

GOOD *for you*

Health and Wellness
for Magna Employees



Meet Dan Halloran

26.2 miles of grueling hills, winding roads and lively crowds draw thousands of runners to the Boston Marathon each year. Among them, Dan Halloran, a 53 year old employee at Rollstamp Manufacturing.

continue
reading
↓

IN THIS ISSUE

PAGE ONE

Meet Dan Halloran
Did you know? The Ingredients in
Your Sunscreen Matter

PAGE TWO

Water: Are You Getting Enough?
Swim Your Way to a Healthy Body

PAGE THREE

How to Keep Your Back Safe

PAGE FOUR

Go for the Greens
Healthy Homemade Salad
Dressing Recipes

Dan has completed 2 Boston Marathons since he took up running in 2000, when his wife took an interest in completing the Run for the Cure. He decided to train alongside her and became addicted to the challenges. Since then he has completed 15 marathons, 2 half iron mans, and a number of bike races.

Training with a triathlon club out of Brampton, Dan enjoys the social aspect of meeting new people. "It's hard to do 20-25 km alone" he says. "We chat along the way". Dan is also motivated by keeping the weight off and the stress levels down. "I used to grind my teeth at night, but once I started exercising I stopped grinding them".

He describes the New York Marathon as his best race – slowest time, but best one. "I was like a tourist taking pictures" he said.

"Start with a 10 minute run, 1 minute walk and build up from there. Before you know it, you'll hit milestones like 5 km or 10 km."

Dan's advice for anyone looking to get into running is to take it slow. "Start with a 10 minute run, 1 minute walk and build up from there. Before you know it,

you'll hit milestones like 5 km or 10 km." He also recommends joining a group, because to do it alone is tough. Dan's describes his own running group as the push that gets him out of bed on Sunday mornings.

Two nights before a big race, Dan will fuel up on pasta as his main meal. The morning of the run he'll turn to coffee and a bagel or banana about half hour before the run. As for his recovery meal after the race... "Beer!" he laughs. "We usually go to a bar after and have a beer and a meal and then go straight to bed."

Currently Dan is trying to maintain a fitness level, running about 5-10 km, 3-4 times a week as well as longer bike rides, ranging anywhere from 60-100 km, on the weekends. His next bike race is a 50 km ride taking place in Terra Cotta, scheduled for August. He also has his sights on another marathon, thinking possibly of Philadelphia in the fall.

Dan Halloran
Employee at Rollstamp Manufacturing



DID YOU KNOW?

The Ingredients in
Your Sunscreen Matter.

Avoid sunscreens containing the chemical oxybenzone.

A known hormonal disrupter that has been shown to be easily absorbed by the skin and into the bloodstream. Look for the ingredients zinc, titanium, avobenzone or Mexoryl SX. These products protect the skin from harmful UV radiation and remain on the skin rather than seeping into your body.

Source: breakingnews.ewg.org

WATER: ARE YOU GETTING ENOUGH?

There is nothing like a hot summer day to remind us of the benefits of a cool glass of water. It quenches our thirst, clears our mind and makes us feel more alert. This would make sense considering water makes up approximately 2/3 of our body weight. Water regulates all functions in the body, including flushing toxins out of vital organs and carrying nutrients to our cells. The benefits of staying hydrated are endless. The question is: how much water is enough?

A General Guideline

The amount of water a person should consume each day depends on a number of factors. In general, the Institute of Medicine recommends that men should drink 3 liters (13 cups) of water per day and women should drink 2.2 liters (9 cups).



MEN



WOMEN

Factors that Influence Water Needs

Exercise: It is important to drink lots of water before, during and after your workout to replace the fluid that has been lost. An extra 1.5-2.5 cups is recommended for short bouts of exercise (under 1 hour). Intense exercise lasting more than 1 hour requires even more.

Environment: Hot and humid weather makes you sweat and requires additional water intake.

Illness or Health Conditions: When you have a fever, vomiting or diarrhea, your body loses extra fluids. You should drink more water to make up for these losses.

Pregnancy or Breastfeeding: Women who are pregnant need an additional 1 cup of water per day. Those who are breastfeeding require an additional 4 cups per day.

The Dangers of Dehydration

Dehydration is a condition that develops when we do not have enough water in our body to carry out normal bodily functions.

We lose about 2.5 liters of water every day through breathing, sweating and elimination (urine and feces). If we do not replace the fluids that have been lost, dehydration will begin to set in.

Dehydration can range from mild to severe. Even mild dehydration can drain your energy and make you feel tired. It has been proven that a 5% drop in total water volume will cause a 25-30% loss of energy in most people. Other symptoms of dehydration include thirst, poor concentration, irritation and dark colored urine. Continuous water loss over time will speed up aging and increase one's risk of health issues such as constipation, dry and itchy skin, acne, nosebleeds, urinary tract infections, kidney stones, dizziness, headaches and more.

