



MARCH
2018

10 Simple Ways To Spring Clean Your Health

Ah, spring. There's something simply magical about the season. Even perpetually peppy birds seem to have a little more cheer in their chirps.

But there's nothing that can kill your warm weather-induced buzz faster than the idea of **"spring cleaning."** Not to worry, we're not going to tell you to set aside several days for massive home cleaning (good grief, can you imagine?). Instead, we've got 10 essentials to help you kick your healthy habits up a notch with nary a cleaning binge in sight.

1. Choose in-season, local produce

Seasonal produce offers more flavor as well as price savings, says Keri Gans, RD, a New York-based nutritionist and author of *The Small Change Diet*. Local produce supports farmers and also spares the environment by eliminating long-distance delivery systems. And spring is the perfect time to take advantage of your neighborhood's bounty.

2. Schedule screenings and doctor appointments

Plan ahead to keep track of wellness appointments during the year. "There is no test that a woman needs annually if they are of average risk for any of the diseases usually screened," says Robert Blackman, MD, an internist with Healthcare Partners Medical Group in Los Angeles. Talk with your doctor for a plan that suits your needs.

3. Venture outside

Walking for exercise benefits your cardiovascular system and burns calories. Take a walk in the woods and you'll also reap the benefits of anti-cancer proteins, according to a study published in the *International Journal of Immunopathology Pharmacology*. Called "forest bathing," researchers found that

walking in the forest lowers blood pressure and stress and boosts the immune system.

4. De-clutter your medicine cabinet

First off, medicine should be stored in a cool, dry cabinet, not in the bathroom, says David Small, RPH, pharmacy manager for Nantucket Cottage Hospital in Massachusetts. The expiration date is your best guidance for the potency of a medicine, but if you're unsure, toss it if it smells bad or looks off-color.

5. Go wheat free for a month

If you can't seem to shake those last few winter pounds, try eliminating wheat from your diet. "Cutting wheat helps you avoid the appetite-stimulating property of the wheat's gliadin protein," says William Davis, MD, a preventive cardiologist and author of *Wheat Belly*. "Plus, you avoid agglutinin that disrupts intestinal health, as well as amylopectin A that's responsible for raising blood sugar." Swap wheat-based products for rice, quinoa, legumes, buckwheat, tapioca, and potatoes.

6. Learn how to de-stress instantly

Resolve to finally learn how to handle your stress this spring. If you can't spare a block of time every day to meditate, squeeze in a few minutes each hour to experience the same benefits, says Heidi Hanna, PhD, author of *The Sharp Solution: A Brain-Based Approach for Optimal Performance*. Sit in a comfortable position and close your eyes. Focus on pulling the air down into your belly. Breathe in for a count of five, hold the breath for a moment, and then slowly release. Continue for three to five minutes.

7. Allergy-proof your house

Okay, so this one is cleaning-related—but it's definitely worth it.

You can help put the kibosh on spring allergies by washing all linens and blankets. Why? The greatest number of dust mites live in the bedroom, according to the American College of Allergy Asthma and Immunology (ACAAI). "All smooth surfaces, including ceiling fan blades and window coverings should be wiped with a cloth," says James Sublett, MD, president-elect of the ACAAI. If you have forced air heating and air conditioning (HVAC), also replace your furnace filters.

8. Replace old workout shoes

Your comfy, worn-out running shoes may do more harm than good. "The general rule of running shoe replacement is every 600 miles of running, i.e., someone running 50 to 60 miles a week should replace their shoes every three months," says Andrew P. Gerken, MD, orthopedic surgeon with Newport Orthopedic Institute in Newport Beach, California. The material, particularly in the heel, wears out with use, and loses its cushioning effect.

9. Organize your in-box

Each morning, flag emails that must be dealt with today, focusing on your top priorities. Dedicate 30-minute blocks every two hours to staying on top of email. During those blocks, make decisions about each message immediately; Respond if it takes less than two minutes, delete, archive, or defer to respond later.

10. Up your daily happiness potential

Try these quick happiness-boosting tips from Elizabeth Lombardo, PhD, author of *A Happy You: Your Ultimate Prescription for Happiness*:

- Throw away your ex—or at least pictures and mementos of him/her that make you sad.
- Rid your closet of clothes that don't flatter you. You just don't need that baggage.
- Give away the stuff you don't want: research shows that helping out others improves your own happiness.

MONTH HIGHLIGHTS

8 International
Women's Day

19 St. Patrick's Day

19-23 Art Therapy

26 Wellness
Moments: Origami
Class



(An article by Linda Melone, CSCS of www.prevention.com)

March is **NUTRITION** MONTH

5 HEALTHY LUNCH RECIPES ALL UNDER \$3! — THAT'LL FUEL YOUR WORK WEEK

FUN FOOD FACTS!

Food can be a serious topic for people committed to healthy eating, but these amusing food facts will inject a dose of lightness and humor into your busy day.

Mangoes are like poison ivy.

Mangoes belong to the same plant family as poison ivy, so if you react to poison ivy, you might also react to the skin of a mango. That's because they both contain a toxic chemical, urushiol, that can be very irritating to some people.



