

TOP 5 FITNESS APPS FOR EVERY TYPE OF WORKOUT

1. For the Runner: [Nike+ Running app](#) tracks speed or distance and also has a built-in calorie counter!
2. For the Yogi: [Yoga Studio](#) offers 65 yoga classes with 300+ poses!
3. For the Cyclist: [Strava](#) helps you train by tracking elevation gains, speed and calories.
4. For the Outdoorsy Athlete: [North Face's Mountain Athletics app](#) contains training programs geared towards outdoor activities.
5. For Everyone: [Movement Tracker Human](#) inspires you to move 30 minutes a day!

[Read more](#)

POSTER OF THE MONTH

Mindful Exercise

A Healthy, Homemade Breakfast Can Save Time, Money and Your Health

By: Kim Guess, RD, Worksite Wellness Dietitian with Berkeley's Health*Matters Wellness Program

When you think of breakfast, which foods come to mind? Cold cereal, pastries, smoothies, or a breakfast sandwich? Many common breakfast foods do not necessarily make for a well-balanced meal. Whether your morning preference is savory or sweet, there are plenty of ways to make a healthy, quick and affordable breakfast at home.

A balanced breakfast should contain lean protein, fiber, and whole fruit or vegetables. Sorry, but ketchup doesn't count as a vegetable. Healthy protein options include eggs and egg whites, nuts, nut butter, Greek yogurt, cottage cheese, and even fish (think smoked salmon) and beans (think breakfast burritos). Good sources of fiber include beans, whole grains, fruit, nuts, seeds, and vegetables. The combination of these foods are more satisfying than a typical breakfast of a bagel or muffin, keeping you full longer, as well as a helping you maintain or reach a healthy weight, achieve a more nutritionally complete diet, and be more focused at work.

But who really has time to prepare a healthy breakfast? Between crawling out of bed, deciding what to wear, and making it out the door on time, where do we find time for yet another task? If you normally stop at the local

coffee shop, fast food restaurant, or even a vending machine on the way to work, you could be spending the same number of minutes -- or even seconds -- enjoying a homemade breakfast instead. And if you're a breakfast skipper, you might create more productive time by improving your concentration at work with a satisfying morning meal. By preparing breakfast ahead of time, such as the night before, or even on Sunday evening to last the entire week, you only need a minute or two each morning putting your breakfast together.

Homemade breakfast can be not only a time-saver, but also a money-saver. Try buying ingredients in bulk. Think yogurt in tubs versus individual cups, oats in the bulk section versus individual packets, and dried beans versus canned. So, how do you combine these foods to create a tasty, affordable, and satisfying breakfast? Try any of these appetizing combinations or put your own favorites together. Each costs between \$1-2 to make (less than that coffee shop pastry), even when using high quality ingredients.

- 2 hard-boiled eggs and an orange
- Old-fashioned oats with apples, walnuts, and milk or milk alternative
- Whole grain toast with nut butter and half a grapefruit
- Plain yogurt with berries and almonds
- Breakfast tacos: scrambled eggs on corn tortillas with beans and salsa

FRITTATA MUFFINS *(Serves 6)*

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Mindful HEALTH & SAFETY

Make a batch for 4-5 days of your own grab-and-go breakfast!

Ingredients

- 10 large eggs
- 2 cups sautéed vegetables, chopped (mushrooms and spinach, bell pepper and onion, broccoli and tomato, or roasted/grilled veggies)
- 1 teaspoon salt
- Oil to grease pan, such as olive oil

Directions

1. Preheat oven to 350°F. Grease a muffin pan.
2. In a medium bowl, whisk the eggs with the salt. Stir in vegetables. Pour egg mixture into muffin pan.
3. Bake for 20-25 minutes, or until tops are light golden brown.
4. Refrigerate up to 4-5 days. Reheat in microwave to serve warm.

Substitution Note: You can substitute 5 of the whole eggs with either 10 egg whites or 1 cup 100% liquid egg whites.



Inattention/Distraction

There are so many distractions occurring in our lives. Not only do our cell phones and other gadgets pull our attention, our busy minds often take our focus away from the task at hand. At the University of California, Irvine, inattention/distraction is the #1 associated root cause of employee injuries.

Is inattention/distraction a primary safety hazard at your site? If so, how are you addressing it? Traditional safety training programs teach critical, technical safety skills. However, the issue of attention is rarely addressed. When the subject is broached, instructors may encourage participants to “pay attention” while facing a particular hazard. But telling people to pay attention and teaching them to do so are entirely different.

Mindfulness is Attention Training

Mindfulness training teaches participants how to pay attention and has been practiced for thousands of years around the world. In 1979, Dr. Jon Kabat-Zinn developed Mindfulness-Based Stress Reduction (MBSR) to alleviate the stress, pain and suffering of medical patients. Eventually the program was made available to the public at large, and the interest was so great that it led to the creation of the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts.

