

GOOD *for you*

Health and Wellness
for Magna Employees

Meet Carol Hornsby



Carol Hornsby, a fifteen year veteran with Norplas Industries in Ohio, recently shed an incredible one hundred pounds. Losing her father to cancer was the impetus behind Carol's decision to become proactive with her own health.



A fifteen year veteran with Norplas Industries in Ohio.

At almost two-hundred and seventy pounds, she knew it wasn't going to be easy. Joining Weight Watchers and utilizing a fitness center was the beginning of the long and emotional journey to a self-confident and active life.

Before beginning her weight loss journey, Carol admits to doing little or no exercise. Getting her doctor's approval to begin a fitness regime took multiple visits, but her persistence paid off and she finally received consent. Now she works out two to three times per week, incorporating treadmill, elliptical machine and weights into her routine. Due to the nature of her job, Carol is sometimes in the gym before her pre-dawn shift on the factory floor. Once she had an established exercise regime and learned about portion size and making healthy choices, she says, "My biggest challenge during weight loss was finding smaller sized clothes."

Carol & Gail



Carol gives a lot of credit to the supportive work environment. "I love my job," she says. "I don't think I could have or would have done this without the help of Norplas."

Since Gail Berning, Ergonomics and Wellness Coordinator, joined Norplas in 2004, she's been an endless source of encouragement and motivation. "I receive a great deal of satisfaction from watching people make positive changes in their lifestyle habits, both at home with their family, and at work, or learning that someone has been able to reduce or eliminate their medications for high blood pressure, cholesterol or diabetes. I approach our employees with the concept that small changes (or baby steps as I call them) can make a big difference in their overall health and energy levels. I am not pushing them to be marathon runners or body builders. It is a 'you, only better' philosophy."

Gail, who has a background in healthcare, has initiated group programs like cold laser, acupuncture and guided imagery for smoking cessation, offers one-on-one guidance, and never gives up on anyone

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Don't give up. The weight did not come on overnight so it takes time.

even when they claim that they do not want to make improvements in their life. Of Carol Hornsby, Gail adds, "She has gained self-confidence and always has a smile on her face. She's a wellness champion, encouraging everyone, young and old, to Commit To Be Fit!"

Carol's advice for others looking to adopt a healthier lifestyle? "Don't give up. The weight did not come on overnight so it takes time." For Carol, joining Weight Watchers proved to be an excellent choice. "[It's] the way to go!" If she finds herself slipping into old habits, she knows that in order to get back on program, she needs to track her food intake and do more exercise. Her mother and husband have always been stalwart supporters, and now it's Carol's turn to be a cheerleader. "My husband needs to lose ten pounds," she quips. She acknowledges that adopting a healthy lifestyle has its challenges and let-downs, but says, "You have to stop and say, I can do this!"

Carol Hornsby

Norplas Industries

ARE YOU A HEALTH GURU?

Do you need more health education?
Or are you a health guru?

Answer **true** or **false** to the following statements and see how you measure up! Don't forget to score yourself at the end to see which category you fall under!

Answers on page four

1. Swallowing gum will take 7 years to pass through your digestive system.
2. Cracking your knuckles will cause arthritis later in life.
3. Staring at an eclipse can blind you.
4. Going outside with wet hair will give you a cold.
5. Drinking warm milk will make you sleepy.
6. Chocolate causes acne.
7. Mental health problems are common.
8. The higher your IQ, the more dreams you will have.
9. You are approximately 4 cm taller in the morning.
10. Your current height is the length of your arm span.

THE SILENT THIEF



OSTEOPOROSIS

Affecting 1 in 3 women and 1 in 5 men in their lifetime, osteoporosis is the most common bone disease in North America.

A disease characterized by low bone mass, osteoporosis is often known as the “silent thief” because bone loss can occur over time without any symptoms. People are often unaware they have the condition until they fracture a bone. These fractures are commonly called fragility fractures because they happen with little or no trauma, particularly in the hip, spine and wrist.

There is no single cause identified for osteoporosis. Instead, there are a number of risk factors that can contribute to the development of the disease. These risk factors include:

- Family history of osteoporosis
- Personal history of fractures as an adult
- Low body weight
- Lack of calcium and vitamin D
- Cigarette smoking
- Excessive alcohol consumption
- History of rheumatoid arthritis

*The leading causes of osteoporosis are a drop in estrogen in women at the time of menopause and a drop in testosterone in men in older age. Therefore, women over the age of 50 and men over the age of 70 have a higher risk of osteoporosis.

Prevention

YOU ARE WHAT YOU EAT

Calcium

Your bones are a storage center for calcium. 99% of the calcium in your body is stored in your bones and teeth. If your body does not get the calcium it needs from your diet, it will pull calcium out of your bones and, consequently, make them weak. Osteoporosis Canada gives the following guidelines on your daily calcium requirement:

Age	Daily Requirement
4-8	800 mg
9-18	1300 mg
19-50	1000 mg
50 +	1200 mg
Pregnant or lactating women 18+	1000 mg

Foods rich in calcium:

Milk, cheese, sardines, leafy green vegetables, such as spinach, yogurt

Vitamin D

Vitamin D is required to help the body absorb and store calcium. Our bodies produce vitamin D when we are exposed to sunlight. Osteoporosis Canada recommends the following vitamin D daily requirements.