Apples belong to the rose family, as do pears and plums.

Part of the rose family, or Rosaceae, apples are in good company, as pears, peaches, plums, and even blackberries and strawberries also belong to it.



Chocolate was once used as currency.

The name of the cacao tree (Theobroma Cacao) literally means "food of the Gods", and for good reason. When the beans are transformed into chocolate, their taste and consistency become instantly addictive.



A few centuries ago in South America, cacao beans were so valuable that they were actually used as currency. Records show that a turkey, for example, could be purchased for 100 cacao beans, whereas a large tomato would only cost one.

Peanuts aren't nuts, they're actually legumes.

Peanuts (and cashews and pine nuts) aren't actually nuts. It's confusing, since peanuts have the word "nut" in their name, but along with beans, they're part of the legume family like peas and lentils.



Peanuts also grow underground, unlike nuts such as walnuts and almonds that grow on trees (hence the name "tree nuts").

When taken in large doses, nutmeg is a hallucinogen.

Yes, nutmeg contains myristicin, a natural mind-altering compound. But it would take an extremely large dose of it to produce a high. This high would usually come long after a host of nasty side effects, such as severe gastro-intestinal pain, nausea, vomiting and diarrhea, among others.



Orange juice sometimes contains fish.

Well, not really fish, but fish oil and fish gelatin, as many brands of processed boxed orange juice add them to (supposedly) raise the nutritional value. This information could be useful as some prefer their orange juice to be un-processed, vegan and certainly not fishy.



Food blogger and meal-prepping enthusiast behind Simple HealthyDelish.com: Leanne Miyasaki's number-one piece of advice for creating affordable, yet craveable make-ahead meals is "curate your ingredients list to the season." She added, "When produce is in season, it's significantly less expensive—and tastier, too." Here are some of her priced creations and how to prep them for a work week of clean-eating under budget.

On Sunday: Prep your ingredients.

Once you've returned home from shopping, set aside about two hours to prepare and cook the ingredients you'll be using for your whole week of lunches. While you will spend a good chunk of time slicing, dicing, roasting, and washing, think of it as precious mid-week minutes saved. So pour a cup of tea—or a practically-good-for-you, anti-inflammatory cocktail—and get cooking!

Rice and hard-boiled eggs:

1/2 cup rice 6 eggs
1 cup water 1 tsp salt
1 dab butter

1. Add rice, water, salt, and butter to . Rice cooker, while eggs to the rice cooker steamer basket.

Sweet potato and asparagus:

1 sweet potato
12 oz asparagus
1-2 Tbsp extra virgin olive oil
Salt

1. Peel the sweet potato and cut it into slices or wedges for fries.
2. Wash and trim the asparagus. Place sweet

potatoes on half a baking sheet and asparagus on the other half.

3. Toss veggies with extra virgin olive oil and salt.
4. Place into 400° oven. Roast the asparagus for 12-15 minutes, depending on size, and the sweet potatoes for 35-40 minutes, until desired crispness.

Monday: Grilled Chicken and Roasted Veggies with Rice (\$2.89/serving)

Tuesday: Burrito Bowl with Ground Turkey (\$2.76/serving)

Miyasaki's fresh take on chicken and rice is anything but boring. For Monday's lunch, place half of the cooked rice in a food-storage container, with half of the cooked asparagus, one-third of the sliced peppers and onions, one grilled chicken breast, one peeled boiled egg, and 1 Tbsp of hummus. Top with fresh cilantro and lime juice to bring an extra jolt of flavor and revel in the fact that you're saving money by including a smaller portion of chicken, but still getting ample protein by adding a less-expensive, hard-boiled egg.

Ordering out has *nothing* on this DIY burrito bowl. Place the remaining rice in a food-storage container with chopped iceberg lettuce, ground turkey, remaining sliced peppers and onions, and chopped Roma tomato. Top with fresh cilantro, lime juice, and half of an avocado.

Pro tip: When prepping your burrito bowl, Miyasaki recommends separating fresh ingredients (like lettuce and cilantro) from the ingredients that will be heated (like rice and ground turkey), to avoid that unpalatable "leftovers" taste.

Wednesday: Grilled Chicken and Veggie Lavash Wrap (\$2.17/serving)

Hummus and lavash add Middle-Eastern flair to your mid-week lunch dish. Spread a tablespoon of hummus on a whole-wheat lavash wrap. Top with sliced chicken breast, the remaining half of the roasted asparagus, half of the remaining sliced peppers and onions, and fresh baby spinach. Roll and wrap in aluminum foil to maintain shape and freshness. Changing things up never looked so tasty!

Thursday: Turkey Burger with Sweet Potato Fries (\$1.93/serving)

Assembling your pre-cooked ingredients for Thursday will go by faster than savasana, promise. Just wrap one or two turkey patties with lettuce—see ya, burger-bun carb crash—and sliced Roma tomato. Serve your sandwich alongside vitamin-rich sweet potato fries for an added hit of energy.