3 Tips to Staying Hydrated:

Start each day with a glass of water

This will help replace fluids lost overnight and get your hydration efforts off to a good start!

Eat 2 or 3 servings of fruits and vegetables at every meal

Fruits and vegetables are full of water and include the minerals that help your body absorb and use it properly.

Carry water with you

Have a water bottle with you during work hours or when you are away from home for long periods of time.

Final Thoughts.

When it comes down to it, everyone is different and unique. There are many factors that influence the levels of water we must take in each day. Get to know your own body and learn to recognize the signs of dehydration. Generally, if you drink enough fluid so that you rarely feel thirsty and you produce 1.5 liters of colorless or pale yellow urine each day, your fluid intake is most likely sufficient.

Did you know?

Foods provide about 20% of our total water intake. Many fruits and vegetables, such as water melon and tomatoes, are 90% or more water by weight

Source: mayoclinic.com

SWIM YOUR WAY TO A HEALTHY BODY

Looking for a full-body workout with minimal stress on your joints? Slip on your Speedo and dive right in!

The Benefits of Swimming

Swimming is a fantastic choice of exercise for people of all ages. It is a low-impact activity that uses the resistance of water to keep your heart rate up without the stressful impact on your joints. Swimming has many benefits including:

- Strengthening the cardiovascular system, allowing blood to be pumped to all areas of the body
- Toning muscles and building strength
- Improving joint flexibility and mobility
- Helping to maintain a healthy weight
- Relieving stress

Water-based exercise can help people suffering from chronic diseases. It improves the use of affected joints without worsening symptoms in people with arthritis. It has also been shown to decrease anxiety and depression in those with fibromyalgia.

Before you dive in

Make sure you know how to swim - for lessons contact your local community pool.

- Choose a safe environment
- Use the buddy system – never go swimming alone (or choose a facility with a lifeguard)
- Have plenty of fluids on hand – drink them regularly
- See your doctor if you haven't exercised for a long time

HOW TO KEEP YOUR BACK SAFE

If you have experienced back pain before, you are not alone. 80% of the general population will suffer from back pain sometime in their life. Read on for tips on how to keep your back safe, not just at work, but when doing activities around the house, such as gardening or spring cleaning.

When lifting:

Always try to maintain the natural curves in your spine



These curves provide strength and support for your back. This is especially important when lifting or sitting for long periods of time. Lift with your legs, not your back.

Tighten your stomach muscles before you lift



These muscles will help stabilize your spine and prevent injury.

Keep objects close to your body



The further objects are held away from the body, the greater the stress on your lower back. Don't worry about getting your clothes dirty, your back will thank you!

Plan ahead before lifting



Many injuries are the result of poor planning and over-exertion. Test the weight first and decide if you require assistance.

Keep your nose between your toes



Turn your whole body rather than twisting your spine, especially if you are carrying something heavy like a box of parts or a bag of mulch.

When sitting:

Arrange your work area



While you are sitting, make sure the items positioned on your desk are arranged in such a way as to minimize twisting and reaching. These movements put added stress on your back. If you use a keyboard tray, make sure that when the tray is extended you are not leaning forward.

Vary your seated position



Do not sit in the same position for more than 10 minutes at a time. This will place constant stress on the same tissues in your body. Cross your legs, put your feet up or sit up tall. Just don't stay in one position for too long.

Get out of your chair



A recently proposed guideline suggests a sitting limit of 50 minutes before getting up and moving around. Use this as an opportunity to walk to the bathroom, the printer or to get a drink. While you are up you can do neck rolls and arm circles to relieve neck and shoulder discomfort. It is also a good idea to raise your arms over your head and push your hands toward the ceiling to get in a good stretch.

Source: lecture notes



Try this Beginner's Workout

01

100m warm up

Swim your stroke of choice for 4 lengths of the pool (in a 25m pool)

02

3 x 50m freestyle

Swim 2 lengths freestyle (front crawl) and take a 10 second rest. Do this 2 more times.

03

3 x 50m kick with board

Grab a flutter board and kick 2 lengths. Rest for 10 seconds. Repeat 2 more times.

04

100m cool down

Finish with 4 lengths of slow, easy swimming.

Looking for an alternative to lane swimming?

Try water aerobics!

A fun, group fitness setting with all the advantages that water has to offer!



Source: cdc.gov

Go for the GREENS

As the number one food you can eat regularly to improve your health, leafy greens have plenty to offer. They are the most concentrated source of nutrition of any food, containing a rich source of minerals, vitamins, and nutrients. Discover the power of leafy greens and see how easy it is to start improving your health today.

Leafy greens are ideal for weight management

With calorie counts ranging from 10 to 25 calories per serving, leafy greens are a low-carb food with plenty of fiber and protein.

