

Hooked on Health

Fishing for Better Employee Health

Second Quarter
2017
Eighteenth Edition

Move of the Month

Walking

Why it's a winner: You can walk anywhere, anytime. Use a treadmill or hit the streets. All you need is a good pair of shoes.

Start slowly and try to build your walking regime gradually. To get the health benefits from walking, it needs to be of moderate-intensity activity. In other words, it needs to be faster than a stroll. If, to begin with, you can only walk fast for a couple of minutes, that's fine. Don't overdo it on your first day. You can break up your activity into 10-minute chunks, as long as you're doing your activity at a moderate intensity. Begin every walk slowly and gradually increase your pace. After a few minutes, if you're ready, try walking a little faster. Try to walk 10,000 steps a day. Most of us walk between 3,000 and 4,000 steps a day anyway, so reaching 10,000 isn't as daunting as it might sound. Towards the end of your walk, gradually slow down your pace to cool down. Finish off with a few gentle stretches, which will improve your flexibility.

- NHS Choices – Live Well

Healthy Recipe



Soy Ginger Mahi Mahi

Ingredients:

- 2 lbs mahi mahi fillets
- 2 tablespoons olive oil
- 2 tablespoons fresh ginger, minced
- 1 tablespoon garlic, minced
- 1 tablespoon fresh lime juice
- 1/4 cup soy sauce
- 2 tablespoons honey
- 2 tablespoons dry red wine
- 1/8 teaspoon cayenne pepper (to taste)
- salt and pepper

Directions:

In a 1 gallon zipper bag, combine all ingredients except fish. Squish to combine. Add Mahi and seal, refrigerate at least 4 hours. Spray grill with non-stick cooking spray, then preheat to 475°F. Cook fillets about 4 minutes on the first side, then turn and cook another 2-3 minutes, depending on thickness. Trust yourself on the grill, based on the thickness of your fillets. Don't over cook your fillets.

Summer Grilling!

Milestones...

Kurt Friesland	20 years	4/01
Justo Diaz	5 years	4/26
Nick Braden	5 years	6/23

Safety Tip

Driving without both hands on the wheel can significantly increase your risk of a crash. Studies have shown that adjusting your radio or reaching for an object in your vehicle increases your risk of an accident nine times. Dialing a phone triples your risk. But texting is the worst, increasing the likelihood of a crash by 23 times. Make it a habit to put your phone on silent while driving. If you must call or text someone, pull off the roadway first.

Get Mentally Tough

When you face a setback, think of it as a defining moment that will lead to a future accomplishment.

Don't Forget "C"!

Vitamin C

Vitamin C is found in fresh fruits and vegetables and helps your body absorb all the calcium dairy has to offer. Try these combinations to boost your calcium intake!

- Add orange chunks or pineapple to your yogurt or cottage cheese
- Make your smoothie with blackberries, raspberries or kiwi
- Add milk and lemon to your tea
- Add broccoli to your macaroni and cheese