

InsideOut

It's Your Health; Own It!



March 2015

In This Issue: Sedentary Workstations; Hanford Health & Productivity Symposium; New Principal Manager

“MyPlate” Simplifies Meal Planning

MyPlate is the latest nutritional guide published by the USDA in 2011. Like its predecessor, the Food Guide Pyramid, MyPlate is divided into food group sections. This new generation icon is supplemented with additional recommendations and emphasizes portion control, as well as reductions in sodium and sugar intake.

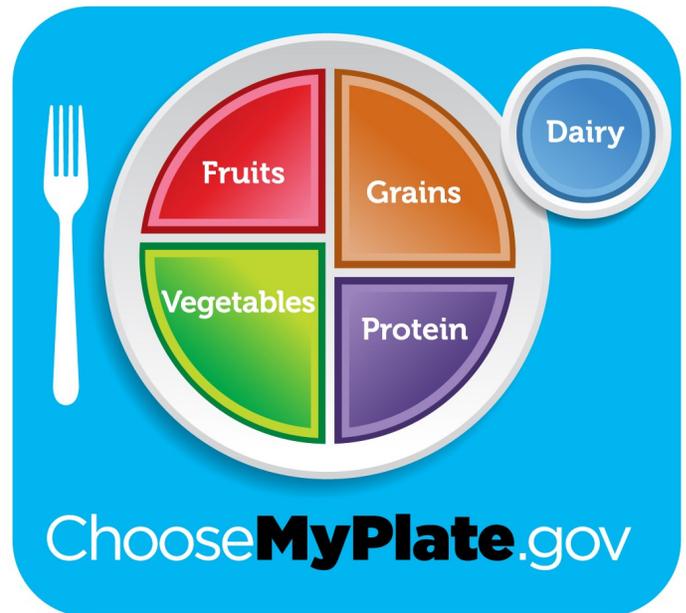
MyPlate illustrates the five food groups with the intent to prompt consumers to think about building a healthy plate at meal time. ChooseMyPlate.gov provides practical information to help you build a healthier diet with resources and tools for dietary assessment, nutrition education and other user-friendly nutrition information.

Fruits: Fruit choices may be fresh, frozen, canned, dried or whole. For ideas visit the [fruit group food gallery](#).

Vegetables: The vegetable subgroups include dark-green, starchy, red and orange vegetables, beans and peas. See the [vegetable groups food gallery](#) for ideas.

Grains: A grain is any food made from rice, oats, wheat, barley, or any other cereal grain. Examples include bread, pasta, oatmeal, and grits. Visit the [grains groups food gallery](#) for common whole and refined grain examples. Choose whole grains when you can.

Protein Foods: Protein choices include poultry, meat, eggs, seafood, nuts and seeds, processed soy products, and [beans and peas](#).



Dairy: Dairy includes all milk products and foods made from milk. See the [dairy group food gallery](#) for examples.

To learn more about building healthy plates for you and your family, visit with one of our Certified Health Coaches at 376-3939 or omchew@rl.gov.

Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email omchew@rl.gov.

Understanding Food Labels

Food labels can be complex, but this interactive presentation will show you how to identify claims and facts.

Meal Planning

Learn how to plan your week, create a shopping list, and prepare your meals at and away from home. Tips and tools to implement during the work week.

“Diets” vs. Diet

Learn how to make a healthy diet part of your life and quit jumping from fad diet to fad diet.

Nutrition Basics

Learn the basics of nutrition and how healthy eating supports a healthy lifestyle. Includes a description of food groups, calories, and nutrients.

Fueling Your Fitness

Learn how to eat properly to increase your energy, manage your weight, and feel your best.

Workplace Practices: Enhancing Your Workstation to Promote Health and Productivity

A hot topic in ergonomics and workplace wellness focuses on the detrimental effects of prolonged sitting and sedentary behaviors. Just take a look at [this](#) headline – and [this](#) study – and we may be quick to abandon the conventional office set-up in favor of a new product or desk.