Leafy greens reduce the risk of cancer and heart disease

Low in fat, high in dietary fiber, and rich in folic acid, vitamin C, potassium, and magnesium, green leafy vegetables may lower the risk of heart disease by up to 11%.

Green vegetables contain a variety of carotenoids, flavonoids and other powerful antioxidants that may protect against cancer.

Leafy greens improve bone health

In one study, the risk of hip fractures in middle-aged women was decreased by 45% with one or more servings per day of green leafy vegetables.

Leafy greens may help prevent diabetes

Due to their high magnesium content and low glycemic index, an increase of 1 serving per day of green leafy vegetables was associated with a 9% lower risk of diabetes.

A cup of cooked greens provides at least 9 times the minimum recommended intake of vitamin K

Vitamin K regulates blood clotting, helps protect bones from osteoporosis, may protect us from inflammatory diseases such as arthritis, and may help prevent diabetes. Vitamin K is a fat-soluble vitamin, meaning it needs to be consumed with fat to enter our system. Make sure you add a touch of salad dressing on your salad or cook your greens with oil.

Jill Nussinow

Jill, author of *The Veggie Queen*, ranks the country's top 10 most widely eaten greens from most nutritious to least. Check out the list to get an idea of how you can incorporate more greens into your diet.



1

Kale, an excellent source of vitamins A, C, and K. Also provides calcium, folate and potassium. Add kale to soups, stir-fries, and sauces.



2

Collards, similar in nutrition to kale but have a chewier texture and more cabbage like taste. The best way to prepare them is to boil them briefly and add them to a soup or stir-fry.



3

Turnip greens, traditionally made with pork, these greens are low in calories and loaded with vitamins A, C, and K, as well as calcium.



4

Swiss chard, with a beet-like taste and soft texture, this vegetable is perfect for sautéing. It is best in stir-fry, added to sauces, or eaten raw in salads.



5

Spinach, rich in vitamins A and K, folate and iron. Can be eaten raw in salads or steamed.



6

Mustard greens, with a similar nutrition profile to turnip leaves and collards, mustard greens have a peppery taste and give off a mustard smell during cooking.



7

Broccoli, rich in vitamin C and a good source of vitamin A, potassium and folate. Can be eaten raw, steamed, sautéed, or added to a casserole.



8

Red and green leaf and romaine lettuce, a nutrient rich lettuce high in vitamins A, C, and K and folate. The darker the lettuce leaf, the more nutrition it has. Best eaten raw in salads, sandwiches or wraps.



9

Cabbage, a great source of cancer-fighting compounds and vitamin C. Cabbage can be cooked, added raw to salads or stir-fries, shredded into coleslaw, or made into sauerkraut.



10

Iceberg lettuce, last on the list for nutrition, this lettuce is made mostly of water.

Sources: vegetarian-nutrition.info, webmd.com, youngwomenshealth.org

HEALTHY HOMEMADE SALAD DRESSING RECIPES

Spice up that boring old salad with these healthy homemade salad dressing recipes! Making dressings from scratch is the best way to ensure you are getting fresh, quality ingredients without drowning your salad in sugar and saturated fats.

Balsamic Herb Vinaigrette



A wholesome, flavorful, low-calorie dressing that is easy to make.

Ingredients:

- 4 cloves minced garlic
- 3 tablespoons balsamic vinegar
- 1 tsp. dried oregano leaves or 1 tbsp. minced fresh oregano
- 1 tsp. dried thyme leaves or 1 tbsp. minced fresh thyme
- 1 tsp. Dijon mustard
- 1 tsp. black pepper

Whisk everything together and you're done!

Strawberry Lemon Basil Dressing



A light, healthy dressing with a creamy, indulgent taste.

Ingredients:

- 1 cup fresh strawberries
- ¼ cup packed fresh basil
- 3 tbsp. fresh lemon juice
- 1 tbsp. extra virgin olive oil
- 1-2 tsp. pure maple syrup, to taste
- Salt and pepper to taste

In a food processor, add the strawberries, basil, lemon juice, and oil. Process until smooth. Add in the salt, pepper, and maple syrup to taste and process again.

Mint Tahini Dressing



A low calorie dressing that is fresh in flavor and beautifully compliments mixed greens.

Ingredients:

- 1 clove garlic, chopped
- ¼ cup fresh lemon juice
- 2 tbsp. finely chopped fresh mint
- ¼ tsp. salt
- ½ tsp. red pepper flakes (optional)
- 2 tbsp. tahini

Whisk ingredients until well combined. Add 1 tsp. water in a slow stream, if required to adjust thickness. Dressing should pour easily but not be watery. Serve over roasted vegetables or salad.

Sources: howstuffworks.com, fitsugar.com

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

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