



CROSSROADS

A CCCSIG Publication Where Health, Safety & Schools Come Together.

• January 2010 •

CCCSIG promotes a safe and healthy working environment for Contra Costa County school district employees.

Simple Tips to Slimmer Waists This New Year!

There are many reasons fad diets are flawed, but they all share one thing in common. They don't encourage behavior change. Losing weight, and keeping it off for life requires you to make actual lifestyle changes. Everyone knows that eating right and exercising are the keys to weight control. But here are some less obvious tips to make your efforts pay off.



Eat breakfast. A good breakfast sets you up for success throughout the day. If you skip it or select foods with highly refined carbs (donuts, muffins, or most cereals) you're likely to overeat later in the day. **Great start:** Fill up first thing in the morning with energizing high-fiber cereal or whole-grain bread, yogurt and fruit.



Serve yourself half the amount you usually eat if you tend to eat everything in front of you. Make less food look like more by using smaller plates or bowls. **Advantage:** Controlling portions is a great way to cut back on calories without restricting certain foods from your diet.

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Suggested Uses for Crossroads:

- 5-minute health and safety brief at staff meetings.
- Place a copy in your Injury and Illness Prevention Plan binder.

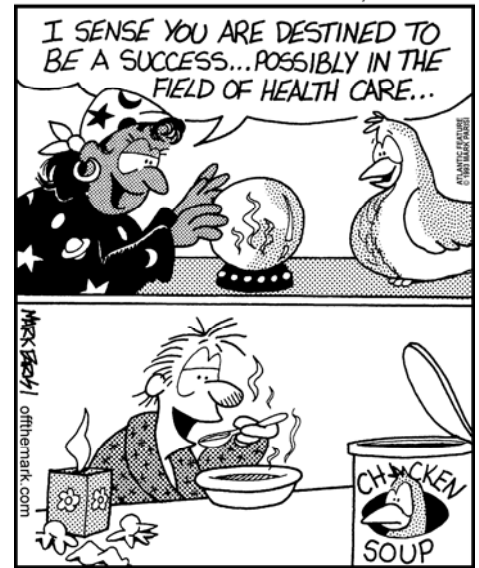
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Keep burning calories with regular aerobic exercise such as brisk walking, biking, or dancing and strength training your major muscle groups 2-3 times a week. **Advantage:** Exercise can raise your metabolism both during the workout and for hours afterward—the longer the session the better.

Try flavor without the calories. Brush your teeth or chew a piece of sugar-free gum. Or, if you like sour flavors, drink water with fresh cut lemon.

Take time to enjoy your food. It takes about 20 minutes for your brain to receive the signal that you're full. **Slow your meal:** Put your fork down between bites; chew slowly; and savor each flavor and texture!

off the mark.com by Mark Parisi



Classroom Fire Safety Checklist

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Is a fire extinguisher available within 75 feet?
<input type="checkbox"/>	<input type="checkbox"/>	Is the fire alarm signal audible in all parts of the building?
<input type="checkbox"/>	<input type="checkbox"/>	Are items prohibited from being stored on or hung from fire sprinkler piping or sprinkler heads?
<input type="checkbox"/>	<input type="checkbox"/>	Are fire pull stations unobstructed?
<input type="checkbox"/>	<input type="checkbox"/>	Is the storage of piled combustible materials orderly and maintained 2 feet from the ceiling?
<input type="checkbox"/>	<input type="checkbox"/>	Is the storage of any material maintained at least 18 inches from fire sprinkler heads?
<input type="checkbox"/>	<input type="checkbox"/>	Are flammable or combustible materials prohibited from being stored in exit corridors or exit enclosures?
<input type="checkbox"/>	<input type="checkbox"/>	Is child prepared artwork and teaching materials kept to 20% or less of the wall or ceiling area?
<input type="checkbox"/>	<input type="checkbox"/>	Are electrically heated appliances kept away from combustible materials?



Source: dbs.idaho.gov/school/pdf_files/classroom.pdf



A man too busy to take care of his health is like a mechanic too busy to take care of his tools. —Spanish Proverb

Meal in Minutes!

Pasta with Spinach, Garbanzos & Raisins

Ingredients

- 8 oz. farfelle (bow tie) pasta
- 2 Tbsp olive oil
- 4 garlic cloves, crushed
- 1/2 can (19 oz.) garbanzos, rinsed and drained
- 1/2 cup unsalted chicken broth
- 1/2 cup golden raisins
- 4 cups fresh spinach, chopped
- 2 Tbsp parmesan cheese
- Cracked black peppercorns, to taste



Preparation

1. Fill a large pot 3/4 full with water and bring to a boil. Add pasta and cook until al dente, 10-12 minutes, or according to package directions. Drain thoroughly.
2. In a large skillet, heat the oil and garlic over medium heat. Add the garbanzos and chicken broth. Stir until warm. Add the raisins and spinach. Heat just until spinach is wilted, about 3 minutes. Don't overcook.
3. Divide the pasta among the plates. Top each serving with 1/6 of the sauce, 1 teaspoon cheese and peppercorns to taste. Serve immediately.

Makes 6 servings

Source: Reprinted with permission www.mayoclinic.com

Nutrition Facts (per serving): Serving Size = 1/6 recipe

Calories: 347	Carbs: 62g
Sodium: 341mg	Protein: 11g
Cholesterol: 1mg	Fiber: 7g

Ask the Health & Safety Experts

Breakfast: Why the hype?

Q. Why is breakfast the most important meal of the day and why is eating breakfast now being linked to better weight control?

A. A healthy breakfast refuels your body and replenishes your blood sugar, giving you the energy necessary to start each day. Studies show that people who eat breakfast—especially a healthy one—are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol during the day.
- Have better concentration and be more productive throughout the day. Researchers believe this is due to replenishing glucose, the brain's main energy source.
- Control their weight. Researchers speculate that eating breakfast may reduce hunger later in the day or it may cause eaters to choose less-dense foods at later meals.
- Have more strength and endurance. People who eat breakfast—and thus have higher energy levels—may engage in more physical activity.
- Have lower cholesterol, which reduces the risk of heart disease. Research has shown that people who eat breakfast consume less dietary cholesterol than those who don't.

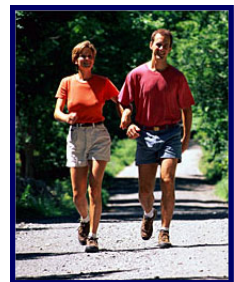
A healthy breakfast should consist of a variety of foods. To make a healthy breakfast each day, choose one item from at least 3 of the following 4 food groups: fruits and vegetables, grains, dairy and protein.

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FITNESS FOCUS: Energy Spurts

Putting one foot in front of another is second nature for most. But just because you've been toddling since you were in diapers doesn't mean you're technically astute. Years of sauntering with your own style and form could mean you've settled into a groove that compromises muscular-skeletal efficiency... and even health. Refresh your technique to enhance effectiveness and reduce risk for injury.

- Always remember to strike with your heel first and avoid locking out your knees.
- Take small steps — too long and you could over-exert your joints and muscles.
- Engage your abs. Imagine a string pulling you up from your belly button through the top of your head. A sagging gut can put pressure on your lower back and even reduce air capacity in your lungs.
- Keep your chin up, shoulders back, and your eyes fixed on a distance about 20 feet ahead of you. Looking downward will roll your shoulders and neck forward, causing strain on your back. Not to mention you might just walk into something... or someone.



Relax your shoulders and hands as you swing your arms naturally, keeping your elbows bent at a 90-degree angle.

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