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RUTGERS

New Jersey Agricultural
Experiment Station

Deskercise!

- Do the Funky Chicken: Place your fingertips on your shoulders, elbows pointing out to the side. Pull elbows back as far as possible. Push elbows forward and touch them together. Repeat 10 times. Now, keeping fingertips at shoulders, lift elbows and then push them down to your sides, as if trying to fly. Repeat 10 times.
- Relax and Roll: Relax your shoulders and let your head roll forward, chin to chest. Slowly rotate your head in a circle without straining your neck. Repeat 5 times. Relax, then rotate in the opposite direction and repeat 5 times.
- For more deskercise, visit: <http://uclivingwell.ucop.edu/deskercise>

Consult your doctor before beginning any exercise program.

Healthy on the Job! Workplace Wellness Newsletter

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Focus: Self Defense

Women: Defend Yourself!

We all know the statistics on violence against women are gruesome: according to the National Organization for Women, each year 1,400 women are murdered by their significant others, 570,000 million women are battered, and 132,000 women are sexually assaulted. And these are just the cases that are reported! An estimated two to six times that number go unreported. Women in this country are ten times as likely as men to be attacked. Clearly, women need to be prepared! The Association for Women's Self Defense Advancement advocates setting up a safety perimeter. There are three important steps in this process:

1. **Accept responsibility:** According to the AWSDA, too many women let their safety fall into the hands of the police or judicial system, which can't always be there to protect everyone. Every woman must recognize that personal safety begins and ends with her. The woman who understands this will be more likely to take control of her life and her safety.
2. **Think Like the Enemy:** You will be able to better defend yourself if you do this. Know your



own vulnerabilities and be prepared, not paranoid.

3. **Take action:** Be mentally and physically prepared for an attack. Be aware of your surroundings at all times and be confident that you can be the victor in any situation, even one that turns violent. Also, take physical defense classes to prepare for the worst. They can teach you to prevent an attack, or to escape if one cannot be prevented.

When traveling alone, exude confidence. Attackers are usually looking for someone nervous and vulnerable.

Four Tips to Protect Your Family Online

The best ways to protect your family online:

1-Download software updates as soon as they become available.

2-Be cautious when downloading games & screensavers.

3-Look for important web site safety features when shopping online

4-Teach children to practice online safety procedures. They should never share personal information, address, phone number, passwords, schedules or school information, or vacation plans when online.

Recipe of the Week



Spinach Pesto Pasta

Makes 4 servings

Total time: 25 minutes

28 oz whole grain fettucine

1 tablespoon olive oil

1 garlic clove, minced

3 cups fresh spinach, stems removed

1 cup fresh basil leaves, stems removed

1/2 cup chicken broth, low-fat, low-sodium

1/4 cup grated parmesan cheese

1 15-oz can of cannelloni (white beans), rinsed & drained

1 cup chopped red bell pepper

1 teaspoon black pepper

Cook pasta according to directions on package. Drain & place in large mixing bowl. In a blender, add garlic, olive oil, spinach, basil, parmesan cheese, & chicken broth. Mix well until leaves are blended. Pour sauce over pasta. Mix until pasta is well coated. Add beans & red pepper. Lightly toss & serve.

Nutrition information: Per serving: 360 calories; 6 g fat; 5 mg cholesterol; 62 g carbohydrates; 16 g protein; 8 g fiber; 330 mg sodium.

For more healthy recipes, visit *Fruits and Veggies More Matter* at <http://www.fruitsandveggiesmatter.gov>

More info on self defense!

If you are aware of your surroundings and avoiding potentially dangerous situations, you will have begun to protect yourself. Keep your eyes open and always looking for an avenue of escape whether walking down the

street or driving in your car. Do not walk through a parking garage while talking on the cell phone.

Keep your car keys in your hand when walking through a parking garage or parking lot. As you approach the vehicle look under the car and between vehicles before getting close. Get into the car quickly and lock the doors immediately. Avoid overloading yourself by carrying large objects.

Be alert and aware at all times!



Teach your kids self-defense too!

The National Crime Prevention Council suggests children follow these tips to stay safe:

-Understand your surroundings. Walk or hang out in areas that are open, well-lit and well-traveled.

-Avoid shortcuts that take you through isolated areas.

-If going out at night, go out in a group.

-Make sure your friends and family know your daily schedule. If you make plans, let someone know where you will be and when you will return.

-Check out hangouts to make sure you will be comfortable with the area and the other people there.

-Look confident, like you know where you are going and act alert.

-Carry a cell phone if possible and make sure it is programmed with your parents' phone number.

-Report crimes in your neighborhood or at your school.

-If you have a dog, travel with it! A bark could ward off attackers.

-Trust your instincts. If a place or person just doesn't feel right, get away.

"Strength is the capacity to break a chocolate bar into four pieces with your bare hands—and then eat just one of the pieces."—Judith Viort

Featured Foods—Spinach (Popeye's Favorite)

The myth that spinach builds muscle mass was born in 1870 when Dr. Evon Wolf misplaced a decimal point and estimated the iron content was 10 times higher than any other green vegetable. Popping cans of spinach won't make you as strong as Popeye,

but it still has a wealth of health benefits. It protects against heart disease, helps prevent colon and prostate cancers, maintains good eye health, reduces the chance of brain damage after a stroke, and helps preserve healthy bones. *Source: Dr. Stephen Juan, University of Sydney.*