

everyday health



www.fourcorners.ne.gov

2101 N. Lincoln Ave., York, NE

(877) 337-3573

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Liquid Gold

Ready in: 10 minutes ♦ Serving Size: 2 Tbsp
Vegan, Gluten Free, and Grain Free

- 1/2 cup cooked chickpeas (rinsed & drained)
- 1 Tbsp nutritional yeast
- 2 small cloves garlic (skin removed)
- 1 Tbsp lemon juice (or substitute lime juice)
- 1 Tbsp tahini (or cashew butter)
- 1/4 tsp sea salt
- 1/4 tsp ground turmeric
- 1/4 tsp curry powder
- 1/8 tsp ground cumin (omit for a milder sauce)
- 1 dash cayenne pepper (omit for less heat)
- 2 tsp maple syrup
- 1/3 cup water, more as needed.

1. In a small blender, add all ingredients.
2. Blend on high until creamy and smooth. Add more water if needed to make a thick pourable sauce.
3. Use immediately, or store in refrigerator for up to one week.
4. Perfect for use on anything! Great on roasted sweet potatoes, burrito bowls, salads and more! Use as a healthier substitute for ranch dressing.



Nutrients per serving: **35 calories, 1.3g fat (0.2g saturated), 1.1g fiber, 4.5g carbohydrates, 1.5g sugars (0 added sugars), 1.6g protein, 96mg sodium, 50mg potassium**

Recipe source: <https://minimalistbaker.com/5-minute-liquid-gold-sauce-oil-free-plant-based/>

SUPER BOWL FANS Don't Let Fans Drive Drunk.

DESIGNATE
A SOBER
DRIVER!

SUPER BOWL

Take a Break!

Some of us need a gentle push to get away from our desks for regular breaks. Work with a buddy or partner in your office to be accountable for each other's breaks throughout

the week. By incorporating relaxation into your life, you can drastically reduce the stress levels in the body and improve both your physical and mental health.

Source: <https://www.workplacestrategiesformentalhealth.com/newsletter/healthy-break-activities>



Be Active at Work

Waiting for the photocopier, the microwave, or for co-workers to vacate the meeting room you've booked? Take a little stroll, or even do some small exercises like calf-raises, squats

or lunges (and if you've started a group fitness challenge, no one will think you're strange for doing it!).

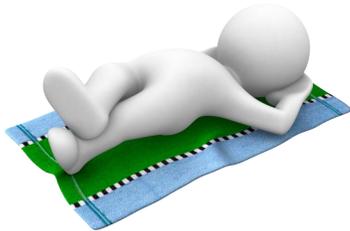
Source: Medibank *LiveBetter*
<https://www.medibank.com.au/livebetter/be-magazine/exercise/13-ways-to-be-more-active-in-the-workplace/>



Stress Management Corner: Rest to Prevent Fatigue

Fatigue is the state of feeling very tired, weary or sleepy resulting from not enough sleep, prolonged mental or physical work, or extended periods of stress or anxiety. Fatigue in the workplace can be considered a form of impairment, making fatigue a workplace hazard.

Some research studies have shown that when workers have slept for less than 5 hours before work or when workers have been



awake for more than 16 hours, their chance of making mistakes at work due to fatigue are greatly increased.

Research has shown that the number of hours awake can be similar to blood alcohol levels.

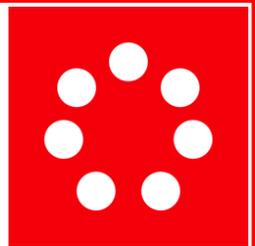
One study reports the following:

- 17 hours awake is equivalent to a blood alcohol content of 0.05
- 21 hours awake is equivalent to a blood alcohol content of 0.08 (legal limit)
- 24-25 hours awake is equivalent to a blood alcohol content of 0.10

Solution: Make time for breaks, rest, and sleep. Your employer, family, and friends need you and want you to be safe.

Source: <https://www.ccohs.ca/oshanswers/psychosocial/fatigue.html>

App of the Month: J & J 7-minute Workout



This free App - **J&J Official 7 Minute Workout**, is designed by Chris Jordan, Director of Exercise Physiology at the Johnson & Johnson Human Performance Institute. Available for free for both Apple and Android devices.

Key Features:

- Workout Library contains 22 preset workouts, varying in intensity and duration
- Workouts are designed to fit your schedule, ranging from 7 to 32 minutes
- 72 exercises and 22 workouts you can customize to create over 1,000 variations – from easy to hard
- Smart Workout feature gauges your fitness and motivation level and creates a variety of workouts specifically for you
- Create custom workouts targeting multiple focus areas and workout intensity
- Control music and audio prompts from your device
- Learn the exercises with 72 high-definition video tutorials
- Set workout and inactivity reminders to help you stay on track
- Share your workouts via Facebook and Twitter

Source: <https://www.pcmag.com/news/the-best-fitness-apps-for-2020>

Be Heart Smart

Be More Active

Avoid Tobacco

Exercise!

Get at least 150 minutes of exercise a week to lower cholesterol and blood pressure.

Don't smoke!

Smoking cigarettes greatly increases your risk for heart disease.

Eat healthy!

Eat foods high in fiber and low in saturated fat, trans fat, salt, and cholesterol.

Choose Better Nutrition

OPERATION
★ Live Well ★



E-Cigarettes Don't Have Tobacco. Does that make them safe?

Not quite. E-cigarettes can still be highly addictive, and while you never know exactly what you're vaping, there can be a whole lot more than water in that vapor. Including nicotine and a lot of the same chemicals found in old-fashioned deadly tobacco cigarettes.

LIKE FORMALDEHYDE
ALSO FOUND IN DEAD PEOPLE



OR CADMIUM
LIKE IN BATTERIES



OR ARSENIC
LIKE IN BUG SPRAY



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