



HEALTH & SAFETY NEWSLETTER

March 2015

Welcome to the March edition of the Health and Safety newsletter. For us in BC, spring is well underway. Let's hope the rest of North America catches up soon. This month the current H&S Committee bids farewell and in April we'll unveil the new committee that will undoubtedly take us to greater heights of health, safety, and wellness! This month we promote Kidney Health Month, we detail some simple stretches for our drivers, we give you some nutrition tips for controlling blood sugar, and we offer up a super nutritious St. Patty's Day soup recipe. Enjoy!

MARCH IS KIDNEY HEALTH MONTH

One in 10 Canadians has kidney disease and millions more are at risk. Throughout March – Kidney Health Month – The Kidney Foundation of Canada, its partners and volunteers work together to host awareness events aimed at raising the profile of kidney disease and organ and tissue donation.

"On Thursday March 12, we will celebrate the 10th Anniversary of World Kidney Day, a global event which draws attention to kidney health," said Dr. Julian Midgley, President of The Kidney Foundation of Canada. "This year's theme, Kidney Health for All, raises awareness about the fact that not everyone is equal with regards to their personal risk for kidney disease."

The Kidney Foundation encourages Canadians to take three simple steps during Kidney Health Month to improve the health of their kidneys:

- Control your blood sugar level and monitor your blood pressure. Diabetes and high blood pressure are the two leading causes of kidney failure.
- Eat healthy, keep your weight in check, and be active. This can reduce risk as you lower salt intake, increase fluid intake, and help prevent diabetes, heart disease and other conditions associated with kidney failure.
- Get your kidney function checked with a simple blood test, especially if you have one or more of the following at risk factors:
 - Diabetes and/or High blood pressure
 - Family history of kidney disease or 55 years or older
 - Smoker and/or Obese
 - Aboriginal, Hispanic, Asian, South Asian, or African heritage

Early detection is key because kidney disease can be slowed or prevented when detected early enough. An online assessment tool is one way The Kidney Foundation helps to inform and educate Canadians about the risk factors and warning signs. Check it out at www.kidney.ca/risk-assessment.





THE 9 BEST STRETCHES FOR TRUCK DRIVERS

After spending countless hours behind the wheel of a semi truck, muscle tightness just begins to come with the territory. So when stopping for a quick break, it can be beneficial to do some stretching. These 9 stretches for truck drivers are sure to loosen up sore, tight muscles and provide some relief.

Hold each stretch for 15-30 seconds on both sides.

1. Hamstrings - Cross your right foot over your left. Keeping your legs straight, bend at the waist and reach to your toes. Don't overstretch — just enough to feel a stretch in the hamstrings. Hold for 15-30 seconds and switch sides.
2. Quads - Grab your right ankle with your right hand and pull your foot toward your butt until you feel the stretch in the front of your thigh. Hold for 15-30 seconds and switch sides.
3. Hips - Lunge forward with your weight on your right foot. Put both hands on your hips and hold. Switch sides.
4. Forearms - Cross your wrists with the thumbs pointed downward. Clasp hands together. Straighten your arms and rotate shoulders by your back. Hold.
5. Wrists - Put palms together like you're praying. Tilt your fingertips toward your chest and hold for 15-30 seconds.
6. Shoulders - Put one arm over your head and grasp the elbow with your other hand. Pull the elbow toward your head and back. Hold and switch arms.
7. Upper Back - Stand with your feet hip distance apart on a mat. Hinge forward at the waist and plant your hands on the mat. Step feet back until you're in a push-up position. Lift your hips to the ceiling until your body makes an inverted "V" shape. Press your chest toward your knees. Hold stretch.
8. Lower Back - Stand with your arms extended vertically overhead. Lift your chest up and arch your back. Bring the arms back as far as possible.
9. Glutes - Lie on a mat and bend your knees. Cross one lower leg over the thigh of the other leg. Grab the back of the thigh with both hands. Pull your leg towards your torso. Hold and repeat on the other leg.



9 BEST STRETCHES

for truck drivers

1.



2.



3.



4.



5.



6.



7.



8.



9.



