Strategies for Healthy Eating on the Run

Submitted by: Christy Wilson, RD, Health Coach/Communications, Life & Work Connections

The morning rush in my house can be intense. As I prepare breakfast, stuff backpacks with homework, and fill up our water bottles, I’m thinking about what we’ll be eating for dinner that evening.

Although premade lunches and snacks may be convenient, they’re rarely nutritionally superior to preparing and eating foods from home. Here are simple ways to incorporate quickly prepared and healthy foods into your busy schedule.

**Stock up on healthy staples.** We know fruits and vegetables are healthy foods — major health organizations constantly promote their disease-fighting properties. We may aim to eat fruits and vegetables daily but if they’re not in our kitchen, we’re not likely to do so. Stock up on fresh, frozen, and unsalted or unsweetened canned varieties. Other nutrient-rich staples like low-fat milk and yogurt; lean proteins like chicken, turkey, and fish; raw nuts and whole grains; lentils, and any variety of beans are great to keep on hand, and make a healthy base for countless meals and snacks.

**Make a grocery list.** When it comes to grocery shopping, a list helps me stay on track. Before heading to the store, I select a few recipes to prepare for the week and write down ingredients I’ll need. I also add to my list portable snacks like fresh and dried fruits, shelled nuts, and crunchy fresh vegetables like carrots, cucumbers, and celery. Cooking a large quantity for one meal provides leftovers for a quick and healthy lunch or dinner the next day!

**Keep fresh foods in sight.** When people tell me they cannot resist eating certain unhealthy foods at home or work, I tell them, “Resist it once… at the store!” Junk foods aren’t any easier to grab-and-go than nutritious foods are. Rather than placing candy, chips, or cookies front and center, pepper your desk, kitchen, and living space with small dishes of raisins mixed with peanuts or almonds, a bowl of grapes, and water. Keep healthy foods within arm’s reach and at eye level in the pantry and refrigerator. Then, when a craving strikes, you’ll be prepared with healthy fast foods.
Mark Your Calendar!

Retirement: Pursuing Life after Work
Retirement lifestyle planning addresses questions such as “Who am I outside of my work identity?” and “How will I spend my time?” A realistic vision for the future can prepare you for purpose, peace, and fulfillment. This session will explore expectations, the search for a new identity, and lifestyle choices that promote vitality and resiliency. April 27, 2016, 12:30 p.m. to 1:30 p.m., University Services Building 214. Register at hr.arizona.edu/events/retirement-pursuing-life-after-work.

Walks with Campus Leaders
Take 20 minutes for fresh air, a lively walk, and good company! Join campus leaders and Life & Work Connections for fun noon time walks around campus. Please visit lifework.arizona.edu/wws/walks_with_campus_leaders for locations, dates, and honored leaders.

Individual Employee Health Screenings
Registration required. Please register online at lifework.arizona.edu/wws/health_screenings_worksite_wellness.

This program is for employees eligible for full benefits. The screening includes blood pressure, total cholesterol and HDL; body composition; cardiac endurance step test; nutrition, fitness, and resilience consultation. If you are concerned about your risk for diabetes, you may also have the A1c diabetes screening for a $10 charge. This screening measures your long-term glucose levels (A1c). Neither blood test requires that you fast.

Department Screening
We will come to your department for groups of 12 or more, assess blood pressure, total cholesterol/HDL, and body composition at your location. Please call 626-4760 to schedule a department screening or for more information.

Metabolic Syndrome Screening
Registration required. Please register online at lifework.arizona.edu/wws/metabolic_screenings_worksite_wellness.

Life & Work Connections Employee Wellness is offering a new screening free for UA employees eligible for full benefits. The screening includes tests for the five factors evaluated for metabolic syndrome: blood pressure, waist circumference, fasting blood glucose, fasting triglycerides, and high-density lipoprotein (good cholesterol). Schedule your appointment for fall 2016.

Maricopa County Employee Wellness
Life & Work Connections offers work/life and employee wellness programming every month at the Phoenix Biomedical Campus. Check lifework.arizona.edu/wws/phoenixcampus for the schedule. Contact Jodi Charvoz, Registered Dietitian Nutritionist and ACE Personal Trainer, to schedule a nutrition or fitness consultation at jcharvoz@email.arizona.edu.

