

news & notes

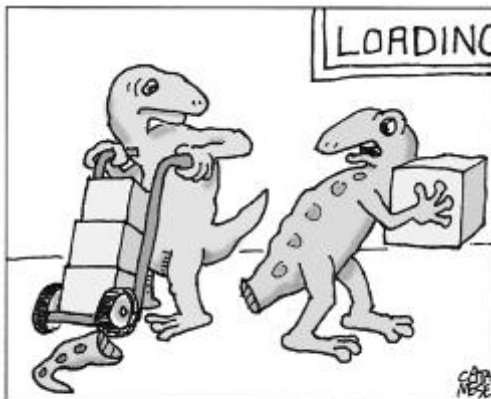
FOOD FACTS: TRUE OR FALSE?

Keep weight-loss resolutions by knowing food facts. Circle T for True or F for False:

1. Fat-free products always have fewer calories. **T F**
2. Nuts have too much fat to eat when dieting. **T F**
3. Fast foods are OK to eat when dieting. **T F**
4. Skipping meals helps lose weight. **T F**
5. Eating after 8:00 p.m. will wreck my diet. **T F**
6. Weight-lifting to "bulk up" is bad for my diet. **T F**
7. Dairy products are OK to eat when dieting. **T F**

FOOD FACTS: ANSWERS

1. F—Some fat-free products add high-calorie sugar, flour, or starch.
2. F—Choose half-ounce portions to get healthy fats, protein, fiber, and minerals.
3. T—Choose grilled items, water, and fat-free milk instead of super sizes, fried foods, and sodas.
4. F—Studies show that people who eat a healthy breakfast, for example, lose more weight than those who skip it.
5. F—Time of day does not matter; calorie count and activity level does.
6. F—Muscle burns more calories than fat.
7. T—Choose low- or no-fat dairy products.



"Dude - this is like the fourth time I've had to grow my tail back."



January 2010

Repeat Resolutions

They're better than repeat accidents!

Are you going to make a repeat resolution to work more safely this year? That's a great idea! And a good place to start is to cut down on repeat accidents.

What causes repeat accidents?

- **High-risk jobs** involving hazardous chemicals, dangerous equipment, and confined spaces
- **High-stress jobs** without adequate built-in relief, such as enough staff or sufficient break times
- **Seasonal jobs** that involve periodic high-volume work, which can create accident clusters
- **Repetitive jobs** that can cause ergonomic injuries
- **Repeat injuries** from previous injuries that did not heal properly, possibly because of returning to work too early
- **Referred injuries** from overcompensation of other body parts to make up for the injured body part, such as hip problems from adjusting the gait to accommodate a knee injury

Who causes repeat accidents?

- **Stoic "tough guys"** who work through any injury and consider it a sign of weakness to do otherwise
- **Angry people** who let passion distract them from working safely because they're "just so angry they can't see straight"
- **Easily distracted people** who don't pay enough attention to what they're doing
- **Disengaged workers** who don't care enough to be careful
- **Tired people**, including shift workers, whose lifestyle doesn't give them enough energy or alertness to work safely
- **Workaholics** who won't stop to report for fear of losing work time
- **Shy workers** who won't draw attention to themselves by reporting an incident and risking an investigation of their work

Do you recognize yourself in any of these characters? If so, resolve to stay safe this year. And check **news & notes** for what you can do to stop repeat accidents.

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WEIGHT LOSS RESOLUTIONS

Choose the healthy way with tips from the Weight-control Information Network (WIN):

UNHEALTHY: Fad diets don't work because:

1. They're so strict you don't stay on them.
2. They may not provide proper nutrients.
3. Losing more than 3 pounds a week can increase risk of gallstones.
4. Eating less than 800 calories a day can disrupt heart rhythms.

HEALTHY: WIN recommends:

- Losing ½ to 2 pounds a week
- Eating moderate portions of a variety of foods
- Building activity into your life

UNHEALTHY: High protein/low carb diets can be dangerous because:

1. Eating mostly meat, eggs, and cheese may give you too much fat and cholesterol, which can raise heart disease risk.
2. Eating too few fruits, vegetables, and whole grains may lead to constipation.
3. Eating fewer than 130 grams of carbs a day can lead to the buildup of ketones (partially broken-down fats) in your blood, which can lead to gout and kidney stones.

HEALTHY: WIN says follow a reduced-calorie eating plan with recommended amounts of carbohydrate, protein, and fat in a wide variety of foods.

Winter Workout Wellness

Keep fit in the cold

Winter weather making you want to stay inside and sip hot cocoa? Go ahead—after you've exercised! Here are two reasons to keep fit in the winter months:

1. Staying active helps beat the cold weather blues.
2. Moving around keeps you warm.

There are many fun ways to stay active in the season of short days.

Indoors ...

- Walking at the mall or school halls
- Indoor roller or ice skating
- Bowling
- Parks and rec classes in aerobics, yoga, tae kwon do, or other activities
- YMCA membership for access to exercise equipment, indoor pools, and leagues for basketball, volleyball, and other activities

... and Out

- Downhill skiing
- Cross-country skiing
- Snowboarding
- Sledding
- Ice skating
- Winter hiking

No More White Bread!

Study says whole grains are healthier

If you're thinking of making a nice sandwich for a meal or snack today, make the healthier choice and use whole wheat rather than white bread. Why? Because a diet rich in whole grains may help fight belly fat and also provide the added benefit of lowering your risk of heart disease.

A university study reported by WebMD found that people who followed a weight-loss program that incorporated whole grain bread, cereal, and other whole-grain products like brown rice lost more body fat from the midsection than those who ate only refined grains such as white bread and white rice.

The study focused on 50 obese adults at risk for heart disease. Each of two groups cut calories for 12 weeks. One group was asked to eat only whole-grain products, and the other group was asked to eat no whole-grain products. Both groups saw reductions in body fat, but the whole-grain eaters lost "significantly more body fat from the abdominal region" than those who ate refined grains. The whole-grain eaters also saw a drop of 38 percent in C-reactive protein (CRP), an indicator of inflammation linked to heart disease.

Whole grains are found in many commonly eaten foods, including whole wheat, whole oats and oatmeal, popcorn, brown rice, and wild rice.

