

This can be the year to get real about New Year's resolutions

Despite the best of intentions, New Year's resolutions are quickly forgotten. Part of the reason is that we tend to set unrealistic goals, becoming discouraged when progress seems too slow. This is especially true when it comes to weight and health issues.

The solution can be as simple as paring down the goals. By making smaller, more easily achievable resolutions to pursue good health practices, lifestyle balance and overall well-being in the year ahead, the rest will likely follow. To start achieving a healthy and goal-oriented 2014, try these ideas:

- **Keep a food diary.** Write down all the food and beverages you consume for one week. Note the circumstances and time of day (mealtime, watching TV, while upset, etc.).
 - **Set realistic goals.** Remember, you put the weight on one day at a time, and that is how it will come off. Two pounds is the maximum you should lose in one week.
 - **Drink plenty of water.** Try to drink between six and eight glasses every day.
 - **Think nutrition (e.g., vegetables, fruit and low-fat dairy products).** Choose foods that are high in nutritional value and low in fat and calories.
 - **Cut down on portions.** Reduce the amount of food you put on your plate. Use a smaller plate. Eat slowly. Stop eating when you're full.
 - **Eat balanced meals.** Plan your meals to include foods high in complex carbohydrates (fruits, vegetables, grains, starches). Reduce the fat in your diet to below 30 percent per day.
 - **Increase your exercise.** This will burn extra calories by increasing your metabolic rate. It will also help decrease your appetite.
 - **Remove temptations.** Don't buy high-calorie snacks. Throw out candy, nuts, ice cream and junk food.
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- New Year's resolutions are quickly forgotten... We tend to set unrealistic goals, then become discouraged when progress seems too slow.
- **Make smarter choices.** Stay away from fast foods. Include plenty of wholesome, nutritious foods.
 - **Read labels.** Fresh foods are a better choice for controlling the fat in your diet.
 - **Change habits; don't just diet.** Use a sensible, safe approach to weight control. For long-term results, concentrate on making gradual changes in your eating habits.
 - **Revise your cooking methods.** How you cook is as important as what you cook. Broiling, baking, roasting and stewing are the best methods. Avoid frying.
 - **Cut down on alcohol.** Eliminate empty calories. Substitute water or low-calorie beverages.
 - **Plan for difficult or high-stress situations.** Eat something before parties and other get-togethers. Avoid nibbling.
- **Join a group.** Look for one offering nutritional education, behavior modification techniques and emotional support.
 - **Grocery shopping.** Make a list and stick to it. Stay away from the snack aisles. Eat before you go.
 - **Determine your ideal weight.** Take a body composition test. Learn how much of your weight is fat and how much is lean muscle mass.
 - **Be aware of health consequences.** A lifestyle that promotes excess weight is a lifestyle with added health risks.
 - **Use substitution techniques.** The key to successful weight control is replacing unhealthy foods with wholesome, nutritious foods.

Still need help? For additional information, ask your physician.



- Good work habits maintain back health
- Ergonomics for kids

Keep back health at the forefront of good work habits

Backs are always vulnerable to injury, especially within the confines of a desk, chair and computer arrangement. Sudden bends, turns and comfort adjustments can pull at stiff, tense muscles that in turn can cause nagging backache, shoulder pain and stiffness. To help protect yourself, even while sitting at the computer, learn to watch your back every time you make a move. Following are some things to be aware of at work and at home:

Adopt good techniques for moving in a chair

- **Avoid sudden, jerky movements.**
- **Plan your actions first, then move cautiously and carefully.**
- **Avoid twisting your torso.** Instead, move your whole body when you turn, with feet and hips facing your destination.
- **Face the things you need instead of reaching to the side or pulling things toward you.**
- **To pick up objects that have fallen to the floor, slide to the edge of the chair and place a hand on your knee or desk to support your back.** Keep one foot in front for additional support.
- **Take a few minutes to walk around the office, or do some gentle stretches, to relieve muscle tension.**

The chair and computer should work together

- **Use a lumbar roll to support your lower back.** Roll up a towel and place it in the small of your back to provide support in this area.
- **Adjust your chair so that your arms are at desk level and your feet are on the floor.** Use a foot rest if your feet don't touch the floor.
- **Slide your chair under your desk or work station so that you don't have to lean into your work.**
- **Watch your posture – your ankles and elbows should be at right angles.**
- **Use document holders or page-display desk devices to keep your pages in an upright position.**
- **Move your computer screen so that the top of the screen is at forehead level.**
- **Guard against slumping shoulders or slouching spine.** To check yourself, draw an imaginary line from your ear, past your shoulder, to your hip. A straight line will keep your back in shape.



Ergonomics for kids

Healthy Working MOVE software teaches tech safety, injury prevention

Lita Chang-Mullins, SIA Prevention Services

New software for school-age children, designed to help them be more aware of their computer and electronic device habits, was introduced at a recent ergonomics conference.

