

Workplace Ergonomics

Do you sit at a desk for hours at a time for work? Do you ever feel sore, experience back or neck pain, or have pain in your fingers? If so, you may not be practicing proper ergonomics. Ergonomics is the science of refining the design of products to optimize them for human use.

According to the National Safety Council, factors that contribute to poor ergonomics include working in awkward positions; having a poorly set-up workstation; overexerting yourself when lifting, pushing or pulling; and sitting for too long in one position.

- Ensure your chair is adjusted so your feet rest on the floor and your knees are level with your hips. Use a footrest if your chair is too high for you to comfortably rest your feet on the floor.
- Use a cushion between the curve of your back and the back of your chair for lumbar support.
- Position your computer mouse close to your keyboard, and keep your wrist relaxed when using the mouse.
- Keep your wrist in a straight position when typing – not bent up or down – and consider using a wrist rest to help minimize stress.
- Continuous cradling of a phone between your head and neck can cause strain. Use a headset to eliminate this issue.
- Keep your monitor about an arm's length in front of you.
- Pay attention to your posture. Keep your body centered in front of your monitor and keyboard, and your thighs horizontal with your knees.

Source: National Safety Council

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Make healthy sleeping habits part of your daily routine!

Getting a good night's sleep is important for your overall health and well-being. You can make subtle changes to your daily routine to help you get a sound night's sleep.

- Avoid caffeine and other stimulants late in the day.
- Exercise regularly (but not right before bed).
- Create a daily bedtime/wake-up schedule and stick to it — even on weekends.
- Limit your use of electronics before bed.
- Relax before bedtime by taking a bath or reading a book.

A good night's sleep is a great jump start to a healthier lifestyle. Getting the right amount of sleep can help you revive your energy, think and focus more clearly, and fight infections.

Source: National Institutes of Health





September is Prostate Health Awareness Month

Prostate cancer is the second most common cancer among men in the United States. The *prostate* is a walnut-sized organ located just below the bladder and in front of the rectum in men.

Men can have different symptoms for prostate cancer, while some men do not have symptoms at all. Symptoms include, but are not limited to:

- Difficulty starting urination
- Frequent urination (especially at night)
- Weak or interrupted flow of urine
- Blood in the urine or semen

In Broward County, from 2011-2015, there were 5,244 new cases of Prostate Cancer. For every 100,000 men, 99 Prostate Cancer cases were reported. Over the same period, there were 910 men who died of Prostate Cancer.

There is no way to know for sure if you will get prostate cancer. Who are at greatest risk?

- Men who have a family history
- African-American men
- Older men (usually age 50 and older)

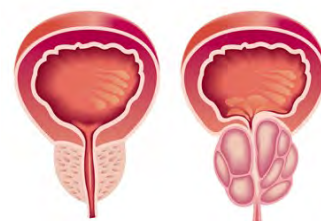
If you are concerned that you may have a greater risk for prostate cancer, talk to your doctor about screening and see if it is right for you.

Source: CDC



1 in 6 men

will be diagnosed with prostate cancer in his lifetime



Normal prostate

Prostatic hypertrophy



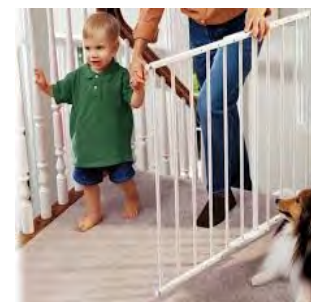
Did you know that hundreds of children younger than 1 year die every year in the United States because of injuries — most of which could be prevented? Parents and caregivers play a huge role in protecting children from injuries.

Safety Tips

- Choose and use age and developmentally appropriate products and make sure you're aware if a product you own has been recalled.
- Read and follow all manufacturer's instructions, recommendations for use, and warning labels, and frequently inspect products for missing hardware, loose threads and strings, holes, and tears.
- Monitor your child's growth and development and discontinue use when needed.
- Actively supervise- watch, listen and stay near your child.
- Babyproof by getting down on your hands and knees and think like a baby! This allows you to inspect different aspects of the home and safety measures in general.
- A baby should always be put to sleep on his back for every sleep and should always be alone in his/her crib with no toys, bumper pads, pillows, etc.

For more safety tips, visit www.healthychildren.org

Sources: JPMA, Healthy Mothers Healthy Baby, and American Academy of Pediatrics





About 1 in 6 (17%) children in the United States is obese. **National Childhood Obesity Awareness Month** provides a chance for all of us to learn more about this serious health condition. While there is no simple solution, there are many ways communities can support children with their journey to good health. Among children of the same age and sex, overweight is defined on CDC growth charts as a BMI at or above the 85th percentile and lower than the 95th percentile. Obesity is defined as having a BMI at or above the 95th percentile.

- Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease like high blood pressure and high cholesterol compared to their normal weight peers.
- Children with obesity can be bullied and teased more than their normal weight peers. They are also more likely to suffer from social isolation, depression, and lower self-esteem.
- Children with obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems.

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Ways Parents Can Help Prevent Obesity and Support Healthy Growth in Children

- Be aware of your child's growth. and use [CDC's Child and Teen BMI Calculator](https://www.cdc.gov/ncbddd/odads/aag/bmi-calculator.html) found on www.cdc.gov to screen your child for potential weight issues.
- Provide nutritious, lower-calorie foods such as fruits and vegetables in place of foods high in added sugars and solid fats.
- Make sure drinking water is always available as a no-calorie alternative to sugary beverages and limit juice intake.
- Help children get the recommended amount of physical activity.
- Be a role model! Eat healthy meals and snacks.
- Remember that the goal for children who are overweight is to reduce the rate of weight gain while allowing normal growth and development. Children should NOT be placed on a weight reduction diet without the consultation of a health care provider.

