Spotlight on Healthy Habits!


Nutrition

The USDA recommends implementing small changes to your diet over time for sustainably adopting a healthier lifestyle. Their guidelines for building a healthy eating style are outlines as:

- Making half your plate fruits and vegetables
  - Focus on whole fruits
  - Vary your veggies
- Making at least half of your grains whole grains
- Switching to fat-free or low-fat dairy or dairy alternatives
- Eating a variety of protein foods (seafood, lean meats and poultry, legumes, nuts, seeds, and soy products)
- Limiting sodium intake
- Limiting saturated and trans fat intake
- Limiting added sugars intake
- Limit alcohol to up to 1 drink per day for women and up to 2 drinks per day for men

Tips:

- Avoid processed, packaged foods, which often contain added sugars, high levels of sodium, and saturated/trans fat
- Focus on adding in fruits and vegetables to your diet, which leaves less room for processed foods
- Buy pre-washed, pre-cut produce for easy and convenient meals
- Visit the farmers market weekly for fresh, seasonal produce
- Prepare food in bulk for quick, healthy meals throughout the week

Exercise

USDA Guidelines recommend:

- Adults aim for around 150 minutes each week of physical activity at a moderate level (pace of a brisk walk).
  - Spreading this out over at least 3 days a week is best.
  - Can be performed in 10-minute increments.
- Including strengthening activities, such as push-ups, sit-ups, and lifting weights at least 2 days a week.
STRESS RELIEVING WORKOUTS

What do work deadlines, sitting in traffic, paying your bills, grocery lines, raising your kids and battling the bulge have in common? While there are may be many suitable answers, one of the top common denominators is: Stress! In the United States, seven out of ten adults report feeling some type of stress daily. Although people have different stressors, it is something that once it starts to affect us, is often hard to stop. What sets one person off may vary from individual to individual. Some people get stressed out over the littlest things, while others have a much higher breaking point. Regardless, stress can take a physical and mental toll on your overall health if it is not addressed.

The key to stress management is finding a way to relieve your stress so you can cope with any situation that unfolds. Luckily, there are many proven strategies to help someone handle and decrease stress. Fortunately, exercise falls among the many tools that can help you to get a handle on the stress in your life.

**Aerobic Exercise** - Participating in aerobic activities such as running, spinning, cardio or dance also offer the benefit of an increased heart rate. When your heart rate goes up, your body will release an increased amount of endorphins, which are natural opiates that allow you to “feel good”. These activities help you to feel better both physically and mentally. HIIT workouts may be a good way to keep the workout quick and maximally effective for healthy, weight management, and time efficiency.

**Yoga** - This type of exercise is considered a mind-body exercise, which in itself can strengthen your bodies internal response to stress. Yoga often involves various poses with deep breathing, which allows you to learn to relax while strengthening your body and improving your posture.

**Martial Arts** - For many people martial arts is the perfect way to get in shape, release energy and let off tension. Learning the techniques is helpful in keeping your mind occupied and away from stressors. The many forms of martial arts allow you to learn self-discipline and self-defense while keeping you in shape.

**Kickboxing** - For many people under stress, there is a strong feeling of tension and anger. Taking up kickboxing is a great way to reduce your stress through a series of punching and kicking movements. Improving your balance, burning calories, and becoming more flexible are among the many benefits of this form of exercise.

**Pilates** - Despite the fact that Pilates is an anaerobic exercise, it is also a stress relieving exercise to consider learning. Pilates focuses on mat exercises with a series of controlled movements. This workout was created to improve strength, endurance and flexibility.

Tips:
- Try to incorporate exercise into your daily routine by taking the stairs or parking far away from your destination.
- Plan your workouts in advance (find resources online for ideas)
- Plan activities with friends and family, such as going on a hike, walking to a coffee shop or through your local park, or going on a run.

**Mental Health**
- Mental health, which includes our emotional, psychological and social well-being, is important because it determines the way we think, act, and feel.
- It’s crucial to take care of our mental health throughout our lives because it can affect the way we handle stress, relate to others and to make life decisions. In addition, it will allow us to balance life activities and to increase our ability to enjoy life.

**Signs:**
- Eating/sleeping too much or too little
- Pulling away from people and usual activities
- Low or no energy
- Feeling like nothing matters
- Feeling helpless
- Experiencing severe mood swings that cause problems in relationships
- Inability to perform daily tasks like getting to work

Tips:
- Getting professional help if needed
- Taking care of your body
- Surround yourself with good people
- Getting physically active
- Learning how to deal with stress
- Getting enough sleep

References: USDA ChooseMyPlate, Mental Health.gov
UC Berkeley Center for Occupational & Environmental Health

- Free Webinar: Improving Employee Emotions and Emotion Regulation (Wednesday, June 6, 2018, 10:30 am – 11:30 am, online)
- Pesticide Exposure & Health: Protecting Agricultural Communities (Wednesday, June 20, 2018, 1:00 pm - 4:15 pm, Oakland, CA)
- Health from the Soil Up: Bridging the Silos of Health and Agriculture (Thursday, August 9, 2018, 8:30 am – 5:00 pm, Berkeley, CA)

UC San Diego Extension

- OSHA 502 – Update for Construction Industry Outreach Trainers (Monday, June 4, 2018, 8:00 am - 4:30 pm – Wednesday, June 6, 2018, 8:00 am - 4:30 pm, Brookhurst Community Center 2271 W. Crescent Avenue, Anaheim, CA 92801)
- OSHA 5029 – Cal/OSHA Update for Construction Industry Outreach Trainers (Thursday, June 7, 2018, 8:00 am - 4:30 pm, Brookhurst Community Center 2271 W. Crescent Avenue, Anaheim, CA 92801)
- OSHA 511 – Occupational Safety and Health Standards for General Industry (Monday, June 11, 2018, 8 am - 4:30 pm—Thursday, June 14, 2018, 8:00 am-4:30 pm, Van de Kamp Center 2930 Fletcher Drive, Los Angeles, CA 90065)

UCLA/UC Irvine Southern California Education & Research Center

- Indoor Air Quality (Tuesday, June 19, 2018, 8:00 am - 5:00 pm – Wednesday, June 20, 2018, 8:00 am - 5:00 pm, Los Angeles, CA)
- Sampling and Instrumentation (Monday, July 30, 2018, 8:00 am - 5:00 pm—Tuesday, July 31, 8:00 am - 5:00 pm, Los Angeles, CA)
- Ventilation (Wednesday, August 1, 2018 8:00 am - 5:00 pm – Thursday, August 2, 2018, 8:00 am - 5:00 pm Los Angeles, CA)

UC Risk & Safety Training

- EH&S Professional Education (Online)
  - UC Santa Barbara Workshop (Wednesday, November 14, 2018, 9:00 am - 5:00 pm, UCSB)

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