Employee Health: Pathway to Wellness



Did You Know? 24% of employees have high blood pressure 50% or more have high cholesterol 59% do not get adequate exercise 26% are overweight

Your Health is Important

Caregivers are at a higher risk of suffering from a number of health problems. Caregivers may feel stressed or overwhelmed which can make them take on unhealthy behaviors such as eating poorly, smoking, and drinking alcohol. Long-term stress can cause many serious health problems such as depression, anxiety, heart disease, obesity, and a weak immune system. Having deficient lifestyle choices can increase the risk of chronic conditions which can have a negative effect on employee's lives. These health issues can have a huge impact on your productivity as well as your quality of life.

Know Your Numbers

	BLOOD PRESSURE	CHOLESTEROL	BMI
NORMAL	120/80 mm	<200mg/dL	18.5-
LEVEL	Hg		24.9

Lifestyle Changes vs. Quick Changes

Maintain a well-balanced, healthy diet

Make half your plate fruits and vegetables and incorporate whole grains into your diet. Eat more protein-rich foods and be aware of the saturated fat, sodium, and added sugars in your foods and beverages.

Exercise regularly

Adults should aim for 150 minutes of aerobic physical activity at a moderate level OR 75 minutes of aerobic physical activity at a vigorous level each week.

Increase the amount of sleep you get

The amount of sleep you get is very important and contributes to your health and well-being. It is recommended to get at least 7 hours of sleep each night.









Fun Facts!

- **Blueberries** are a good source of vitamin K, vitamin C, manganese, fiber, and copper. They can also improve memory!
- **Strawberries** are a great source of vitamins C and K as well as fiber, folic acid, manganese and potassium. They help burn stored fat, boost short term memory, ease inflammation, promote bone and eye health, and are good for weight loss.
- * Raspberries are an excellent source of vitamin C. manganese, and dietary fiber. They can also improve management of obesity.
- **& Bananas** are packed with potassium and great for your heart! They can help with depression, weight loss, vision, and bones. Plus, they taste sweet and are filling!
- **Yogurt** provides protein and calcium and some yogurts have probiotics which keeps the intestines healthy. Yogurt promotes bone health and aids in digestion.

Food for thought....

The color of each fruit represents a different micronutrient, vitamin, or mineral which helps to nourish your body. Try and eat the rainbow by challenging yourself to eat different colors and make a nutritious place!

Healthy Recipe



Ingredients:

- 2 cups of fresh blueberries, raspberries, strawberries, and sliced bananas, mixed together
- 2 cups of plain, fat-free yogurt
- ½ cup white sugar
- paper cups
- popsicle sticks

Directions:

- Place the mixed blueberries. raspberries, strawberries, sliced bananas, yogurt, and sugar into a blender. Cover, and blend until fruit is chunky or smooth, as desired.
- Fill paper cups 3/4 full with fruit mixture. Cover the top of each cup with a strip of aluminum foil. Poke a popsicle stick through the center of the foil on each cup.
- Place the cups in the freezer for at least 5 hours. To serve, remove foil and peel off the paper cup.

Promoting Good Health and Quality of Life



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