

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



VITA-WOMEN

VOLUME 10 | ISSUE 21

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Following a balanced diet is crucial to good health and proper nutrition, especially for females. Women go through a constant shift in hormones throughout different phases of life and maturation. Plus women tend to get bombarded by ads on the next fad diet which tend to be unrealistic and not the healthiest option. It's no wonder there's confusion about what really is good nutrition for women! Although the basics of eating whole foods, plenty of fruits, vegetables, and whole grains while reducing sugars, sodium, and bad fats remains true, there are still focus areas crucial to staying healthy through different phases in a woman's life. Let's focus on the working industrial athlete and what nutrients she needs to keep on top of her tasks - moving, pushing, and pulling throughout her day.

NUTRIENT NUGGETS

The female body needs the following vitamins and minerals to support proper health. All of these can be found in foods you eat, but sometimes women need to take supplements. These are all **recommendations for the average adult woman**. *Be sure to talk with your doctor about what your individual needs are before taking any supplements.*

B12: Forms red blood cells and DNA and is vital for brain and nerve cell functions.



Folic Acid: Needed for red blood cell formation and healthy cell growth and function.



Choline: Crucial for metabolism and easy to achieve.




Omega-3s: Reduce the risk of heart disease!

Iron: Important in maintaining healthy blood.



FOODS THAT FIGHT

Foods to include in your diet to combat against leading causes of illness and death in women:

- **Foods that boost your brain power:** Alzheimer's Disease, the most common type of dementia, is 5th leading cause in women, and affects more women than men
 - Shrimp, cinnamon, blueberries, almond butter
- **Foods that boost your immunity and mood:** 12 million women being affected by a depressive disorder every year. 75% of people who live with autoimmune diseases are women.
 - Rooibos tea, portobello mushrooms, Brazil nuts, beets
- **Foods that nourish hair and skin:**
 - Red peppers, cilantro, sweet potatoes, shitake mushrooms, infused water with citrus, berries, herbs. 

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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.

