

GOOD *for you*

Health and Wellness
for Magna Employees



A message from
Marc Neeb
Executive VP,
Global Human Resources

Welcome to the launch of the Good for You newsletter, a part of our commitment to provide a safe and healthful workplace for all employees.

The newsletter is part of an ongoing initiative in assisting employees to gain the knowledge and skills necessary to reach optimal personal health. Our aim is to encourage a culture of wellness within the work place and at home.

Our objective is simple, to create a positive environment where personal health is promoted and encouraged and the results are... a healthier you!

If you have any requests, recommendations, questions or comments please contact Dr. Arif Bhimji or Dr. Christine Davis, ND at 375 Magna Drive, Aurora, ON L4G 7L6 or by email at wellness@magna.com.

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Executive VP, Global Human Resources

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The Cold, Hard Facts

Sneezing, coughing, runny nose... we all recognize the classic symptoms of the common cold.

A cold is a viral infection of the nose and throat. Although generally harmless, it is estimated that it is responsible for 40% of time lost from work and 30% of school absences.

People are more likely to develop a cold in the fall and winter months when the humidity is low, as this is when viruses responsible for the common cold survive best. The cold weather also makes the inside lining of your nose drier and more at risk to viral infection. The chilly temperatures encourage people to stay indoors, making it easy for the virus to spread.

Catching a Cold

Cold viruses are very contagious from one person to the next. It is possible to “catch” a cold from airborne droplets of another person’s sneeze or from skin-to-skin contact. Cold viruses can live on objects like door handles, telephones, pens, etc. for up to 3 hours. If a healthy person touches an object covered with cold germs and then touches their eyes, mouth or nose, they too can catch the virus.

Prevention is Key

The best advice to prevent a cold is to keep your immune system strong. Your immune system is your body’s defense against bacteria, viruses, toxins and parasites that would love to invade your body. Keep it in tip top form by staying in shape, eating well and getting plenty of sleep. Fight germs by washing your hands properly and often and covering your coughs and sneezes.

Is there a cure for the cold?

The answer is no. Experts claim there may be over 200 viruses responsible for causing the common cold. Rhinoviruses (from the Greek rhin, meaning “nose”) are the most common cause, responsible for an estimated 30-50% of all colds. Rhinoviruses grow best at temperatures of about 91 degrees F, the temperature inside the human nose.

Soothe Your Symptoms

- Get plenty of rest
- Drink lots of water
- Drink hot tea with lemon and honey to soothe a sore throat and loosen the mucous in your nose
- Gargle with salt water a few times a day to relieve a sore throat (1 tsp. of salt in 1 cup of water)
- Explore natural supplements such as Vitamin C, Vitamin D, Zinc, Echinacea and Oregano Oil

A Word of Caution

High fever, significantly swollen glands, severe sinus pain and a cough that produces mucous may be signs that you have a complication or more serious illness. If you experience any of these symptoms, see your healthcare provider.

Sources:
medicinenet.com
commoncold.org



Employee Story:

Marco Gubiani

Being overweight and feeling run-down is something many people these days can relate to.

[read more on page two](#)



Being overweight and feeling run-down is something many people these days can relate to.

Sometimes to turn things around you just need a little motivation. For Marco Gubiani, this motivation came in the form of a wellness initiative on site at Rollstamp Manufacturing, where he works as supervisor.

A trainer provided regular weigh-ins for the employees, as well as a diet plan and exercise instruction. “That kicked me off and ever since then I’ve been addicted to it. I can’t go without it,” he says. Marco lost 20-25 pounds in 2004/2005 and has maintained this weight ever since.

His activity level consists of running 30 miles a week, biking, and walking at work. He also plays hockey once a week and enjoys skiing in the winter months. Marco emphasizes various employee outings as

a fun way to stay in shape. In the past they have rented a school gym to play basketball or have gone biking together.

Marco describes his workouts as a way to de-stress, “It gets your mind off the everyday stuff. If I miss a run during the week I feel off. It’s addictive, and it’s nice to be outside.”

His eating habits have also changed since he began his health kick 7-8 years ago. “I eat more frequently during the day, but smaller quantities,” he explains. “I used to bring junk food snacks, but now it’s more fruit and healthy snacks. I love cookies and that will never change, but I don’t eat them every day.”