Age	Daily Requirement
19-50	400 – 1000 IU
50+	800 – 2000 IU
Pregnant or lactating women 18+	400 IU

(IU = International Units)

Foods rich in vitamin D include:

Margarine, eggs, chicken livers, salmon, sardines, herring, mackerel, fish oils

Your doctor may recommend a supplement to provide you with the calcium and vitamin D that you require.

Bone-Building Exercise

The most important kind of exercise for building strong, healthy bones is weight-bearing activity. This type of exercise consists of any activity you do on your feet and legs that works your muscles and bones against gravity. During this type of exercise, your bones adapt to the impact of the weight and the pull of the muscle by building more bone and making them stronger.

Examples of weight-bearing activities include: walking, jogging, hiking, playing tennis, dancing

Get your kids involved and make it a family activity! Regular physical activity during childhood plays an important role in developing good bone health.

If you wish to be screened for osteoporosis, contact your health care provider.

Source: osteoporosis.ca

Can

AN APPLE A DAY

Really Keep the Doctor Away?

It just might! The apple is jam-packed with nutrients and has been shown to contain rich sources of vitamin C, dietary fiber, beta-carotene, flavonoids, phytosterols, antioxidants, and a wide range of vitamins, minerals and amino acids. Its benefits range from glowing, radiant skin to cancer prevention.

Discover what else an apple a day can do for your health.

Promotes Digestive Health

Studies show that the soluble fiber (pectin) in apples promotes digestive health, counteracts the negative effects of radiation therapy, prevents gallstones, and rids the body of toxins.

Lower Cholesterol

Consuming an apple a day has been found to lower bad cholesterol levels by 8-11%.

Increases Bone Density

French researchers found that a flavonoid found only in apples, called phloridzin, increases bone density and may protect against osteoporosis.



Healthy Skin

Apples have been shown to promote oral health and healthy skin.

Lower Risk of Developing Lung Cancer

A study of 10 000 people showed that those who consumed apples on a regular basis had a 50% lower risk of developing lung cancer.

Reduce Child's Risk of Asthma

Studies show that women who consume apples regularly during their pregnancy reduce their child's risk of asthma.

Source: naturalnews.com

FALL INTO FITNESS

Looking for some fresh new ideas to get active this fall? Try these!

RAKING LEAVES

A great activity to do with the whole family!



- Targets upper body strength and cardio
- Burns around 270 calories per hour

HIKING

Take advantage of the beautiful fall scenery and get in a full body workout!



- Targets lower body strength (and upper body strength if you carry a backpack) and cardio
- Burns around 350 calories per hour

GOLF

Walk the course instead of renting a golf-cart to get your heart pumping!



- Targets upper and lower body strength and cardio
- Burns around 200 calories per hour

BIKING

A great low-cost fall exercise. Turn your bike ride into an outing for the day and carry along a picnic.



- Targets upper and lower body strength and cardio
- Burns around 200 calories per hour

Did you KNOW?

Exercising outdoors has proven benefits, such as exposure to fresh air and vitamin D, mental stimulation and mood improvement.

Source: divinecaroline.com

THE POWER OF POSITIVE THINKING

Is your glass ½ empty or ½ full? The way you answer this question may have a significant influence on your mental and physical health.

half full

half empty



Recent research indicates that optimists (those whom have a positive outlook on life) are at a decreased risk for helplessness and depression when faced with stressful events. They are also at a decreased risk for illness and death when compared with those whom are pessimists (people who have a negative outlook on life). In a study by the U.S. National Cancer Institute, women with breast cancer were followed for 5 years. On average, pessimists died sooner than optimists even when the severity of the disease was the same at the beginning of the 5 year period.

The increased risk for pessimists to develop diseases may lie in a link between pessimism and reduced immune system functioning in the face of stress (the immune system is responsible for fighting off various diseases). A study of law students during the stressful first year of law school revealed that optimists not only maintained a more positive mood over the course of the year, but they also had higher levels of immune system functioning.

The positive thinking that comes with optimism is the key to effective stress management. If you tend to be a negative thinker, don't be discouraged. Try these positive thinking skills to turn your mood around and improve your health.

- Positive thinking starts with self-talk. This is the endless stream of unspoken thoughts that run through your head every day. Next time you catch yourself engaging in negative self-talk, stop yourself. Turn it into something positive.
- Expect the best to happen, not the worst. Whatever the mind expects it finds. ~ Remez Sasson
- Approach the unpleasantness in your life in a positive, productive way.
- Smile a little more, as this helps to think positively.

