

Wellness News

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This issue

Posture in the Workplace

Eat Better as a Family

Farmers Market Week

Benefits of Essential Oils

Mexican Street Corn Recipe



“Proper posture sends a positive message since 90% of all communication occurs through body language and how you carry yourself.” – Cindy Ann Peterson



A Guide to Posture in the Workplace

The impact of work-related musculoskeletal disorders (WRMDs) can cost between \$45 – \$54 billion a year. WRMDs account for nearly 70 million physician office visits annually.

Correct sitting position

- Sit up with your back straight and your shoulders back.
- Distribute your body weight evenly on both hips.
- Bend your knees at a right angle. Keep your knees even with your hips, using a footrest or stool if necessary. Keep your feet flat on the floor. Try to break the habit of crossing your legs.
- Try to avoid sitting in the same position for more than 30 minutes.
- If you have a desk job, adjust your chair height and workstation so you can sit at a comfortable distance to your computer screen and paperwork. Your eyes should be looking at the top of your computer monitor, then washing down over the screen. Rest your elbows and arms on your chair or desk, keeping your shoulders relaxed, and your elbows at about a 90-degree bend.

Correct Driving position

- Use a back support (lumbar roll) at the curve of your back. Your knees should be at the same level as your hips.

- Keep your arms relaxed and avoid “over-gripping” the steering wheel.
- Move the seat close to the steering wheel to support the curve of your back. The seat should be close enough to allow your knees to bend and your feet to reach the pedals, but far enough to stay a safe distance from the airbag. Placing yourself 10 inches from your driver airbag will give you a clear margin of safety.

Correct Lifting Positions

- Before you lift a heavy object, make sure you have firm footing.
- To pick up an object that is lower than the level of your waist, keep your back straight and bend at your knees and hips. Do not bend forward at the waist with your knees straight.
- Stand with a wide stance close to the object you are trying to pick up and keep your feet firm on the ground. Tighten your stomach muscles and lift the object using your leg muscles. Straighten your knees in a steady motion. Don't jerk the object up to your body.
- Avoid lifting heavy objects above waist level.
- Hold packages close to your body with your arms bent. Keep your stomach muscles tight. Take small steps and go slowly.
- To lower the object, place your feet as you did to lift, tighten stomach muscles and bend your hips and knees.

Healthy Choices

“If you want to bring happiness to the whole world, go home and love your family.” ~ Mother Teresa



Eat better, Eat as a Family

Pass the Peas Please

Eating dinner as a family makes everyone healthier. When families eat together, kids eat more fruits and veggies and less fried food and soda. They're also less likely to have eating disorders,¹ and more likely to keep a healthy weight.² But health is only one part of what family meals can give your kids. Family dinners make kids less likely to:

- Get in trouble at school.³
- Drink alcohol.³
- Get depressed or think about suicide.⁴
- Try illegal drugs or abuse prescription drugs.³
- Start smoking cigarettes.³

Also, kids who eat with their families are more likely to put off having sex,⁴ get good grades,² and feel that their parents are proud of them.⁴ You'll also save money – eating out costs about twice as much as a homecooked meal.

Having family meals isn't always easy, but you can make it easier. Don't put pressure on yourself – or your kids – to make the perfect family time. Go slowly. If you usually eat one meal a week together, try for two.

Make a meal plan when the week starts, and make sure you have all the food you need. Do any prep work – chopping veggies, marinating meat, or even cooking and freezing casseroles – before, so your weeknights are more relaxed. Use a crock pot when you can, so dinner is ready when you walk in the door.³

Try to make dinner a happy time when everyone feels supported. Don't bring up serious stuff. Turn off the TV and put away phones. Find out what happened that day with your kids and laugh together.³ Even if dinner isn't relaxing, you're showing good manners and healthy eating habits,¹ and improving your kids' self-esteem.⁴

National Farmers Market Week: August 7th – 13th

What is a Farmers market?

A Farmers market is a public and recurring gathering of farmers or their staff selling the food they produced directly to consumers. They facilitate personal connections and mutual benefits between farmers, shoppers, and communities.

What will I find at a Farmers market?

It depends. Farmers markets vary in size and always reflect a region's agriculture and seasons. Some markets are seasonal and comprised of a small number of vendors, while others involve hundreds of vendors and take place year-round. It is a source of pride to farmers and shoppers alike that the products available at farmers market represent the agriculture of a region or state.

How can I find one near me?

Farmers markets are in every state and located in all kinds of places– from Main Streets to city centers, from parks to parking lots, from sidewalks to shopping centers. To find a market near you, ask your neighbors, friends, Google, and colleagues, or search for one in [USDA's Farmers Market Directory](#), or at [LocalHarvest.org](#) and [EatWellGuide.org](#).

Grilled Mexican Street corn (Elote)

Recipe courtesy of University of Georgia Extension Services.

Ingredients:

- 6 medium ears of corn
- 1/2 cup nonfat plain Greek style yogurt
- 1/4 light mayonnaise
- 1/2 small bunch cilantro
- 1/2 tsp minced fresh garlic or 1/8 tsp garlic powder
- 1/2 tsp chili powder
- 1 lime
- 1/3 cup crumbled cotija cheese or queso fresco
- Optional: dash cayenned pepper, minced jalapeno



Directions:

1. Heat gas or charcoal grill to 400 F.
2. While grill heats, gently rub corn, cilantro, and lime under cool running water. Remove husks from corn. Chop cilantro. Zest lime rind (about 2 teaspoons) and squeeze out the juice from lime (about 2 tablespoons) into a small cup.
3. In a bowl, whisk together the sauce: yogurt, mayonnaise, chopped cilantro, garlic, chili powder, lime zest, and lime juice.
4. Set husked corn directly on grill grates. Grill 3-minutes per side or until kernels turn golden brown with a light char. Remove cooked corn to a serving platter.
5. Evenly divide the sauce over the ears. Use the back of a spoon to spread sauce over the tops and sides. Sprinkle with crumbled cheese (and optional cayenne and jalapeno, if using) and serve warm. Enjoy!

Benefits of Essential Oils

Essential oils are fantastic. They have many benefits,” says integrative medicine specialist Yufang Lin, MD.

Essential oils can be used in aromatherapy, a kind of complementary medicine that uses smell to improve your health or applied topically to the skin. Studies have shown that essential oils may help:

- Boost mood
- Improve job performance through reduced stress and increased attentiveness
- Improve sleep
- Kill bacteria, funguses and viruses
- Reduce anxiety and pain
- Reduce inflammation
- Reduce nausea
- Relieve headaches

For example, Peppermint oil is known to:

- Be an anti-inflammatory, antifungal and antimicrobial
- Ease headaches
- Fight fatigue
- Lift mood
- Reduce gut spasms
- Support digestion
- Support memory

“Peppermint tea can settle your stomach, too, if you have irritable bowel syndrome or gastric irritation,” adds Dr. Lin. “It’s very gentle and easy to use.”