Called Healthy Working MOVE, it explains the risks associated with poor posture, repetition strains and fatigue, which are often associated with injuries. Teaching children good habits early may help prevent these problems from occurring.

The *free* e-learning course can be used in the computer lab as a safety lesson and can be repeated as a refresher course. For more information visit <http://www.ergo4students.com/>.

"If we all did the things we are capable of doing, we would literally astound ourselves."

— Thomas Edison

- Root veggies can curb sugar cravings
- Avoid the pitfalls of wintertime slips and trips



Get acquainted with turnips and rutabagas to get sugar cravings under control

Michele Mariscal, SIA Prevention Specialist

One effective way to address sugar cravings is to add naturally sweet vegetables to your daily diet. Many of these naturally sweet vegetables are root vegetables, such as carrots, onions, beets, winter squashes, sweet potatoes and yams. Other more semi-sweet vegetables include turnips, parsnips and rutabagas.

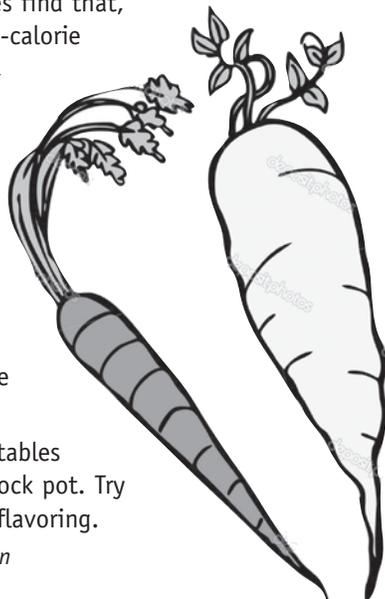
Besides being highly nutritious as well as sweet, these vegetables can help balance the “spacey” feeling sometimes caused by eating sugary refined foods. Adding sweet root vegetables to your diet also can help crowd out some of the less healthy foods.

Those who eat more root veggies find that, over time, their cravings for empty-calorie sweets, such as candy and cookies, subside because the higher quality sweet foods provide more of the nutrients and fiber that the body finds more satisfying.

Other vegetables that can help maintain blood sugar levels, reduce sweet cravings and break down animal foods in the body include red radishes, green cabbage and burdock.

A great way to cook these vegetables during the winter season is in a crock pot. Try adding some fresh herbs for great flavoring.

Source: Institute of Integrative Nutrition



Avoid the pitfalls of slips and trips – especially in winter

Slips, trips and falls are among the most common types of accidents and, in the extreme, can be life-threatening, even deadly. Fortunately, they also can be prevented. It’s especially important to be cautious in the winter when walkways are wet or icy. Consider the following to keep yourself and others safe:

- **Be aware of your surroundings and stay focused on your route of travel.**
- **Wear footwear with non-slip soles.**
- **Report pathways that are consistently wet or slippery.** Maintenance may need to repair a damaged pipe or change the timing of sprinklers.
- **Report burned-out or inadequate lighting.**
- **Use handrails on stairways and ramps.**
- **Take your time.**



Have you visited SIA’s website?
Check out www.sia-jpa.org for useful information, tools and services.



- SIA's many resources are a click away
- Just making your bed daily can do wonders

www.sia-jpa.org

Key SIA information is just a click away

Don't forget to visit the SIA website for a variety of resources including:

- Workshop and presentation request forms
- Online informational videos
- Compliance program templates
- Waivers and authorization forms
- Training tools
- Health information
- Much, much more



Theory: Making your bed every day can inspire happiness

Making your bed every morning is associated with better productivity, stronger skills at sticking to a budget, and higher levels of happiness, according to Charles Duhigg from his book *The Power of Habit*. Another reference to this phenomenon comes from Gretchen Rubin in her book *The Happiness Project*.

Regularly making your bed is regarded in self-help circles as a "keystone habit," a routine or structure that spills over to other routines and structures. Duhigg explains that cultivating positive keystone habits becomes a catalyst for other good behaviors that can even inspire and transform the habits of people around you.

So, if you're not a regular bed maker, why not give it a try and see what effect this new habit can have on your attitude, your productivity and your life.

Source: *Reader's Digest*



WeTip in the winter

Remember to take advantage of all the free WeTip materials available. Because the darker nights of winter offer opportunities for campus theft, remind visitors that your site is being watched and that crime information can be anonymously reported. For promotional materials, contact your district WeTip liaison or Teresa Franco at tfranco@sia-jpa.org.



The material in this newsletter should be part of your Injury and Illness Prevention Plan (IIPP).

Keep a copy of this newsletter in your IIPP binder and be sure all employees receive a copy.