The Mindful Revolution

Studies demonstrate benefits for a range of conditions, including chronic pain, type 2 diabetes, cancer, HIV, substance abuse as well as anxiety and depression. Even healthy individuals demonstrate improvements in such areas as immune functioning, attention and well-being. Reduced stress is perhaps the most widely reported benefit. Visit the Safety Spotlight poster this month for tips on how to refocus, reboot and relax the brain.

Studies are focused on the way in which mindfulness impacts performance. UC Santa Barbara students who were randomly assigned to a 2-week mindfulness training (compared to a nutrition class) significantly improved both GRE reading-comprehension scores and working memory capacity, while simultaneously reducing occurrence of distracting thoughts.

Companies such as Google, Procter & Gamble, and General Mills are sold on the health and performance benefits afforded by mindfulness. Google offers a variety of free programs to its employees, and has developed a leadership institute entitled “Search Inside Yourself.” As evidence accumulates and mindfulness proliferates in the fields of medicine, psychology, education, business, law, the military, and athletics, I invite you to contemplate the following . . .

Given that:

- Practicing mindfulness has significant health and performance benefits,
- Mindfulness is attention training, and
- Inattention/distraction is a primary cause of injuries . . .

Isn't it time that we apply mindfulness to the field of safety?



CONNECT

Know where to turn on your UC campus for the information you need to keep yourself, your workplace and your environment safe and secure. Click on the campus links below to connect to local program, educational and informational resources.

[UC Berkeley](#)

[UC Merced](#)

[UC Santa Barbara](#)

[UC Davis](#)

[UC Riverside](#)

[UC Santa Cruz](#)

[UC Irvine](#)

[UC San Diego](#)

[UCOP](#)

[UCLA](#)

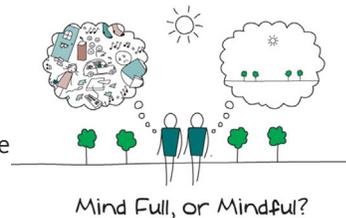
[UC San Francisco](#)

[UC ANR](#)

UC Mindful Health & Safety Center of Excellence

Is your mind full, or are you mindful?

So many of us operate with our minds so full that we miss the very moment that is right in front of us. The studies clearly demonstrate that learning to experience life like the person on the right will improve our health. We believe that being mindful will also improve our safety.



UC Irvine's Environmental Health & Safety department, in collaboration with the Susan Samuelli Center for Integrative Medicine, is contributing to the research by investigating whether practicing mindfulness improves employee attention and reduces workplace injuries. We have piloted our "Mindful Health & Safety Program" (an adaptation of MBSR) with some UC Irvine EH&S staff and Facilities Management leadership. And we are currently undergoing a formal research pilot with nurses at UC Irvine Medical Center. Results will be used to apply for grant funding from the National Institutes of Health (NIH), which would be used to study employees at high risk for injuries.

Below are a few participant comments:

- Very applicable to every day work and personal life.
- The exercises (mental and physical) help focus the mind.
- I am better at challenging myself to let go of what I can't control in the work place.
- There are a lot of things going on, lots of input, lots of stressors. Now, you think, I really should be paying attention to the road, and the red light, and the person walking.
- For me, you're in the middle of a project, things aren't going great and your mind starts racing with all of the 'What ifs'. I used to think that was helpful, but sometimes it's unproductive. You just start to get too carried away. Be aware that you're too far out, and get under control.
- The practical application is how I respond to work things. Typically when I get an email, I want to respond right away. Now I ask myself if this is urgent. I now have the awareness to focus on what I need to get done. I'm not at the beck and call of everyone's requests.
- This helps make you more productive, and it also helps us in our personal lives, to enjoy some of those good moments, be healthier, be good to yourself. It offers everybody something.

In addition to conducting research, the UC Mindful Health & Safety Center of Excellence is working to customize Mindful Health & Safety programs to meet to needs of various audiences across the UC system. To access a variety of resources on cultivating healthier, safer workplaces, please visit our website at <http://sites.uci.edu/mindfulhs/> or contact [Jessica Drew de Paz](mailto:Jessica.Drew.de.Paz).

We invite you to contact us, and look forward to collaborating with you to integrate mindfulness into your workplace.

HEALTH, WELLNESS AND NUTRITION LINKS

[UC Living Well](#)

[UC Walk](#)

[Work-Life Balance: Busy is Never Better](#)

[Wellness Resources](#)

[UC Mindful Health & Safety Center of Excellence](#)

[UCLA mindfulness audio files](#)

[UCSD mindfulness audio files](#)

[Food Day](#)

[UCLA cardiologists offer heart-healthy tips](#)

[Local Wellness Coordinators](#)

[Work-Life Coordinators](#)

UPCOMING EDITIONS

May: Heat Illness Safety

June/July: Safety Training

August: Lab Safety

FEEDBACK, PLEASE

Send an email to EHS@ucop.edu to submit your comments on the March issue or to suggest content ideas for future issues. We look forward to hearing from you!