Marco’s family is lucky to have him as inspiration for their own fitness goals. His wife took up running once she saw his fantastic results, and his two daughters, ages 18 and 20, stay fit through running, dance and yoga. “They understand it’s important to do that stuff.”

Living a long life is the incentive that drives Marco to keep moving every day. “I see my parents and their health issues. I don’t want a pharmacy on my kitchen table when I get older.”

He recommends setting a realistic goal when you are first getting into it. “Take baby steps” he says. “Every time you hit that goal keep going further, that’s how I do it.”



Pumpkin Seeds

Pumpkin seeds are a rich source of healthy minerals, protein and monounsaturated fat. A ¼ cup of pumpkin seeds will give you:

- 46.1% daily value (DV) for magnesium
- 28.7% DV for iron
- 52% DV for manganese
- 24% DV for copper
- 16.9% DV for protein
- 17.1% DV for zinc

Source: whfoods.com

The fall season is upon us and along with the changing leaves and cooler weather comes the much anticipated pumpkin harvest.

Pumpkin seeds have been shown to be an excellent source of magnesium, a mineral which boosts your metabolism and can help provide energy. Save the seeds from this year’s jack-o-lantern for a nutritious (and delicious) snack choice.

Pumpkin seeds may promote prostate health

Benign prostatic hypertrophy (BPH) is a condition that commonly affects men over the age of 50 in North America. BPH involves the enlargement of the prostate gland, which is often attributable to over-stimulation of the prostate cells by testosterone. Components in pumpkin seed oil appear to interrupt the multiplication of prostate cells.

Pumpkin seeds have anti-inflammatory benefits in arthritis.

In recent studies, the consumption of pumpkin seeds by individuals with arthritis has compared favorably with the use of non-steroidal anti-inflammatory drugs.

Pumpkin seed phytosterols lower cholesterol

Phytosterols are compounds found in nuts and seeds that have a chemical structure very similar to cholesterol. When phytosterols are present in our diet in sufficient amounts, they are believed to lower blood levels of cholesterol.

How to Prepare Pumpkin Seeds:

- Remove the seeds from the pumpkin and wipe them off with a paper towel
- Spread them out evenly on a paper bag and let them dry overnight
- Place them in a single layer on a cookie sheet and lightly roast at 160-170 degrees for 15-20 minutes
- Enjoy!

Quiz

How Many Calories Are in Your Drink?

Most people like to forget about the calories they are ingesting through their beverages, and instead only concentrate on the calories they receive from food. This ‘out of sight, out of mind’ philosophy can become a dangerous habit as the calories from drinks start to add up.

Do you know how many calories are in your favorite drink? Match these popular beverages to their calorie count to the right and see just how knowledgeable you are!

Sources:
cdc.gov
weightlossresources.co.uk

12 oz. 100% apple juice	0
12 oz. 100% orange juice	77
12 oz. regular cola	135
12 oz. sweetened lemon iced tea	192
12 oz. water	252
5 oz. glass of dry white wine	136
5 oz. glass of red wine	150
12 oz. vodka cranberry	0
12 oz. bottle of beer	168
12 oz. carbonated water (unsweetened)	85

Calories

Answers on page four

Components of an Exercise Program

We all know exercise is good for us. It is the single best thing we can do for our health. But when it comes to creating an exercise program, many people don't know where to start or what to include. Take a look at the following components of a well-rounded exercise program. Each will benefit your body in a different way to help you achieve your health goals.

Aerobic Activity

Aerobic activity, or cardiovascular exercise as many people know it, consists of repetitive motions involving large muscle groups of the arms and legs. It includes exercises like walking, jogging, swimming, and cycling. Aim for a minimum of 30 minutes of aerobic activity per day.

Try these aerobic activities:

- Go for a walk or run around your neighborhood
- Go for a bike ride
- Swim lengths at the pool
- Try out the elliptical at the gym
- Get out your jump rope and see how long you can skip for



Flexibility

Flexibility exercises focus on stretching. As you age, muscles tend to shorten and weaken, making them more vulnerable to injuries. Regular stretching can move muscles through their desired range of motion safely. It is best to perform stretches after a 5-10 minute warm up, which can consist of a brisk walk. Activities such as yoga and Pilates combine stretches with strengthening exercises. Stretching should be performed daily or several times a week to see lasting results. Hold each stretch for about 30 seconds.

