

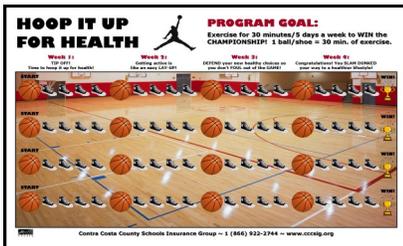


CROSSROADS

A CCCSIG Health & Safety Publication for CCC Member School Districts
March 2018

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

SPOTLIGHT: Hoop It Up For Health



This 4-week poster and online fitness challenge was designed to help member district employees establish and maintain the habit of regular physical activity. Member district employees who obtain and log at least 10 hours of exercise (e.g., 30 min, 5 days per week) by the end of the program will be entered into a countywide drawing to win a \$100 gift card to REI.

The district with the highest average number of hours of exercise completed will win the CCCSIG Perpetual Fitness Challenge trophy to display in their district office until/if there is a new district winner of the fall 2018 program.

Start Date: Monday, April 16th

End Date: Sunday, May 13th

How to Sign Up: Visit our website at www.cccsig.org and click on the [Healthy Lifestyle Program](#) page in the Health & Safety Services section.

For questions, please email Denise Schreiner at dschreiner@cccsig.org.

Print Crossroads for the Health
& Safety Bulletin Board!

March is National Nutrition Month



3 Simple Ways to Eat Smarter

Overwhelmed by conflicting nutrition and diet advice? The truth is, eating healthy isn't hard—and you don't have to live on salads, buy expensive supplements, or swear off snacks forever. Small healthy changes can make a big difference over time.

Eat in Season:

In-season produce is at peak flavor, nutrition and supply. Seasonal eating is often more affordable and sustainable—and makes it easy and delicious to get more fresh produce onto your plate.

DIY:

Cook at home to be the master of your own healthy destiny. By controlling fat, sugar, and salt, home cooks tend to eat healthier than people who eat out more often—even when they're not trying to change their habits.

Expand your Horizons:

Healthy eating doesn't have to be bland. Experiment with herbs and spices for high-impact, low-calorie flavor. Or try nutritious twist on foods you love—like spaghetti with zucchini noodles, or taco lettuce wraps.

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Back Safety: Tips to Watch Your Back!

Sometimes we forget to watch our own back as much as we watch others'. Your back is such a core part of your body, it's important to give it the attention it deserves. Try these lifting tips to protect your back:

- Analyze the lifting task and know your limits.
- Seek assistance from others when attempting to move heavy items.
- Use carts or hand trucks.
- Warm up and stretch your body.
- Prior to lifting, always find and maintain a firm footing.
- Use your leg muscles for the lifting.
- Look up when performing the lift.
- Keep your back straight.
- Do not twist or over-extend while lifting.



STRESS LESS

Wellness Tip of the Month: *Stress Less!*

Gratitude has been shown to lower stress, which prevents many other physical and mental consequences. Instead of focusing on what your body can't do or how you wish your body looked, try expressing gratitude for where you are now and the opportunity to make improvements.

Springtime Asparagus with Lemon-Garlic Shrimp

Ingredients

- 1 lb. raw extra large shrimp (26-30 count), peeled and deveined
- 1 lemon, cut in half
- 2 Tbsp. extra virgin olive oil, divided
- 2 lbs. fresh asparagus, trimmed, cut diagonally
- 2 medium red bell peppers, cut in about 1/4-inch x 1-inch slices
- 1 Tbsp. lemon zest
- Salt to taste
- 1 cup reduced-sodium chicken or vegetable broth
- 1 tsp. cornstarch
- 8 cloves garlic, minced (about 2 Tbsp.)
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. chopped fresh parsley
- 1 Tbsp. chopped fresh cilantro



Directions

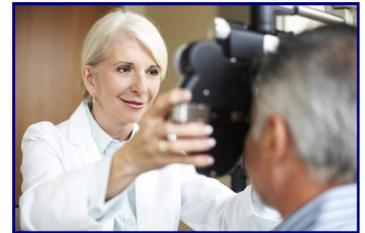
- Place shrimp in medium glass bowl. With strainer over bowl to catch seeds, squeeze lemon juice over shrimp. Toss shrimp in juice and set aside.
- Heat large skillet over medium-high heat. Add 1 tablespoon oil and heat until oil begins to shimmer. Add asparagus, peppers, lemon zest and salt. Sauté about 8-10 minutes. Transfer to bowl and cover with foil to keep warm. Set skillet aside off heat.
- In small mixing bowl, whisk broth and cornstarch together until smooth.
- Return skillet to medium heat. Add remaining oil and garlic. Sauté about 1 minute. Add shrimp and sauté 1 minute. Add broth mixture. Cook, stirring about 2 minutes. Remove from heat, stir in lemon juice, parsley and cilantro. Season with salt.
- Serve vegetables topped with shrimp.

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Fight for Your Sight: 5 Tips to Fight Macular Degeneration

The ability to see is one of our most precious gifts. Like most things in life, our vision may be impacted as we age. While there is no cure, there are steps you can take to help reduce the risk of progression, including:

- Schedule routine eye exams.
- Address symptoms immediately.
- Lead a healthy lifestyle.
- Eat right.
- Consider supplements recommended by the National Eye Institute.



Click [here](#) for the full article!!

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Confused About Nutrition? 4 Nutrition Myths Debunked

When it comes to nutrition, it can be difficult to distinguish between fact and fiction. Ricia Taylor, RD of [Kaiser Permanente Panola Medical Center](#), helps debunk four nutrition-related questions you may be pondering.

Is it true that frozen vegetables can be healthier than fresh veggies? Yes.

Frozen vegetables are generally processed at their peak ripeness, and before being frozen, they undergo a process that kills harmful bacteria, brightens color and helps retain vitamin and nutrient content. While some nutrients, such as vitamins B and C, are lost, others remain intact up to a year. Comparatively, fresh vegetables are usually picked before they are ripe, and they have not yet developed all of their vitamins, minerals and natural antioxidants.

Is it true that margarine may not be a better alternative to butter? Yes.

But both are high in fat. Margarine, however, contains trans fatty acid, which is as harmful, if not more, than saturated fat. Trans fat is made by adding hydrogen to liquid oil to make it solid.

Is it true that full-fat milk and yogurt can keep you fuller, longer? No.

While there is new research that suggests full-fat dairy products may not be as harmful as once thought, they are higher in calories and can actually lead to weight gain. The fat content in food adds to satiety, which is the feeling of fullness. You may feel fuller for a longer period time, but those products are not healthier for you.



Is it true that eggs are not healthy and should be avoided? No.

It is not actually the cholesterol in food that raises a person's blood cholesterol, it is the saturated and trans fat. For those who consume animal products, eggs can provide a healthy source of protein and are generally considered low in fat.

Click [here](#) for the full article. Source: www.kp.org. Reprinted with permission.