Friday: Avocado-Egg Salad Lavash Wrap (\$1.88/serving)

To keep flavor fatigue at bay, turn to the all-star combo of avocado and egg for a hit of healthy fats and protein. Peel and chop 2-3 hard-boiled eggs and mix them with remaining half avocado (mashed), chopped Roma tomatoes, an ounce of chopped walnuts, and fresh cilantro. Fill the lavash wrap with baby spinach and top with avocado-egg salad. Roll and wrap in aluminum foil to maintain shape and freshness—and head into your weekend celebrating five days of clean eating (and a healthier bank account, too.)

Onions and bell peppers:

1 onion 1 bell pepper
Handful baby spinach Extra virgin olive oil

1. Dice: 1/2 onion and 1/2 bell pepper; slice the other halves.
2. In a skillet (medium-high heat), sauté diced peppers and onions in olive oil. Add the handful of fresh baby spinach and remove all veggies once spinach is wilted. Set aside.
3. Sauté sliced peppers and onions in the same pan and remove when slightly caramelized.

Turkey burgers and crumbles:

8oz ground turkey Salt & Pepper
Diced and sautéed peppers and onions (see above)
Onion powder Garlic powder
Dried paprika Dried oregano

1. Divide ground turkey into two portions.
2. Add one portion into a large bowl with half of the diced veggies. Season with salt, pepper, and onion powder.
3. Form into 2-3 patties and cook in the same skillet with olive oil until completely cooked, approximately 6-8 minutes per side, depending on thickness.
4. Once patties are cooked, remove them from the skillet and add the remaining ground turkey into the skillet. Season (to taste) with salt, pepper, garlic powder, paprika, and oregano.
5. Crumble with a spatula and add the remaining diced peppers and onions until all the turkey is slightly golden brown and completely cooked.

For the chicken breasts:

8oz chicken breast Salt & Pepper
Onion powder Dried oregano

1. Butterfly one raw chicken breast, split it to two portions.
2. Season with salt, pepper, onion powder, and oregano.
3. Cook in the skillet with olive oil until completely cooked, approximately 8-9 minutes per side.



MARCH 2018

Women.
Art.
We.



The We Tree

TOP:
The Art Therapy was such a success, thanks to our very own CReATives

BOTTOM:
First-time mom, Amanda from the OR, had a surprise baby shower hosted by Cindy from the Wellness Committee



Spotlight



GET TO KNOW YOUR ANONYMOUS CReATives

Because we at Wellness love to know you more, we've been hunting around for interesting facts about CReATe employees.

Lo and behold, it is no surprise that CReATe is filled with amazing people.

The coolest 'CReATive' we got so far is one who qualified for **Olympic trials for swimming**. How amazing was that! And you best believe we grabbed the opportunity to scoop more details. Here's what she had to say:

How did you get into swimming?

"My older sister joined and I wanted to be just like her, so I started competitive swimming at age 6."

How do you motivate yourself and stay motivated?

"By putting **goals in place and challenging myself** to things I did not think I was capable of."



What is your motto, personal mantra or philosophy?

"Be a Pineapple:

*Stand tall,
Wear a Crown and
be sweet on the inside"*



Above. The actual pool where our CReATive competed in Victoria, British Columbia.

She added: "This was about 20 years ago, my qualifying event was 200 meter breast stroke."

3 words to best describe you:

"Compassionate, Honest and Dedicated"

Is there anything that you learned from swimming that applies to your job?

"Yes, it taught me **self discipline** and that **hard work pays off.**"

Aaaand it doesn't stop there! Here are interesting facts from the other incredible CReATives you most likely don't know about:

"I do Ethiopian dancing and performed at PAN-AM Games."

-Anonymous Creative #1

"I like skydiving and I'd like to do that more!"

-Anonymous Creative #2

"I figure skate."

-Anonymous Creative #3

"I used to do Falconry."

-Anonymous Creative #4

"I am a Cadet Captain in my high school's Cadet Army Training."

-Anonymous Creative #5

"I have an urge to hop into a plane or train to go somewhere without schedule... another town, city, country, etc."

-Anonymous Creative #6

"I used to have a dance pole in my bedroom."

-Anonymous Creative #7

TRY THIS! Walk-the-Stairs Fitness Challenge

The pro-active people of **Ovum Donor and Andrology Department** started a challenge of walking the stairs as a form of weight management.

Get this, they don't do it alone but together. In fact, they seek motivation from their peers with a common fitness goal.

Join the challenge,
meet people at the stairs!



SPECIAL ANNOUNCEMENT

Date: April 19-20, 2018

Time: 10:30 am - 4:00 pm

Venue: Board Room, 11th Floor

DETAILS

Toronto Public Health and ALIVE Holistic Health Clinic have partnered with us to tackle the long-standing concerns regarding **psychological health, safety and well-being in the workplace**. This event will cover topics such as **stress management, lifestyle, diet, guided meditation and holistic health at work**.



WHAT TO EXPECT:

- Seminars
- Free Services: Acupuncture and Massage
- Food: Snacks, Refreshments and Teas
- Rewards: Free Movie Pass, Gift Cards, Coupons and more

**To know more, watch out for brochures to be distributed in the coming days. Sign-up sheets for reservation on free services will be handed out very soon.

SEE YOU THERE!