Resistance Bands for Strength Classes
Wednesdays: Student Union, Presidio Room (4th floor), noon to 12:40 p.m.
Wednesdays: University Services Building (USB 216), 12:30 p.m. to 1:00 p.m.
lifework.arizona.edu/wws/strength_training

Weight Check Dates
Want to keep yourself accountable by a weight check, a quick chat with a registered dietitian nutritionist, and a helpful handout? Stop by the Student Union, Tubac Room (4th floor) from 9:00 a.m. to 11:00 a.m., or the UA Life & Work Connections office from 8:30 a.m. to 11:30 a.m. Visit lifework.arizona.edu/wws/availableclasses/weightchallenges for updates, times, and locations.

Guided Potlucks
Here’s a new way to liven up your departmental meetings! For details, please check LWC’s website or email Christy at cwilson4@email.arizona.edu.

Tai Chi for Health
Tai Chi is a mind/body activity known for its health benefits, including stress reduction, balance, and joint pain improvement. UA Life & Work Connections offers free Tai Chi for Health and Tai Chi for Energy classes. Check lifework.arizona.edu/wws/classes/taichi for the current class schedule.

Consultations and Support
Free, voluntary, and confidential consultations, informal assessment, referral, or brief problem-solving support. Employees can be seen for any reason, including alcohol, substance abuse, stress management, parenting, relationship, depression, anxiety, and more. Call 621-2493 to schedule with Susan Pickering, MEd, LPC, or Dave Swhart, MC, LPC.

Supervisor Consultation
Regarding individual and work group issues. Call for an appointment. 621-2493.

Child Care and Family Resources
For information on the Child Care Voucher and Sick Child and Emergency/Back-Up Care Programs, please call Kim Peters at 621-4365. Visit lifework.arizona.edu for forms, guidelines, and detailed information.

For a personalized phone or in-person consultation on lactation, changing table, infant/toddler, preschool, or school-age care resources, please call Caryn Jung, MS, at 621-9870.

Elder Care and Life Cycle Resources
Call Caryn Jung, MS, at 621-9870 to request a personalized phone or in-person consultation to discuss area and national elder care and family caregiving referrals.

Nutrition/Fitness Coaching
Call Jodi Charvoz, MEd, RDN, ACE, at 626-4760 for more information or to schedule an appointment.

Work/Life Integration
Learn about the University’s guide on flexible work arrangements, related workplace and workforce issues, and strategies for coordinating work/life matters, by calling Caryn Jung, MS, at 621-9870.
Garden your way to getting in shape
Did you know that an hour of gardening may help to reduce stress, increase bone density, and burn upwards of 300 calories? Gardening can be a great workout. But, as with any physical activity, you need to use proper form when bending, squatting, raking, and lifting so you don’t overdo it or get injured. To learn some exercise tips for gardeners, go to Apr.HopeHealth.com/gardening.

See page 8 — Stock Your ToolBox: See how you can link to Cool Tools & Resources to learn more about the topics in this issue!

Fitting facts for buying the right athletic shoe
Good-fitting sports shoes may help to improve performance and prevent injuries. If you participate in a sport three or more times each week, you should wear sport-specific shoes. For more on selecting the right athletic shoe, go to Apr.HopeHealth.com/shoe.

Sneak exercise into a hobby
You don’t have to be into running marathons or completing triathlons to have an active hobby.

Just think of ways you can incorporate a little movement into what you love to do.

• Are you a photographer? Take your camera on a hike.
• Like fishing? Do squats while you’re waiting for the Big One to bite.
• Is cooking your thing? Do calf raises while chopping carrots.
• Into reading? Try simply standing with your next page-turner.

GetMoving:
The 3 key steps to warming up
The idea of warming up before exercise is nothing new, but what does warm up really mean? What exactly should you do?

The goal of warming up is to increase the temperature and flexibility of muscles so you can get the most out of exercise without hurting yourself. A warmup also lets your heart rate and breathing increase gradually so you’re ready to go when you start your intended activity.

1. Take five to 10 minutes to warm up. The more intense the activity you’re planning to do, the longer you should warm up.
2. Get your whole body involved. For many individuals, walking (lower body) and doing modified bent-knee pushups (upper body) should get everything moving.
3. Do whatever activity you’re planning to eventually do (running, walking, cycling, etc.), just do it at a slower pace.

