

Healthy Talk

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Exercises at Work

On average, Canadians spend nearly 10 hours a day sitting, while only getting about 7 hours of sleep. All this sitting can lead to some serious problems such as weight gain, heart diseases, diabetes, posture problems, and chronic body pain. Since most of our sitting occurs at work, one can't really escape from it. However, there are a number of exercises/stretches you can simply do at your desk. Listed below are a few:

• Leg Planks

Simply sit to the edge of your chair with your knees bent and feet on the floor. Gently extend your right leg out in front of you until it's straight and parallel with the floor. Hold the pose for 10 seconds, release, and repeat with your other leg. Do the exercise five times on each leg.

• Foot Drill

Another exercise to do at your desk is the Foot Drill. Remember how football players tap their feet in place while at practice? You can do the same thing at your desk! While seated, try tapping your feet for 30 seconds at a time – or longer if you can!

• Shoulder Raises

These are a great way to relieve tension in your neck. Raise your shoulders up toward your ear, hold for 10 seconds, and relax. For an even bigger stretch, do just one shoulder at a time, then alternate five times each.

• Back Twist

Relieve tension in your back by doing this great back twist. To start, sit in your chair and place your right arm behind your right hip. Twist to the right side and hold for 10 seconds, then repeat on the other side. Aim to do three on each side.

• Chair Dip

While seated, place your hands on the armrest of your chair and move your bottom to the front of your seat. Slowly straighten your arms and lift your body off the chair, then hold for 10 seconds. Return to the starting position and repeat four more times.

(Source: [6 Simple Exercises To Do At Your Desk](#))

*"The best six doctors anywhere and no one can deny it are sunshine, water, rest, air, exercise and diet."
~Wayne Fields, PhD*



Source: [Office Chair Exercises](#)

Check out the following websites to get hold of some of the best recipes:

- [Delish](#)
- [Eating Well](#)
- [The Food Network](#)

Burrito Zucchini Boats

This summer, try this quick, tasty, and healthy recipe by Delish US (you won't regret it):

Prep Time: 10 minutes

Cook Time: 45 minutes

Servings: 6

Ingredients:

- 3 zucchini, halved lengthwise
- 2 tbsp. extra-virgin olive oil, divided
- Kosher salt
- Freshly ground black pepper
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 lb. ground beef
- 1/2 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/4 tsp. paprika
- 1/2 c. black beans
- 1/2 c. chopped cherry tomatoes
- 1/2 c. corn
- 1 c. shredded cheddar
- 1 c. shredded Monterey jack
- Freshly chopped cilantro, for garnish

Directions:

1. Preheat oven to 350°. Score zucchini (like you're dicing an avocado) and scoop out insides, reserving them for later. Place zucchini halves cut side-up into bottom of 9"-x-13" baking dish and drizzle with 1 tablespoon oil; season with salt and pepper. Bake until zucchini turns bright green and is just beginning to soften, 10 minutes.
2. In a large skillet over medium heat, heat oil. Add onion and reserved zucchini and cook until soft, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute more. Add ground beef, breaking up the meat with a wooden spoon. Cook until beef is no longer pink, about 6 minutes. Drain fat.
3. Stir in chili powder, cumin, and paprika, then season with salt and pepper. Stir in black beans, cherry tomatoes, and corn.
4. Spoon beef mixture into zucchini then top with cheeses. Bake until zucchini is just tender and cheeses are melted, about 15 minutes. Garnish with cilantro before serving.



Source: [Burrito Zucchini Boats](#)

International Self-Care Day

July 24th marks International Self-Care Day, a day to care for ourselves through different means. There are seven pillars of self-care (courtesy of the [International Self-Care Foundation](#)):

1. Health literacy – the capacity of individuals to obtain, process and understand basic health information and services needed to make appropriate health decisions

2. Self-awareness of physical and mental condition – includes: knowing your body mass index (BMI), cholesterol level and blood pressure; engaging in health screening.

3. Physical activity – practicing moderate intensity physical activity such as walking, cycling or

participating in sports at a desirable frequency.

4. Healthy eating – includes: having a nutritious, balanced diet with appropriate levels of calorie intake.

5. Risk avoidance or mitigation – includes: quitting tobacco use, limiting alcohol use, getting vaccinated, using sunscreen.

6. Good hygiene – includes: washing hands regularly, brushing teeth, washing food.

7. Rational and responsible use of products, services, diagnostics and medicines – includes: being aware of dangers, using responsibly when necessary.



<https://www.heartandstroke.ca/>

FREE wellness events to attend with family and friends:

- [Mental Health Conference & Expo](#)
Tue, May 7, 2019
9:00 Am – 3:30 Pm
- [Markham Wellness Circle - Eating For Your Health](#)
Wed, May 22, 2019
7:00 Pm – 8:30 Pm
- [Fertility Health & Yoga: A Naturopathic Approach](#)
Thu, June 6, 2019
7:00 Pm – 8:30 Pm
- [Pilates In The Park With Zhanna](#)
Wed, 24 July, 2019
6:00 Pm – 7:00 Pm

For more events click [here](#)

Global Employee Health & Fitness Month

Global Employee Health and Fitness month takes place every year in May to encourage employers and their employees to get involved in various activities to promote health and wellness initiatives. To get your team involved this may, you could try some of the ideas listed below:

- Plan an outdoor picnic or BBQ with physical activities
- Do team challenges; there are many apps available for this (ex. Stridekick or Spiff)
- Encourage employees to bring in healthy cooking recipes
- Organize yoga classes for your team to relieve stress
- Encourage employees to take the stairs over elevator