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Healthy on the Job!

Workplace Wellness Newsletter

Family & Community Health Sciences
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**Focus: Move More
at Work**

Deskercise!

- Neck Push: Keeping your head upright, hold the palm of one hand against your forehead, and press your head forward, resisting with your palm. Hold for 10 to 15 seconds. Now clasp your hands behind your head, and press head backward, resisting with your hands. Hold for 10 to 15 seconds. Repeat series to the left and right.
- Ready for Fight: Sit erect in a chair. Raise arms so elbows are flared in an outward position and hands are at shoulder level in front of your body. Keep hands at shoulder level and raise your elbows as high as you can.
- For more deskercises: <http://uclivingwell.ucop.edu/deskercise>

Remember to consult your doctor before beginning any exercise program.

The Health Benefits of Walking

Pedometers can help you track the number of steps you take each day. If you have one and use it often, congratulations! You have decreased your risk of some significant health risks! According to Serena Gordon, a reporter for *HealthDay*, "With just a couple of weeks of increased physical activity, you can start to reduce your risk of diabetes and heart disease." She draws her conclusions from a Danish study performed in March 2008 and published in an issue of the *Journal of the American*

Medical Association, which found that a decrease in steps per day from "taking elevators instead of stairs, parking your car in the closest space, or never walking to do errands," will "increase your risk of diabetes, heart disease and premature death." The changes can begin in as little as 14 days, and there doesn't need to be a fluctuation in weight. In addition to keeping disease risks low, walking can also keep good moods up! In a similar study conducted in 2005 by the American Psychological Association, researchers found: "The more people walk each day, the more

energetic they feel and the better their mood...In addition to more energy and better mood, self-esteem and happiness increase when people walk more. Also, walking appears to result in better nutrition." The results are undeniable—if you want to feel better physically and mentally, take it one step at a time!

Sources: Balasanian, Anna, et. al. "Amount of Daily Walking Predicts Energy, Mood, Personality, and Health." *American Psychological Association*, 2005.

Gordon, Serena. "Fewer Steps Per Day Send Diseases Markers Up." *Healthfinder*, 2008.

"Those who think they have not time for bodily exercise will sooner or later have to find time for illness."—Edward Stanley, Former Earl of Derby

Working Fitness

If you use your busy lifestyle as an excuse for inactivity, try these convenient work-related exercises:
-Walk or bike to work. If you must drive, park a few blocks away from

the office and walk the rest of the way.
-Take the stairs whenever you can, or run up the escalator.
-Start a lunchtime walking group with some co-workers.
-Schedule physical activ-

ity like you would schedule an appointment. Find these tips and more at the MayoClinic online: http://www.mayoclinic.com/health/fitness/HQ01217_D



Recipes of the Week

Two easy recipes you can take to work:

Chicken and Fruit Salad

Makes 4 servings

Total time: 20 minutes

1 lb roasted chicken breast

1 medium-size bunch spinach

2 medium-size pink or white grapefruit

2 medium-size red delicious apples

3/4 lb seedless green grapes

1/3 cup fat-free Dijon salad dressing

Remove and discard skin from chicken; tear chicken into bite-sized

pieces. Chop 1 cup loosely packed spinach leaves; set remaining aside. Cut peel from grapefruit; remove sections with knife. Cut peeled apples into 3/4-inch chunks. In large bowl, combine chicken, chopped spinach, fruit, and salad dressing; toss to coat. To serve, arrange remaining spinach leaves on platter, spoon chicken salad over spinach leaves.

Nutrition Information: Per Serving: 380 calories; 5 g fat; 95 mg cholesterol; 45 g carbohydrate; 40 g protein; 6 g fiber; 380 mg sodium.

Chickpea Dip

Makes 4 servings

Total time: 10 minutes

1/4 cup plain low-fat yogurt

1 tablespoon fresh lemon juice

1 teaspoon olive oil

1/4 teaspoon salt

1/4 teaspoon paprika

1/8 teaspoon pepper

1 (19 oz can) chickpeas, drained

Put all ingredients into a food processor or blender and blend until smooth. Serve at room temp with veggies, crackers or pita chips.

For more healthy recipes search the recipe index at Fruits and Veggies More Matters web site

<http://www.fruitsandveggiesmatter.gov>

Healthy Habits at Home

Taking kids trick-or-treating is a great way to add some steps to your week. If you don't have children, try a volunteer chaperone program. You will burn some calories and have a great time with a child in need. If you have kids of your own, encourage them to walk an entire neighborhood with you—no driving from house to house! Just remember to let the kids keep the chocolate.

Top web sites for additional info

www.getmovinggethealthynj.rutgers.edu Lots of resources, fact sheets and information! Look for the Walk NJ Point-to-Point challenge to inspire your colleagues to increase the number of steps they take per day.

www.americaonthemove.org Sign up for their Daily Tip of the Day.

www.americanheart.org The American Heart Association is a great resource for health informa-

tion and programs to encourage healthy lifestyle.

“Great eaters and great sleepers are incapable of anything else that is great.”—Henry IV of France

Links for additional ways to move more for better health

www.smallstep.gov

www.americaonthemove.org

www.thewalkingsite.com

<http://www.getmovinggethealthynj.rutgers.edu>



America on the Move's Tip of the Day:

Blaze new trails by checking out your city's parks, bike paths, and scenic areas. Garden, home, and gallery tours are other great ways to add extra steps to your day while learning more about

your town and local culture. Visit <http://www.nps.gov/parks/html> or <http://www.traillink.com/> to find parks and trails close to your home.