Health and wellness professionals agree that most employees would benefit from the best ergonomic products. However, it should be noted that *all* static postures contribute to musculoskeletal discomfort, repetitive strain injuries, and overcompensation of muscle groups. Standing for 10 hours is still considered sedentary or static behavior. Static postures reduce blood flow to the working muscles. This reduces oxygen delivery, slows removal of carbon dioxide and other cellular waste, and minimizes the delivery of important nutrients to working muscles.

A better approach is to vary body postures throughout the work day. The easiest way to accomplish this is by taking a 5-10 minute walk or doing some light stretches or body weight exercises. This encourages fresh, oxygenated blood flow to the body and the brain, thereby reducing risk of repetitive strain injuries and improving focus and productivity. To get started, use the [Hanford WorkFit](#) programs. Do a couple of exercises or stretches for a few minutes every couple of hours throughout the work day.

Other resources include [this article from IDEA](#) addressing additional concerns of static postures. It also provides other stretches and behavior changes you can add to your workday to promote a more active and productive workstation. Additional source information: <http://www.ehs.iastate.edu/occupational/ergonomics/static-postures>.

For more information on this and other worksite health topics, visit our website at hanford.gov/health.

Upcoming Health Promotion Events

- March 5** [Worksite Health Fairs](#)
- March 11** [WorkFit Train-the-Trainer](#)
- March 12** [Worksite Health Fairs](#)
- March 19** [Hanford Health & Productivity Symposium](#)
- March 27** [Badger Mountain Challenge](#)
- April 25** [TCCC Spring Into Summer Fun Run](#)

HPMC OMS SPOTLIGHT



John Marshall
Principal Manager

Please join us in welcoming John Marshall as our new Principal Manager of the HPMC OMS contract. John comes to us with extensive contracts management, clinical, and healthcare experience. Born and raised in Brooklyn, NY, John served 23 years of active duty in the U.S. Air Force and was awarded the Bronze Star for Professional Valor.

John and his wife Althea recently moved to the Tri-Cities from Reno, Nevada. In his personal time, John enjoys cycling, hiking, and learning about our local wineries. Welcome to the team, John!

2015 Hanford Health & Productivity Symposium: "Work-Life Balance"

On March 19, HPMC OMS is hosting our fourth Hanford Health & Productivity Symposium. This year the leadership-focused agenda highlights how the worksite can reduce injuries, stress, turnover, and absenteeism by supporting good work-life balance. The combination of long work days and long commutes leaves us little time to balance the rest of our life- including time for our health, our families, and our community.

Dr. Nicolaas Pronk will be our Featured Guest Speaker. Dr. Pronk is an internationally recognized worksite health expert as the founder and past-President of the International Association for Worksite Health Promotion. He will discuss how the workplace can support work-life balance and improve business and contract performance.

Dr. Janice Kusch, Clinical Psychologist, will deliver a presentation on the physiological effects of stress and how to mitigate stress. Health and Wellness staff from HPMC OMS be available to help leaders identify strategies to support work-life balance.

EAT *for* ENERGY



To shape up your diet, pick 3 goals. Examples: Get more fiber with 5 daily cups of fruits and vegetables, eat out less and record your progress.



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***Fit Tip:* Shedding Pounds the Right Way**

March is National Nutrition Month! While improving your diet, keep in mind these three tips when attempting to lose weight this year. Don't forget to check in with your health care provider before making significant changes.

Adjust your diet. Because one pound of fat is equal to 3,500 calories, cutting just a few hundred calories out of your diet each day can go a long way. Easy ways to cut calories include using less salad dressing and sauces, avoiding high calorie drinks, and adding healthy fruits and vegetables as fillers throughout the day.

Increase Physical Activity. Just move more! Begin increasing your movement by making small changes like taking the stairs or [participate in Hanford WorkFit](#).

Avoid Fad Diets. The majority of dieting strategies only work temporarily. The best way to lose weight and keep it off is the slow and steady approach by adjusting what you eat and getting more activity into your daily routine.

Spring Strawberry Salad with Chicken



Continue on your path toward healthy eating this year. Salads make a great side OR main dish and are easy for a large group. This spring, try a salad that is different and delicious.

We appreciate your readership! If you have questions, want to enroll in a program, or have a request, please call 376-3939, email omchew@rl.gov, or visit us at www.hanford.gov/health for more resources. *March Eat Catch Phrase: Eat For Health*

