

# THE INDUSTRIAL ATHLETE DIGEST

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## SNACK RIGHT

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New year, new me. Many people approach the new year with this mentality, and running with this frame of thought commonly motivates resolutions that include diet changes. This time of year especially, snacking gets a bad rap. However, in actuality, snacking can be beneficial to improving your overall nutrition and therefore improving your productivity and performance in the workplace.



### SNACKING BENEFITS

- Snacking provides opportunity to supply more nutrients into your diet
- Associated with improvement in cardiovascular health markers
- Provides a boost of energy in between meals
- Increases feeling of fullness

Of course, these benefits are dependent on **what** you choose for a snack and **how much** you consume. Hunger goes beyond a physical sensation and is influenced by factors such as your emotions, social environment, location, etc. A snack should make you feel satisfied, but not interfere with your next meal!

### TIMING MAKES A DIFFERENCE



**For day shift industrial athletes:**

Did you know your circadian rhythm (your internal biological clock) not only influences your sleep cycle but also your metabolism? Try to limit snacking right before bedtime.



**For night shift industrial athletes:**

As the body's processes slow at night, it's been found frequent snacking may decrease tiredness, increase energy, and decrease headaches and dizziness often reported with night shift workers.

### SMART SNACKING

There is room for everything **in moderation.**

However, the workplace vending machines and cafeteria tend to carry snacks that are ultra-processed and low in nutritional value. Try to plan ahead to bring or choose more nutrient-dense substitutes.



**TRY THIS!**



If you love to snack on candies with peanut butter and chocolate, try yogurt (high in protein with calcium and probiotics), nuts (another source of protein and vitamins), and dark chocolate (source of antioxidants and minerals).

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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

