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## Deskercise!

- An Apple a Day: Stretch your arms up, one at a time, as high as you can, as if reaching to pick an apple out of a tree. Repeat 10 times, alternating sides.
- Hamstring Curls: Stand at the side of a chair with your left hand holding the chair for balance. Grab your right foot with your right hand (or grab your pants if you cannot reach your foot). Using your hand, pull your foot toward your buttocks and hold for 10-15 seconds. Your knee should be pointing isolating the pressure on your shoulders.
- For more deskercises: <http://uclivingwell.ucop.edu/deskercise>

Remember to consult your doctor before you begin any exercise program.

# Healthy on the Job!

## Workplace Wellness Newsletter

Volume 1  
Issue 1

Focus: Healthy  
Snacking

Family & Community Health Sciences  
Rutgers Cooperative Extension

## Snack Your Way to Better Health!

Many people believe that snacking throughout the day is a healthy living *faux pas*, but that is one myth that needs to be dispelled! According to research from the Mayo Clinic, "Eating a healthy snack [such as] low-fat crackers or fruit may stop you from taking second or third helpings at your next meal, dramatically cutting the calories you consume." But it is challenging to manage healthy snacks in the workplace, where vending machines beckon us with their high-sodium, high-fat, nutritionally-barren treats. Instead of chips, pretzels, and soda, the folks at Mayo Clinic suggest keeping fruits and vegetables, air-popped popcorn, vegetable juice, whole

wheat crackers or bread, nuts, granola, and low-fat dairy products at the office. Healthy servings of these foods will satisfy your hunger, boost your energy, and provide you with important nutrients. Keep in mind, however, that even the healthiest snacks can become dangerous to our daily diets if eaten for the wrong reasons. Elaine Magee, MPH, RD, LD, in her article "Easy, Healthy Workplace Snacks," warns against eating at the desk: "When you eat while trying to work, it's likely to be 'mindless eating.' This can lead to taking in more calories

than your body really needs." She also cites a French study that shows people who eat from boredom are not as likely as those who eat from genuine hunger to eat less at their next meal! So remember, if you eat them when you are genuinely hungry, a sufficient serving of a healthy snack will make a powerful ally to any healthy eating program.

Source:

[www.mayoclinic.com](http://www.mayoclinic.com)

**If you're a regular vending machine patron, try bringing a healthy snack from home instead. You'll save cash in addition to cutting calories!**

## 1 3-Session Employee Wellness Program Takes Off

Welcome to Workplace Wellness! Over the course of the next thirteen sessions, you are going to participate in an informative and exciting series of lectures dedicated to healthy living.

The nation's obesity rates are skyrocketing and health care costs are increasing rapidly. Research has shown that employees who participate in a workplace wellness program have fewer absences and health care

issues, and are more productive on the job. After each session you will be able to make wiser decisions about your personal health, and extend those lessons to the people you care about. Here's to your health!

## Recipe of the Week

If you like to snack during the workday but want to keep it healthy, try this simple treat from Eating Well magazine:

### Garden Cheese Roll-ups

Sweet and crunchy shredded carrots pair nicely with deli turkey and low-fat cheese in this perfect lunch or snack.

Makes 4 servings

Total time: 10 minutes

8 (8-inch) multigrain tortillas

12 oz fat-free cream cheese

1 cup shredded carrots

1 cup shredded lettuce

2 cups (8oz) reduced-fat mild cheddar cheese

8 oz low-sodium deli turkey sliced very thin

Spread one-eighth of the cream cheese over each tortilla covering it to the edge. Top each tortilla with 2 tablespoons carrots, 2 tablespoons lettuce, and 1/4 cup cheese, leaving a 1/2 inch border around the edge. Place turkey evenly on top. Roll up tightly. Eat as is, or wrap securely in plastic wrap and refrigerate for at least one hour. Remove from refrigerator and slice into 1/2-inch slices for easy pinwheels.

Nutrition information: Per serving: 258 calories; 4.9 g fat; 33.7 mg cholesterol; 21.6 g carbohy-

drates; 23.4 g protein; 2.5 g fiber; 697.9 mg sodium.

For more healthy recipes, visit the National Dairy Council at

[www.nationaldairyCouncil.org/Recipes](http://www.nationaldairyCouncil.org/Recipes)

### Healthy Habits at Home

**Cut calories while eating in restaurants. Ask for salad dressings, condiments, and sauces on the side. Use only enough to enjoy the flavor—you'll probably be surprised at what you don't need!**

**"No man in the world has more courage than the man who can stop eating after one peanut."  
-Channing Pollock, American playwright and critic**

### Top web sites

[www.njaes.rutgers.edu](http://www.njaes.rutgers.edu) Rutgers Cooperative Extension links to numerous fact sheets, articles and resources for NJ residents.

[www.njaes.rutgers.edu/health](http://www.njaes.rutgers.edu/health) Links to information, programs, and resources for families.

[www.usda.gov/wps/portal/knowyourfarmer?](http://www.usda.gov/wps/portal/knowyourfarmer?) The USDA's Know Your Farmer Know Your

Food provides resources to promote eating local foods and to promote healthy eating.

[www.nutrition.gov](http://www.nutrition.gov) Provides easy access to government information on food and human nutrition for consumers. Look for the shopping, cooking & meal planning booklets.

[www.fns.usda.gov/tn/parents/pyramidsnacks.html](http://www.fns.usda.gov/tn/parents/pyramidsnacks.html) Snack recipes for kids.

## Family and Community Health Sciences at Rutgers Cooperative Extension

Family and Community Health Sciences faculty work to improve the quality of life of people of all ages. We educate people to minimize or prevent family, work, and consumer problems. We focus on making life better in the areas of food, nutrition,

health and wellness. We also provide education in the areas of food safety, food allergies and environmental health. We provide unbiased, research-based information and strategies to help you enjoy life and strengthen your community.

Check out the *free* Healthy Snacking Fact Sheet from NJAES at Rutgers University: <http://getmovinggethealthynj.rutgers.edu/PDF/HealthierSnacks.pdf>