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”

~ Winston Churchill

Sources: Passer M.W. et al (2005). Psychology frontiers and applications. Canada: McGraw-Hill Ryerson

Old-Fashioned Apple-Nut Crisp



SERVINGS: 8 | **ACTIVE TIME:** 50 minutes | **TOTAL TIME:** 1 ½ hours (include cooling time)

Apples and nuts are a classic—and healthful—combination, especially when you cut back on the saturated fat that typically tops this sweet treat. Try this version that is just as delicious, and allows the flavor of the hazelnuts to shine through. A scoop of vanilla frozen yogurt finishes this homey dessert beautifully.

INGREDIENTS

- **5 medium-large crisp**, tart apples, such as McIntosh, Empire, Granny Smith or Cortland, peeled and thinly sliced (about 6 cups)
- **3 tablespoons** granulated sugar
- **1 tablespoon** lemon juice
- **1 teaspoon** ground cinnamon, divided
- **2/3 cup** whole-wheat flour
- **1/2 cup** old-fashioned rolled oats, (not instant)
- **1/2 cup** packed light brown sugar
- **2 tablespoons** butter, cut into small pieces
- **2 tablespoons** canola oil
- **2 tablespoons** frozen apple juice concentrate, thawed
- **1/3 cup** coarsely chopped hazelnuts, or walnuts

PREPARATION

1. Preheat oven to 375°F. Coat an 8-inch square (or 2-quart) deep baking dish with cooking spray.
2. Combine apples with granulated sugar, lemon juice and 1/2 teaspoon cinnamon in a large bowl. Toss to mix. Transfer to the prepared baking dish, cover with foil and bake for 30 minutes.
3. Meanwhile, combine whole-wheat flour, oats, brown sugar and the remaining 1/2 teaspoon cinnamon in a medium bowl. Mix to blend. Using your fingers (or a fork or pastry blender), cut in butter until evenly distributed and there are no chunks. Stir in oil, apple juice concentrate and nuts; toss well until evenly moistened and clumpy.
4. Remove the foil from the baking dish and scatter the topping evenly over the apples. Bake uncovered until the topping has browned and the fruit is soft and bubbling, about 30 minutes more. Let cool for at least 15 minutes before serving.

NUTRITIONAL INFORMATION (PER SERVING): 274 calories; 10g fat; 8mg cholesterol; 47g carbohydrates; 3g protein; 6g fiber; 1 mg sodium; 231 mg potassium

Recipe from EatingWell – February/March 2005



Dr. Oz's Aspirin and Lemon Juice Flawless Skin Home Remedy

Dr. Oz recommends this Flawless Skin Home Remedy as a great way to clear up your skin. The salicylic acid in the aspirin helps to remove acne and pimples as it works like a chemical peel. The vitamin C in the lemon juice will help to minimize sun damage to your skin. Finally, the baking soda works at the end to neutralize the salicylic acid. Use this mask on clean skin 3 times a week for best results.

INGREDIENTS

6 non-coated aspirin | **2 tbsp. lemon juice** | **2 tbsp. baking soda**



DIRECTIONS

- Mash up the non-coated aspirins and combine with freshly squeezed lemon juice
- Let the aspirin dissolve until it turns into a paste
- Apply the mask to your skin and leave it on for 10 minutes
- Remove the mask by dipping a cotton ball in baking soda and water

Source: pantryspa.com

Are You A Health Guru? Answers

1. **False** – the gum itself will not break down very well, but it will “pass” in a mass along with the rest of your food.
2. **False** – there is no evidence that knuckle cracking leads to arthritis. The “crack” you hear is caused by the joint being pulled apart, forming a gas bubble, which quickly expands and bursts.
3. **True** – never stare directly at the sun. It can damage light sensitive nerve endings in the back of the eye causing vision loss.
4. **False** – colds are caused by viruses. You can get these through inhaling an infected person's sneeze or cough droplets or by touching something that an infected person has touched and then transferring those germs to your eyes, nose or mouth. Cold viruses are more active in the winter when the humidity is low and people spend more time inside.
5. **True** – milk contains a chemical called tryptophan, which is the same ingredient that makes you tired after a turkey dinner.
6. **False** – acne forms when oil glands make too much sebum, a waxy substance that can clog our pores.
7. **True** – 1 in 3 Canadians will experience a mental health problem throughout their lifetime. There are many different types of mental health problems which affect people differently.
8. **True** – scientists have found that individuals with a higher IQ dream twice as much as those with lower IQ's. While this may be true, don't take be discouraged if you can't recall your dreams – most dreams only last 2-3 seconds, barely enough to recall anyways.
9. **True** – this is due to the discs in the back expanding at night and being compressed in the day by gravity.
10. **True** – go try it now!

SCORE YOURSELF:

0-4 correct
Need More Health Education

5-7 correct
Average Joe

8-10 correct
Health Guru

Sources:
medicinenet.com
healthy-active-living.com

We would love to hear from you!
Send your suggestions / comments to:

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