Source: American Heart Association

Working out is my biggest hobby. It’s my Zen hour. I just zone out.
— Zac Efron

See page 8 — Learn how you can link to Cool Tools & Resources to learn more about the topics in this issue!
Effective health care depends on self-care; this fact is currently heralded as if it were a discovery.
— Ivan Illich

**Human foods to keep away from Fido and Fluffy**

Many foods that are perfectly safe for humans could be harmful or potentially deadly to dogs and cats. Here are some to keep from your pet’s menu: chewing gum, candy, and breath fresheners containing xylitol, coffee grounds, chocolate, yeast dough, macadamia nuts, fatty foods, avocados, grapes/raisins, onions, tea, alcohol, salt, and garlic. For more on household pet hazards, go to Apr.HopeHealth.com/pets.

**Is it time to rethink how much you drink?**

Many adults enjoy drinking alcohol. In moderation, no need to worry. But how much alcohol is too much? To check drinking habits and see if you or a loved one may want to cut back, go to Apr.HopeHealth.com/alcohol.

**The Whole You: PHYSICAL HEALTH**

**Become your own doctor (sort of)**

Take steps to become an active and knowledgeable member of your own healthcare team, learning about and paying attention to your body as much as possible. Make health a hobby.

- **Keep up on medical news**, but put it into perspective. Regularly read about any changes in risks and recommendations; however, understand their significance. Did a risk go from 0.1% to 0.2%? Yes, the risk may have doubled, but it’s still extremely low. Take information from studies that are not randomized, controlled trials with a grain of salt. They often include unrecognized sources of bias.

- **Trace your family history** — with health in mind. Who had which conditions? Find out and inform your doctor.

- **Attend health fairs or seminars**. Many hospitals and medical practices offer general and specific health-information events, often for free or a low fee. Check Websites for calendars and community events sections to find out what’s happening locally.

The more you know about your own body and how it should be working, the more you may be able to keep it as healthy as possible.

**Playgrounds: What talking and texting parents need to know**

Youngsters may be more likely to get hurt at the playground when caretakers are talking to others (either in person or on the phone) or texting, according to one study.

The researchers observed parents being distracted 74% of the time. To put that into perspective, that means for every 10 minutes at the playground, the responsible adult wasn’t fully paying attention for more than seven minutes. While parents in the study were preoccupied, nearly one in three kiddos was:

- Walking up a slide
- Sliding head first
- Throwing sand
- Jumping off moving swings
- Pushing other children

For more on child safety, go to Apr.HopeHealth.com/safety.

Source: American Academy of Pediatrics, news release, April 25, 2015

Learn more about The Whole You: at Apr.HopeHealth.com
Don’t let dashboard infotainment systems distract you

With voice commands, you can place or answer phone calls, pull up video-displayed maps, and pick which music you want to hear.

Don’t be fooled into thinking it’s risk free to interact with these infotainment features while driving. It takes up to 27 seconds to become fully attentive to the road after issuing voice commands, University of Utah researchers found in a pair of studies for the AAA Foundation for Traffic Safety. In 27 seconds, a driver traveling 25 mph would cover the length of three football fields before regaining full attention.

Source: University of Utah

Brains like hobbies

Want to keep your brain in the best shape possible for as long as possible? If so, you may want to take up artistic, craft, and social activities (in other words, hobbies).

A study suggested that older adults who engaged in these activities or took up computer use later in life were about half as likely to develop mild dementia during a four-year period. It may be possible that sharper adults tend to be more likely to seek out such activities, but the research indicated that participation alone may contribute to brain health.

Source: Neurology, April 8, 2015
Don’t let yourself get run over by auto payments

If you’re thinking about a new vehicle, know what you can afford. Experts suggest you devote no more than 20% of your take-home pay toward monthly auto payments. To get a better idea of how much a car will cost you, considering your down payment, interest rate, and loan length, go to Apr.HopeHealth.com/auto.

Make sure your nest egg is big enough to meet your needs

Regardless of your age, be sure you know how much you will need to have financially during retirement. Experts estimate you’ll need about 80% of your pre-retirement income (lower earners, 90% or more) to maintain your standard of living when you stop working. To figure out how much you’ll likely need, go to Apr.HopeHealth.com/retire for a retirement estimator.

