

# Live Well, Work Well

June 2019

Health and Wellness Tips for Your Work and Life  
Provided by HealthCheck360



## Exercising the Body and Brain

Studies have shown a strong relationship between the health of the body and the health of the brain. Exercise revs up complex processes inside the brain that can deter depression, help you stay calm and keep your mind sharp.

### **Exercise Boosts Mental Fitness**

The brain has approximately 86 billion neurons designed to give orders to the rest of the body through chemical messengers called neurotransmitters. Studies show that deficiencies of two of these neurotransmitters (glutamate and gamma-aminobutyric acid, or GABA), can lead to mood disorders such as depression. However, moderate exercise can increase the amounts of the two neurotransmitters, contributing to increased mental fitness.

### **Exercise Decreases Stress**

When you are stressed, your brain secretes the “fight” or “flight” hormone, cortisol. Elevated cortisol levels can create a constant and unnecessary feeling of stress. However, if you exercise, you expose your body to “controlled stress,” which helps regulate your brain’s stress response, keeping you calmer.

### **Exercise Slows the Brain’s Aging Process**

Your brain ages just like the rest of your body, but exercise can help the brain handle natural, age-related deterioration without taking a toll on your memory. Older adults who exercise have larger brain volumes than those who are sedentary. In addition, the brain’s hippocampus (which is responsible for memory and learning) is larger in people who are active. Exercising will not make you smarter, per se, but it will help you remember things better as you age.

## Chickpeas and Spinach Saute

- 1 Tbsp. olive oil
- 1 yellow onion (chopped)
- 1 clove garlic (minced)
- 1 celery stalk (chopped)
- 1 carrot (chopped)
- 1 14.5-ounce can low-sodium diced tomatoes
- 1 16-ounce can low-sodium chickpeas (drained and rinsed with cold water)
- ¼ cup water
- 1 10-ounce package frozen spinach
- 1 tsp. fresh lemon juice
- ¼ tsp. crushed red pepper flakes

### PREPARATIONS

1. Put a skillet on the stove on medium-high heat. When the skillet is hot, add oil.
2. Add onion, garlic, celery and carrot and cook about 15 minutes until the mixture is soft and the onions are lightly browned.
3. Raise the heat to high, add the tomatoes, beans (white beans instead of chickpeas) and water, and cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.
4. Add the lemon juice and red pepper flakes and stir thoroughly.

Makes: 4 servings

### Nutritional Information (per serving)

Total Calories	193
Total Fat	7 g
Protein	10 g
Carbohydrates	28 g
Dietary Fiber	10 g
Saturated Fat	1 g
Sodium	256 mg
Total Sugars	8 g

Source: USDA

## Summer Picnic Safety Tips

At some point throughout the summer, most of us will spend time outside with family and friends at a picnic or backyard barbecue. If you aren't careful about handling foods during these cookouts, you're putting yourself and others at risk for potential food-related illnesses.

Stay safe with these simple tips:

- Wash cooking equipment, dishes and utensils between uses. Be sure to clean the grill's surface after each use and to wash cutting boards after cutting raw meat.
- Store all perishables in a cooler with ice on top, not just underneath. Use one cooler for drinks and one for food. Never eat anything that has been left out of a refrigerator or cooler for more than two hours.
- Invest in a meat thermometer so you can make sure all meat is cooked to the proper internal temperature.

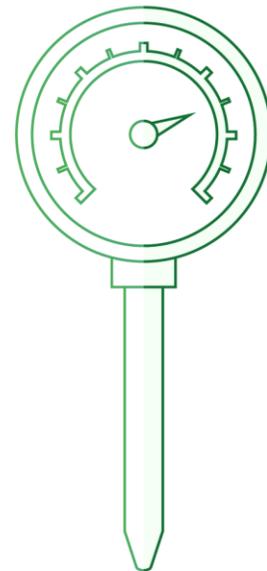
## Food Safety Temperatures to Know

### Danger zone: 41°-135° F

This is the range where the most rapid bacteria growth occurs.

### Safe zones

Cold foods: 40° F and below  
Hot foods: 140° F and above



## Are You Getting Enough Calcium?

Calcium is the most abundant mineral in your body. Consuming enough calcium is critical for keeping your bones and teeth strong and for maintaining the function of your nerves, heart and muscles. Failing to get enough calcium can stunt children's growth and can increase the risk of developing osteoporosis. The current recommended dietary allowance (RDA) by age group is as follows:

- **1-3 years**—700 mg daily
- **4-8 years**—1,000 mg daily
- **9-18 years**—1,300 mg daily
- **19-70 years**—1,000 mg daily (men) and 1,200 mg daily (women)