Source: CDC





All meals don't have to be restaurant quality or even what most of us would consider a meal. Any combination of protein, healthy fats, produce, and non-processes grains can qualify as healthy meal.

Orange and Avocado Salad



Ingredients for Cilantro-Lime Vinaigrette

- 1 cup packed cilantro
- ½ cup extra-virgin olive oil
- ¼ cup lime juice
- ¼ cup orange juice
- ½ teaspoon salt
- Pinch of minced garlic

Ingredients for Salad

- 2 large oranges
- 8 cups mixed salad greens
- 1 avocado, diced
- ¼ cup slivered red onion

How to Make

- To prepare vinaigrette: Puree cilantro, oil, lime juice, orange juice, salt, pepper and garlic in a blender or food processor until smooth.
- To prepare salad: Slice both ends off oranges. With a sharp knife, remove the peel and white pith; discard.
- Working over a salad bowl, cut the segments from their surrounding membrane; discard the membrane. Add greens, avocado, onion and vinaigrette; toss to coat. (Refrigerate the extra dressing for up to 2 days.)

Source: Eating Well

Why spend hours cooking a gourmet feast when a nutritious meal could be only less than 30 minutes from getting from the kitchen to your plate?

Do you like quinoa? It's quick and easy to try different lunch ideas with quinoa. Try adding any amount of toppings to your liking such as onions, peppers, tomatoes, and artichokes. And because you can serve it cold, this is an awesome next-day leftover to bring to work!



Spinach Quesadillas

- 3 ounces fresh baby spinach (about 4 cups)
- 4 green onions and 1 small tomato, chopped
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- ¼ teaspoon garlic powder
- 1 cup shredded reduced-fat Monterey Jack cheese or Mexican cheese blend
- ¼ cup reduced-fat ricotta cheese
- 6 whole wheat tortillas (6 inches)

Directions

In a large nonstick skillet, cook and stir first six ingredients until spinach is wilted. Remove from heat; stir in cheeses. Top half of each tortilla with spinach mixture; fold other half over filling. Place on a griddle coated with cooking spray; cook over medium heat until golden brown, 1-2 minutes per side. Cut quesadillas in half; if desired, serve with low-fat sour cream.

Sources: Taste of Home, Eating Well

It's September; what's in season Florida?

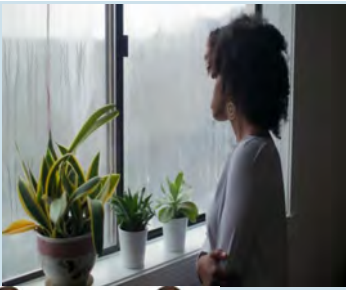
Avocado, Guava, Mushroom, Tangerines, Grapefruit, Peanuts, and Oranges

Source: Florida Department of Agriculture and Consumer Services



Home Workouts for the Rainy Season

The gloomy, muggy weather makes you way too lazy to head to the gym and you have to skip the jog when it's raining. How do you deal with that? Well, the best solution is to make your home, your gym.



- **Spot Jogging:** Jogging can be done indoors as well. Lift your knees and move them back to the ground. Move the arms and legs like a running action. (Calories burned—Approximately 215 calories for 30 minutes.)
- **Skipping:** If you want to opt for a good cardio workout, skipping works the best. It helps improve cardio-respiratory fitness, flexibility and co-ordination. It is a high-impact exercise and is great for building bones and it's a good exercise to shed weight off your hips, thighs and sides. (Calories burned— Approximately 560 calories per hour.)
- **Plank:** Get into a push-up position. Bend your arms and move down towards the floor. Hold position with your arms extended. This exercise could be challenging but is great to tone your core areas (abs, back and stabilizer muscles). Challenge yourself and see how long you can remain in your plank position.
- **Yoga:** Yoga is aimed at uniting the body, mind and spirit. Not only does it help you become more aware of your body posture, alignment and patterns of movement, it also makes the body flexible and helps you relax. (Calories burned— Approximately 280 calories per hour.)
- **Pilates:** It emphasizes on the development of the body through core strength, flexibility and graceful movements. This exercise wakes up the body and promotes blood circulation and breathing. (Calories burned— Approximately 260 calories per hour.)

Source: Anytime Fitness

Please consult your healthcare provider before starting on any diet or exercise program.

What Makes Your Brain Wake Up?

- As soon as you get out of bed, drink a glass of water. A drink of water first thing in the morning will help kick your body's metabolism into gear.
- When your alarm goes off in the morning, get up! Make sure you get to bed at the proper time the night before, so you get enough sleep. Hitting the snooze only delays the inevitable and often causes anxiety if you have to rush to get ready.
- Turn on the lights! Opening the curtains and turning on the lights will help stimulate the brain. In response, the brain will release certain neurotransmitters, such as serotonin and dopamine, which can elevate your mood.
- Eat! Breakfast is the most important meal of the day. Eating a healthy breakfast will fuel your brain and body.
- Exercise your brain. If you have time to spare before work, do a crossword puzzle or play a game on your smartphone that requires you to think. Getting your brain working with simple games can help you be more productive the whole day long!

Did you know?

Reducing the sodium Americans eat by 1,200mg per day could save up to \$20 billion a year in medical costs. Obesity-related illness, including chronic disease, disability, and death, is estimated to carry an annual cost of \$190.2 billion.

Source: U.S. Department of Health and Human Services

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