THE GROUND FLOOR. This makes it easier for him to be rescued if an emergency occurs while you aren't there.
7. HAVE AN EMERGENCY KIT, and include vaccination records, medical information, food, bottled water, dishes, medication and a familiar toy or blanket. If evacuated, you might have to place your pet in a kennel and these items will be necessary.
8. LEAVE A DOOR OPEN. If you can't get your pet before leaving the house in an emergency - leave doors and windows open so he can get out.
9. AFTER A FIRE - take your pet to the vet. Toxic fumes can be deadly, and if you smell smoke on her fur, she may have been burned.
10. PRE-PLAN EMERGENCY SITTER – If you know in advance that a situation is arising and your pet will not be safe where you are, make plans to take him or her to a safe place out of harm's way before it is an emergency.



### Green Salad with Pecans, Blueberries, Feta, and Honey Mustard Vinaigrette

#### Ingredients:

- 4 ounces pecans, whole
- 2 Tbsp. honey mustard
- 1 clove garlic, minced
- 1/4 cup balsamic vinegar
- 1/4 tsp black pepper
- 3/4 cup olive oil
- Salt and pepper to taste
- 1 lb. mixed organic salad greens of your choice
- 2 cups fresh organic blueberries
- 4 ounces feta cheese
- 1/4 cup dried cranberries

#### Directions:

Whisk together the honey mustard, garlic, black pepper, 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 feta cheese, dried cranberries, and pecans. Toss with 1/4 cup of the dressing. You will have dressing left over for another salad.

*Serve immediately. Serves 8.*

**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](http://www.gameplanforliving.com)

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