For more free, healthy tips, visit: thehealthytrucker.net/fit

#htfit



THE BEST FOODS TO CONTROL BLOOD SUGAR

Making healthy food choices and keeping track of your eating habits can help you manage your blood sugar. A high level of blood sugar can damage your organs such as the eyes, kidney and the heart. Avoiding a high-calorie diet is the first step towards regulating your blood sugar. Adding some specific foods into your daily diet could also go a long way in controlling your blood sugar levels.

High Fiber Foods

Dietary fiber found in plant foods plays a major role in the health of your body. Fiber is divided into two types; soluble and insoluble. Sources of insoluble fiber include peels of fruits, such as grapes, apples and blueberries. The soluble fiber on the other hand is absorbed in water and forms a gel-like substance in the digestive tract. The University of Maryland explains that this inhibits the intestines from absorbing sugar and starch. This means a high-fiber diet reduces the risk of type 2 diabetes and lowers insulin and blood sugar levels. Soluble fiber can be found in the soft parts of fruits, peas and dried beans, for example.

Cinnamon

According to Worlds' Healthiest Foods, cinnamaldehyde, cinnamyl acetate and cinnamyl alcohol are the three essential oils that give cinnamon its unique therapeutic properties. Using cinnamon to season a high-carbohydrate food lessens its impact on your blood sugar levels. A study by the "American Journal of Clinical Nutrition" that was published in 2007 showed that adding cinnamon to food high in carbohydrates lowered the rate of gastric emptying. This significantly lessened the rise of the blood sugar levels after a high-carbohydrate meal. A paper published in "Diabetes Care" in 2003 shows that a daily consumption of 1 to 6 grams of cinnamon reduces blood sugar levels and reduces the risk of type 2 diabetes.

Nuts

A study by researchers at St. Michael's Hospital in Canada published in August 2011 in "Diabetes Care" found that a daily intake of 2 ounces of mixed nuts improves blood sugar and lowers bad cholesterol levels. Moreover, nuts are ideal for increasing vegetable oil and protein intake in the diet of patients with type 2 diabetes. Mixed, unsalted, raw or dry roasted nuts control the levels of blood glucose and blood lipids and help prevent weight gain in such patients.

Vinegar

A study by researchers at Arizona State University published in the January 2004 issue of "Diabetes Care" found that vinegar slows down the usual rise of blood sugar after a meal. It contains a biologically active constituent called acetic acid, which inhibits the activity of several active carbohydrate-digesting enzymes. Some sugars and starches are therefore not digested. As a result, this has less impact on blood sugar.





HEALTH & SAFETY NEWSLETTER

March 2015

RECIPE OF THE MONTH - Irish Lamb Stew

Makes: 8 servings, generous 1 cup each

Active Time: 30 minutes

Total Time: 8 1/2 hours

Ingredients

- 2 pounds boneless leg of lamb, trimmed and cut into 1-inch pieces
- 1 3/4 pounds white potatoes, peeled and cut into 1-inch pieces
- 3 large leeks, white part only, halved, washed (see Tip) and thinly sliced
- 3 large carrots, peeled and cut into 1-inch pieces
- 3 stalks celery, thinly sliced
- 1 14-ounce can reduced-sodium chicken broth
- 2 teaspoons chopped fresh thyme
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1/4 cup packed fresh parsley leaves, chopped

Combine lamb, potatoes, leeks, carrots, celery, broth, thyme, salt and pepper in a 6-quart slow cooker; stir to combine. Put the lid on and cook on low until the lamb is fork-tender, about 8 hours. Stir in parsley before serving.

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days or freeze for up to 1 month. | Equipment: 6-quart slow cooker
- **Tip:** To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil. Drain. Repeat until no grit remains.

Nutrition

Per serving: 266 calories; 7 g fat (2 g sat, 3 g mono); 65 mg cholesterol; 27 g carbohydrates; 0 g added sugars; 23 g protein; 4 g fiber; 427 mg sodium; 803 mg potassium.

Nutrition Bonus: Vitamin A (139% daily value), Vitamin C (26% dv), Potassium (23% dv), Folate & Iron (15% dv)

