LIFESTYLE TIPS

LifestyleTIPS© is a service of your EAP Provider:

AFFINITY OCCUPATIONAL HEALTH
EMPLOYEE ASSISTANCE PROGRAM
2700 W 9th Ave., Oshkosh, WI
1550 Midway Place, Menasha, WI
(800) 894-9327
(920) 720-1090

Timely Information for Personal Success

Get in Shape While Your Kids Play

By Tim Lencki

It's a nice day outside and you decide to take your kids to the park to play. Rather than just sitting on the park bench watching them run around, why not join in and get some exercise yourself? Here are a few exercises to help tone your muscles and burn a few calories while at the park.

#1: Playground Push-Up - Place your hands about shoulder-width apart on a playground platform that is about waist high. Keep your feet planted about four feet away from the platform and your elbows straight. Keep your body straight and slowly bend your elbows until your chest just about touches the platform, then push yourself back to your starting position.

#2: Park Bench Dips - Sit on a park bench and then lift your body weight up and out, palms on the edge of the bench, facing out and your elbows straight. Your knees will be bent and your feet flat on the ground. Bend your elbows and then straighten to dip down and up. Be sure not to rock back and forth *away from* and *back to* the bench. Instead, keep your back very close to the bench during the entire movement and limit the movement to *up and down*.

#3: Park Bench Step-Ups - Stand in front of a park bench and step up, then back down, making sure your heels aren't hanging off the edge of the step. Park benches are pretty high, making this exercise quite a challenge, and one you'll want to perform fairly slowly to maintain good form. If you're a beginner, choose a lower step to use instead of the bench. Be sure to keep your back straight and get your entire foot planted on the bench with each step.

Go through each of these exercises one by one, doing each for approximately 30-60 seconds and then switching quickly to the next exercise. Try this circuit one to two times, 2-3/days per week. ■

Tim Lencki, MS, CSCS, is a strength and conditioning specialist, author, and speaker. He can be reached at tim@personalfitnesspros.com or visit www.personalfitpros.com.

CLIP-N-SAVE! www.eatingwell.com

Healthy Recipe: Quick Tuna Burgers

INGREDIENTS:
- Two 5-6 ounce cans chunk light tuna, drained
- 1/2 cup coarse whole-wheat breadcrumbs
- 1/2 cup low-fat mayonnaise
- One 4-ounce jar chopped pimientos, drained
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped onion
- 1/2 teaspoon bay seasoning
- 1 tablespoon extra-virgin olive oil
- 4 whole-wheat hamburger buns
- 4 lettuce leaves
- 4 slices tomato

NUTRITIONAL VALUE:
- Calories per serving: 321
- Carbohydrates: 39 g.
- Protein: 17 g.
- Fat: 12 g.
- Fiber: 5 g.

DIRECTIONS:

❶ Combine tuna, breadcrumbs, 1/4 cup mayonnaise, half of the pimientos, celery, onion and 1/4 teaspoon bay seasoning in a medium bowl, breaking up any larger pieces of tuna until the mixture is uniform and holds together.

❷ Combine the remaining mayonnaise, the remaining pimientos and 1/4 teaspoon bay seasoning in a bowl.

❸ Heat oil in a large nonstick skillet over medium heat. Using a generous 1/3 cup each, form the tuna mixture into four 3-inch burgers. Cook until heated through and golden brown, about 2 minutes per side.

❹ Spread the top half of each bun with pimiento, mayonnaise and place a burger, lettuce and tomato on the bottom half.

LifestyleTIPS©
2013© Impact Publications, Inc.
PO Box 322, Waupaca, WI 54981
Phone: 715-258-2448
Fax: 715-258-9048
Website: www.impact-publications.com
Email: info@impacttrainingcenter.net

Publisher: Scott Kolpien
Health Consultant: Tim Lencki
Managing Editor: Mike Jacquart

LifestyleTIPS© is published as a monthly insert included with an EAR subscription. Contents are not intended as a substitute for actual medical advice. Editorial material should be used with discretion by the reader and is not endorsed by the owner, publisher, editors, or distributors.

To order a personalized, color version of *LifestyleTIPS*© with the name of your EAP, call 715-258-2448 or email us at info@impacttrainingcenter.net.
Pricing will vary depending on the quantity ordered.

Questions and Answers

Cracking Knuckle Myths

Q: *Does cracking your knuckles cause arthritis?*

A: No. Remember as kids growing up we would crack our knuckles and our parents would tell us to stop doing it because it would cause arthritis when we got older? Well…mom and dad may have been telling a little fib to stop us from doing it because they couldn't stand the sound. So what is it that causes that "cracking" or "popping" sound? It is said to be caused by air or gas bubbles being released in your joint. Only a few studies have looked into the question whether cracking your knuckles causes arthritis. The research suggested that there is no relationship between habitual knuckle cracking and arthritis. One thing they *did* find, however, was that cracking your knuckles could lead to a greater likelihood of hand swelling and decreased grip strength. In conclusion, if you were (or still are) a knuckle cracker, the consequences may not be as bad as mom and dad made it sound. ■

Source: www.wasmomwrong.com/blog

The Colors of Food Offer Benefits

Many fruits and vegetables are colorful and vibrant. The variety of colors in these foods can be beneficial. Let's examine some of them:

❖ **Red** foods tend to be very heart healthy and are potential cancer fighters. These foods include beets, cherries, cranberries, pink and red grapefruit, pomegranates, radishes, raspberries, red apples, red grapes, red onions, red peppers, strawberries, tomatoes and watermelon.

❖ **Yellow** and **orange** foods are rich in vitamin A, which support healthy vision while the citrus family is loaded with vitamin C, which can help fight infections. These foods include apricots, butternut squash, cantaloupe, carrots, grapefruit, lemons, mangoes, nectarines, orange, tangerines, orange peppers, papayas, peaches, pineapple, pumpkin, rutabaga, sweet corn, sweet potatoes and yellow apples.

❖ **Green** vegetables are nutrient powerhouses and potent disease fighters. These vegetables include artichokes, asparagus, avocado, broccoli, Brussels sprouts, celery, cucumbers, green apples, green beans, green grapes, green peppers, leafy greens, lettuce, peas, spinach, sugar snap peas and zucchini.

❖ **Blue**, **purple**, and **black**-colored foods are thought to help protect against age-related memory loss, as well as help maintain heart health, prevent urinary tract infections and decrease risk of cancer. They include blackberries, blueberries, boysenberries, eggplant, plums, purple asparagus, purple grapes, purple peppers, prunes and raisins. ■

- Tim Lencki