Fiscal Fitness:
5 steps to fret less about finances

According to Gallup’s Financial Worry metric, half of all Americans worry about multiple common financial challenges.

The good news: You can take steps to tackle your financial affairs and tame uneasiness.

1. Educate yourself about finances. The more you know, the more you may feel empowered.

2. Figure out your monthly expenses. Determine how much you need for your daily expenses on a monthly basis.

3. Apply the 50/30/20 rule. Of your monthly income, try to devote 50% toward fixed expenses (such as mortgage/rent, auto payment, etc.), 30% toward lifestyle expenses (such as food, clothing, entertainment, and travel), and 20% toward savings and reducing debt.

4. Review often. Regularly go over your finances so you can adjust spending or saving if needed.

5. Use windfalls wisely. Instead of going on a shopping spree with your tax refund or other unexpected cash, stash some in savings and/or pay down debt.

For a home budget analysis calculator, go to Apr.HopeHealth.com/budget.

Sources: American Institute of CPAs; Gallup

Get paid to play

People have hobbies for personal pleasure, but pastime activities can bring in a paycheck, too. You may be able to earn a little extra by selling your services and/or products.

Here are some popular income-producing hobbies:

- **Photography** — hire yourself out to photograph events, teach classes, and/or turn images into cards
- **Music** — teach classes and/or perform at functions
- **Cooking/baking** — teach classes and/or cater
- **Creating and/or editing videos**
- **Crafting** — teach classes and/or sell crafts at shows or on sites like Etsy.com
- **Gardening** — hire yourself out as a gardener/landscaper and/or sell extra fruits, vegetables, or flowers at a stand or farmers market
- **Pet sitting and/or walking**
- **Refereeing**

Learn more about Fiscal Fitness: at Apr.HopeHealth.com
What’s Trending Now:
An Earth-friendly food strategy
Celebrate Earth Day every day with how you buy, prepare, and serve food.

- Buy locally and in season. You’ll support local farmers, keep money in your community, and lessen the need for fossil-fueled transportation. What’s more, locally grown food tends to be fresher, taste better, cost less, and retain more nutrients than counterparts coming from far-away places.
- Reduce packaging. Buy in bulk when you can or at least resist purchasing individual-sized packages.
- Bring your own bags when shopping. Each year in the United States, more than 100 billion petroleum-based plastic bags end up as litter, pollutants in fresh water sources, and in landfills.
- Conserve energy in the kitchen. Use Energy-Star (energy-efficient) appliances, if you can. Cover pots to heat foods quickly; determine what you need before opening the refrigerator door, and cook larger quantities of food for meals and then freeze the extra for later.
- Curb garbage. Resist using disposable cups, plates, and utensils. And, consider composting food waste, such as fruit and vegetable scraps, which you can use to “feed” a garden.

Source: Academy of Nutrition and Dietetics

Learn to decode teen texting
Many teens use texting codes and acronyms for instant electronic chatting with friends.

Much of the teen techno-language is innocent, but some terms would and should raise parents’ eyebrows.

Take time to understand what young adults are communicating in code. For instance, did you know that “9” indicates “parents watching”? Or that “KPC” means “keeping parents clueless”? For a list of common, questionable teen-texting acronyms and terms, and their meanings, go to Apr.HopeHealth.com/texting.
StockYourToolBox: Your Source for Cool Tools & Resources

Check out Apr.HopeHealth.com for a ton of useful wellbeing information. In addition to the links included throughout the newsletter, here’s what else you can find online:

A DIY Boot Camp tip sheet
Get ideas on how to create your own high-intensity workout.

A parents’ tip sheet to decoding teen texts
Learn the techno lingo of young adults to make sure what they’re typing meets mom-and-dad’s approval.

A crossword puzzle...
to test how well you know the topics covered in this issue of the newsletter.

Go to Apr.HopeHealth.com to find these resources.

“Living a healthy lifestyle will only deprive you of poor health, lethargy, and fat.”
— Jill Johnson

“Why is the day that you do laundry, cook, clean, iron, and so on, called a day off?”
— Author Unknown

“Suburbia is where the developer bulldozes out the trees, then names the streets after them.”
— Bill Vaughn

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”
— William Arthur Ward