

# HEALTH & WELLNESS BEST PRACTICES

## EAT THIS



**HEALTHY PROTEINS.** Lean proteins such as roast turkey or chicken on whole-grain bread or hard-boiled eggs make a great go-to snack. Benefits: Boost metabolism and energy levels.



**WHOLE GRAINS.** Whole grains provide steady energy and help you feel full. Warm oats with fruit is a great go-to or multi-grain crackers with hummus or cheese (in moderation) can provide a protein boost.



**CHOOSE FRESH.** Fresh fruits and vegetables contain essential fiber, nutrients and minerals for energy boosts and to help you feel full. If you need an extra energy boost, pair fresh fruit with Greek yogurt (watch the sugar content).



**NEED A SWEET?** Dark chocolate has natural caffeine and flavonoids that are good for heart health. Skip the added sugars of milk chocolate. Add some almonds for a fiber boost.



**HYDRATE.** Hydration is essential to staying alert. Green tea has some caffeine and antioxidants and you can't go wrong with just plain water. If you can't kick the coffee habit, drink it in moderation and watch the cream and sugar.



## NOT THAT



**HIGH FAT/HIGH SODIUM PROTEINS.** Breakfast sandwiches or fresh off the roller taquitos or hot dogs contain extra fat, calories and sodium, which can contribute to weight gain and poor heart health.



**HIDDEN CALORIES.** Prepackaged granola bars are an easy grab but do your research. Look for those with whole grains, nuts, seeds and fruit, 3-4 grams of protein and those high in fiber. Avoid those with high sugar, corn syrups and high calorie counts or a lot of saturated fats, especially early in the ingredient list. The fewer the ingredients the better they likely are for you.



**ADDED SUGARS.** Fruit juice or smoothies may seem like a healthy alternative, but they often contain a lot of sugar, which can cause an energy crash after the sugar rush. Be careful on all-fruit smoothies, which contain high levels of sugar without nutritional benefits found in whole fruits. Choose smoothies that have greens for an added boost. Avoid those made with yogurts or ice cream and substitute water or a non-dairy alternative to minimize fats and sugar.



**ADDED FATS & CARBS.** Donuts are a staple in the break room or when you grab a coffee on the run. Think twice before you grab that yummy treat. One glazed donut from a popular chain contains 14 grams of fat, 25 grams of cholesterol, 30 grams of total carbs and 12 grams of sugar.



**CAFFIENE CRASH.** Energy drinks provide a short-term boost but no other benefit. Drinking too many can cause stomach upset, dizziness, heart palpitations, agitation and chest pains.



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## SLEEP DEBT IMPLICATIONS

The American Sleep Association ([www.sleepassociation.org](http://www.sleepassociation.org)) and Adventist Health are among those who have identified the following as risks involved with sleep deprivation:

- **Higher risk of diabetes.** Lack of sleep increases cortisol and norepinephrine, both associated with insulin resistance. Studies have shown the body is less successful in processing glucose when tired.
- **Weight gain.** Sleep balances hormones that make you feel hungry and full.
- **Increased risk for heart disease and stroke.** Blood pressure decreases when you sleep. Research shows that when you sleep six hours or less a night, your chance of a stroke increases 4 times.
- **Increased risk of breast cancer.** Melatonin decreases when you are exposed to light at night. A decrease in melatonin disrupts estrogen production, which can lead to breast cancer.

- **Cognitive effects.** Sleep deprivation also enhances activity on the hypothalamus-pituitary-adrenal axis that regulates body functions such as the immune system, digestion, mood, and energy usage.
- **Deficits in working memory and attention.** An American Sleep Association survey found more activity in the prefrontal cortex of the brain in sleeper subjects. The prefrontal cortex supports logical and practical reasoning and working memory. These results indicated that to complete a specific task, the average sleep-deprived subject's brain needed to exert a lot more effort than the brain of an average non-sleep deprived person to accomplish the same task.



### SLEEP AWARENESS SELF-CHECK:

Put it in park and alert your supervisor if you find yourself doing the following:

- Frequent yawning or difficulty keeping your eyes open
- “Nodding off” or having trouble keeping your head up
- Inability to remember driving the last few miles
- Missing road signs or turns
- Difficulty maintaining your speed
- Drifting out of your lane

TEAR OUT AND SAVE

## PUT YOUR PHONE AWAY

The increasing use of smartphones and other in-vehicle technology lends itself to convenience in our multi-tasking world, but it also opens up a dangerous and potentially fatal path. Don't be distracted when you're behind the wheel. Tips to consider:

### VISUAL DISTRACTIONS



- Pull over to read maps or other site-specific instructions.
- Be alert to obstacles and people who may be on site. Chances are they're not watching for you.
- Never text and drive.

### PHYSICAL DISTRACTIONS



- Don't reach for items while driving.
- Don't mess with your radio or playlists on your phone.
- Make equipment adjustments before operating.

### COGNITIVE DISTRACTIONS



- Avoid phone calls, even hands-free. Focus on the task at hand. If you need to talk, stop your equipment.
- Stay focused on the tasks at hand.
- Keep your emotions in check.

### AUDITORY DISTRACTIONS



- Turn down the radio and never operate machinery with music headphones.
- Put your phone in “do not disturb mode” and out of reach.
- Do not use hands-free voice to text.