



### Big Business and Wellness Making Good Sense

Wellness, and how to integrate it into our work lives, has become the hottest topic in the business pages. And that should come as no surprise. Because, though it would be nice if this change were simply because of altruism, what's happening is that big business is finally realizing that the health of their employees and the health of their bottom line are inseparable. In other words, big business has learned that wellness is good business profitability. A study out of Harvard that showed that for each dollar spent on wellness programs, large companies got back \$3.27 in reduced health costs, and \$2.73 in costs connected to absenteeism. That's no small savings, since, according to a study by the Milken Institute, lost productivity due to chronic conditions like heart disease, hypertension, pulmonary conditions, and diabetes cost the U.S. \$1.1 trillion. Some employers may not yet be aware of the benefits to promoting healthy lifestyles. There are many resources available through groups such as the Canadian Cancer Society which may help employers develop strategies for their business.



"I've been rolling this thing on my abs for a month, and I don't see one bit of difference."



**Body Weight Exercises** are a simple effective way to improve fitness, balance, flexibility and stamina. Resistance training can be added to your weight room workout or can be performed when travelling, at home or even in the company lunch room. Choose exercises that focus on different areas; abs, chest, shoulders and legs.

**Burpees;**

- 1) start in a squat
- 2) move down into a push up
- 3) go back into squat
- 4) push off from squat and jump as high in the air as possible.

Repeat.

**Wall sit;**

- 1) slowly slide your back down a wall until the legs are parallel with the floor
- 2) Make sure the knees are directly above the ankles, keep the back straight
- 3) Hold for 60 seconds.

**Side plank;**

- 1) roll to your side
- 2) come up on one leg and one hand. Make sure you lift your hips and engage the core. (see picture above)

**Bicycle;**

- 1) place finger tips behind head
- 2) bring the right elbow to the left knee
- 3) Bring shoulder blades off the floor but do not pull on neck
- 4) switch sides while straitening leg. (Lower right picture)

Recipe

### Beet Chips

You will need a mandolin slicer to create this recipe, but even an inexpensive slicer will work.



- 2 large beets
- 2 tbls olive oil
- ½ tsp salt
- 1 tsp ground pepper

Preheat the oven to 300 degrees or 275 if using a convection oven. Peel the beets and slice to 1/16<sup>th</sup> of an inch thick. Toss them in a large bowl and toss with olive oil, salt and pepper. (Add rosemary or other herbs if you wish). Let beets sit for ½ hour to let the salt draw out moisture. Lay them on a baking sheet, barely touching and bake for about 1 hour. Cool on a plate and let them crisp up. Keep at room temp for 1 day or in fridge for longer storage. Re-crisp in oven at 400 for 10 minutes.

### Trivia Time

- By the age 60 most people have lost half their taste buds.
- The risk of heart attack is greater on a Monday than any other day of the week.
- Pregnancy in humans lasts on average 270 days (from conception to birth).
- The average human body has enough fat to produce 7 bars of soap.
- The left lung is smaller than the right lung to make room for the heart.
- Laughing lowers levels of stress hormones
- A giraffe can clean its ears with its 21 inch tongue
- 80% of women wash their hands in the bathroom while only 55% of men wash their hands.
- Honey is the only food that doesn't spoil



### Lighten Up! Get Rid Of The Clutter Now!

Do you feel stressed while in your own home? Do you have difficulty

finding your belongings? Can't open the freezer because the lid is piled high with junk? Can't use the spare room because it's stuffed full of odds and ends? If you have answered yes to any of these questions then you may need to clean up the junk. Owning too much stuff can be overwhelming and depressing. It's not just the amount of items we own, the problem is how we store and use our items. If we can't perform our tasks because clutter is getting in the way then we have a problem.

Setting up systems can really help with clutter management; First we need to make a list of all the things we do at home and then create a system to make each process run smoothly. Some people prefer to deal with one room at a time but another option is to choose an activity and track it from beginning to end. The activity could be doing laundry; run through the process and ask; can I deal with all aspects of doing laundry without having to move junk or look for equipment? During this process try to eliminate useless items, and before you know it, much of the junk will be gone! Dealing with clutter can be stressful but hoarding is a serious disorder which may need professional help. The fear of letting go of one's belongings can be an indication of deep emotional trauma.

To contribute ideas to the Wellness Newsletter please contact  
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### Combine Fitness, Food and Fun

Last weekend my husband and I took part in the Comox Valley Farm Cycle



Tour. By the end of a super fun day of visiting farms and tasting food and wine we had also completed at least 40kms of pedalling.

This felt like the perfect combination of a healthy fitness experience, social interaction, good food and fun. Incorporating more than 1 beneficial aspect helps me to combat training boredom. I know that I still need to get into the gym for regular workouts, but adding interesting activities really helps to keep up the enthusiasm.

### Get your fix with safe highs

To kick a craving, pick one food from each column.



FIBER



PROTEIN

Berries  
Apple  
Celery  
Flat bread  
Wheat Bran  
Broccoli  
Carrots  
Peppers  
Avacado

Cottage Cheese  
Peanut Butter  
Almond Butter  
Coconut Butter  
Greek Yogurt  
Low Fat Cheese  
Hummus  
Black Bean Dip  
Baked Beans

### EAT YOUR WAY TO A HEALTHY COMPLEXION

Focus on bright colours when it comes to choosing food for a healthy complexion! Blackberries, blueberries, strawberries and plums are considered to have a very high antioxidant capacity. Antioxidants protect cells from damage which helps to keep a youthful appearance but more importantly antioxidants can help protect against many skin diseases.

Betacarotene from pumpkin, carrots and sweet potatoes and Lutein from kale makes skin glow. Other food to consume include; Salmon, walnuts and flax which contain essential fatty acids to help to create healthy cell membranes acting as barriers to harmful substances and at the same time create passageways to deliver nutrients. Stronger cell membranes help to retain water in the cells preventing skin dehydration. It usually takes at least a month to notice results.



Thank you to the Parks Department who arduously scour the Town for invasive species such as the famed Rosa Plastica. It was later determined that the water resistant flowers had been purchased at a local thrift store.