Try this flexibility exercise:

QUAD STRETCH



- Standing tall and with feet hip-width apart, reach back and grab your right ankle
- Keep your thighs lined up next to each other and the right leg in line with your right hip
- Hold for 30 seconds
- Repeat on opposite side

Strength Training

Strength training, or resistance training, is important for building muscle and protecting your bones. This includes exercises such as resistance band workouts, the use of weight machines, free weights or your own body weight, such as pushups. It can result in better performance in everyday activities, such as climbing stairs or carrying the groceries. Muscle burns calories more quickly than fat does, so strength training can also help in weight management. Strength training should only be performed 2-3 times per week and never the same muscle groups 2 days in a row.

Try these strength training exercises:

PUSH UPS



- Lie on your stomach on the floor with your hands below your shoulders
- You should be resting on the balls of your feet
- Keeping your back straight, raise yourself up using your arms
- If this is too difficult, begin from your knees instead of your feet
- Lower yourself until you are just above the ground
- Repeat as many times as you can

SQUATS

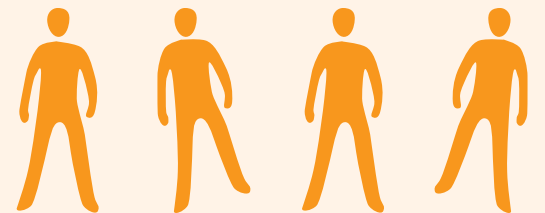


- Stand with your feet hip distance apart with your toes, knees and hips in a straight line
- Keeping your abdominals tight, stick your butt out and slowly lower your body as though you are sitting in a chair
- Look down and make sure your knees are BEHIND your toes
- Keeping the weight in your heels, slowly push up to your starting position
- Repeat 10-15 times, performing 1-3 sets

Balance

The final component of an exercise program is balance. Balance exercises are one of the best ways to prevent falls from happening. Poor balance becomes more common with age and can be due to a number of reasons, including medical conditions, poor vision and certain medications. Balance exercises are quick and easy to do and they often fit well into the warm up section of any exercise program. Many strength training exercises serve well as balance exercises as well. Other examples of balance exercises include walking a hiking trail, where your body must adjust to uneven pressure on different parts of your feet, or activities such as tai chi, yoga, and Pilates.

Try this balance exercise:



WEIGHT SHIFTS

- Stand with your feet hip width apart and your weight equally distributed on both legs
- Shift your weight to your right side, then lift your left foot up off the floor
- Hold the position as long as you can maintain good form, up to 30 seconds
- Return to starting position and repeat on opposite side

Exercise Precautions

Make sure you consult your health care practitioner before starting any new exercise program. Go at your own pace and stop the exercise if you feel overly fatigued or short of breath.

Source: whfoods.com

Season With Cinnamon To Control Blood Sugar Levels

Seasoning a high-carb food, such as bread, oatmeal, or muffins, with cinnamon can help lessen the impact on blood sugar levels.

Cinnamon has been shown to slow the rate at which the stomach empties after meals, therefore reducing the rise in blood sugar after eating.

Researchers measured how quickly the stomach emptied after 14 people ate 1.2 cups of rice pudding alone or seasoned with 1.2 teaspoons of cinnamon. Those who added cinnamon to their rice pudding slowed down their gastric emptying (food leaving the stomach) rate from 37% to 34.5% and significantly reduced their rise in blood sugar levels after eating.

Adding Cinnamon to your Diet:

- Add a touch of honey and sprinkle of cinnamon to whole grain toast
- Sprinkle cinnamon onto your whole grain oatmeal or cereal
- Simmer your favorite tea, coffee, or soy milk with cinnamon sticks
- Add cinnamon to curries and chili

Source: whfoods.com



The Joys of Ginger

Ginger is more than just a cooking spice! It has been used as a medicine in Asian, Indian, and Arabic herbal traditions since ancient times. Check out the following health benefits that ginger has to offer.

