

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 50



HOLIDAY EATING THAT'S MORE GRAVE THAN GRAVY

Many of us are in the midst of holiday gatherings with family and friends that likely center around special meals with festive food and drinks. What would your onsite Injury Prevention Specialist have to say around the challenges you face with your meal choices and healthy eating habits?

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SCAN THE QR TO SEE MORE HOLIDAY HEALTHY EATING TIPS!

By eating 200 extra calories a day between Thanksgiving and New Year's Day, you could potentially gain 2-3 extra pounds over a 5-6 week period. In spite of the joy of the holidays, cardiac events are more likely during this season, too. Let's talk about what can we do to stay healthy AND enjoy the holidays.

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.

MAKE A COLORFUL PLATE

If you notice your plate is dominated by white and yellow colored foods, you're not getting the nutrients your body really needs in your holiday meals. Make your plate more colorful by adding some fruits and vegetables. Bringing a pre-made veggie tray to your event or chopping up some apples and bananas for a fruit salad is an easy way to contribute to holiday health.



SCAN WHAT'S ON THE TABLE

Before you start putting food onto your plate, check out what's down the line to see what you want instead of piling on every dish that's offered. If you're planning the party, put the healthy foods up first in line. That way your guests are more inclined to load up on the healthy stuff!



WATCH WHAT YOU DRINK

Calories from drinks can add up quickly. Look for zero sugar/calorie drinks, water, and tea. Popular alcohol drinks such as beer, wine, and other mixed drinks range from 150 to 225 calories a serving. If you drink alcohol, have a glass of water in between drinks. Also avoid alcohol on an empty stomach since it can increase your appetite and diminish your ability to control what you eat.