Ginger is used to treat an upset stomach, nausea and vomiting.

It is commonly used by pregnant women to prevent morning sickness or by those undergoing chemotherapy.

This is because of its ability to control movements of the gastrointestinal tract.

Ginger can provide relief to painful stomach cramps.

Research found that consuming ginger was equally as effective as taking ibuprofen (a painkiller) in relieving painful cramps in women.

Ginger is used to treat a cough, cold and congestion.

The medical form of ginger, known as 'Jamaica Ginger', is used for treating dyspepsia and colic diseases.

It is especially recommended for those who suffer from gallstones.

Ginger is anti-inflammatory!

It helps to reduce muscular and joint related pain and can even help to minimize arthritis symptoms.

Ginger lowers cholesterol in the blood.



Make Your Own Ginger Tea:

Ingredients:

4 cups of water

2-inch piece of fresh ginger root

Optional: honey and lemon slice

Directions:

1. Peel the ginger root and slice thinly.
2. Bring the water to a boil in a saucepan, add the ginger.
3. Cover and simmer for 15-20 minutes.
4. Strain the tea. Add honey and lemon to taste.

Sources:

benefitsofginger.net
healthbenefitsofginger.com
altmedicine.about.com

Carrot and Ginger Soup

This Carrot and Ginger Soup Recipe, packed with healthy, fresh carrots and the warm spice of ginger, brightens a cold winter's day. It freezes well, so make a large batch.

Prep time:
10 minutes

Cook time:
25 minutes



Ingredients:

- 1 ½ lbs (700 g) carrots, peeled and chopped
- 2 medium onions, peeled and roughly chopped
- 1 clove garlic, peeled and crushed
- 3 tbsp (45 mL) extra virgin olive oil
- 1 tsp (5 mL) powdered ginger
- 1 tsp (5 mL) medium curry powder
- 3 pints (1.6 L) low-sodium chicken or vegetable stock
- Sea salt and black pepper
- Rind of 1 lemon, finely shredded

Lemon Cream

- 7 oz (200 g) Greek yogurt
- Grated rind of 1 lemon

Garnish

- 2 tsp (10 mL) fresh parsley, chopped
- 2 tsp (10 mL) chives, chopped

Preparation:

1. Heat the olive oil in a saucepan and add the onions and carrots, cook for several minutes, stirring from time to time. Do not brown the vegetables.
2. Then add the garlic, ginger and curry powder and cook for a further minute.
3. Add the stock and lemon strips to the pan, half cover the pan with its lid, and simmer gently for 20 minutes until the carrots are tender.
4. Cool slightly, then liquidize the soup until smooth.
5. Taste and season with sea salt and black pepper.
6. Reheat to serve.
7. Spoon a dollop of Greek yogurt into the middle of each bowl of soup, garnish with chives or parsley if you wish. Serve with wholemeal crusty bread.

Quiz Answers:

12 oz. 100% apple juice – 192
12 oz. 100% orange juice – 168
12 oz. regular cola – 136
12 oz. sweetened lemon iced tea – 135
12 oz. water – 0

1 glass dry white wine – 77
1 glass of red wine – 85
12 oz. vodka cranberry – 252
1 bottle of beer – 150
12 oz. carbonated water (unsweetened) – 0

Vitamin C for Cancer Treatment

Researchers at the National Institute of Diabetes and Digestive and Kidney Diseases are now showing that doses of vitamin C administered by intravenous infusions can kill cancer cells but not normal cells. It is supposed the vitamin C exerts its effects in the fluid surrounding tumor cells, killing them or inhibiting their growth. This method of action means the vitamin C must be supplied by an I.V. infusion, rather than by consuming the vitamin through diet or supplements.

A series of case reports have found an association between high dose infusions of vitamin C and long term tumor regression in 3 patients with advanced renal cell carcinoma, bladder carcinoma, and B-cell lymphoma. Doctors are now exploring the potential value of vitamin C infusions for cancer treatment.

Source:

Proceedings of The National Academy of Sciences of the United States of America: pnas.org

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

Good for You
Magna Health Centre
375 Magna Drive, Aurora, Ontario L4G 7L6
e: wellness@magna.com

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