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**RUTGERS**

New Jersey Agricultural  
Experiment Station

### Deskercise!

- **Reach Out and Touch Your Fingers:** Do each hand individually. Touch the tip of your thumb to the tip of each finger in turn, making the circle as round as you can. Straighten your fingers in between touching each finger.
- **Hamstring Hug:** Sit back and place your hands under your right thigh. Pull knee toward chest then extend the leg straight in front of you as far as you can. Repeat with your other leg. Do three to five times with each leg.

Remember to consult your doctor before beginning any exercise program.

# Healthy on the Job! Workplace Wellness Newsletter

Family & Community Health Sciences  
Rutgers Cooperative Extension

Issue 1

Focus: Stress Less

## Stress Less at home with a Healthy Diet

Stress can be related to carrying personal issues and frustrations into the home. The effect of stress can be felt in terms of productivity at home or on the job.

Balancing stress is essential to a fulfilling and healthy lifestyle. Consuming a healthy diet of colorful fruit, vegetables, low-fat calcium rich foods such as milk, cheese, and yogurt, whole grain foods, and lean meat, fish and poultry.

Adults should eat a balanced diet on and off the job. Controlling the

amount of sugar, sodium, and fat in the diet is key to healthy eating. It may be a good idea to avoid the temptation of a snack-filled vending machine when the pangs of hunger attack. By keeping a small container of fresh baby carrots, red pepper strip, celery, cucumber sticks, broccoli spears, and other favorite vegetables and a low-fat dip handy can fend off hunger and enjoy a nutritious snack.

Fresh fruit also makes a simple and fulfilling quick snack. Grapes, apples, oranges, cherries, peaches, plums, or a banana are easy to eat while on the

job.

Keeping yourself hydrated enhances the energy level and prevents dehydration. It is best to avoid sugar-sweetened beverages and make water the drink of choice to reduce sugar consumption and extra calories! A 20 ounce bottle of soda or sweetened iced tea contains 17.5 teaspoons of sugar. Cool water will hydrate the body and refresh thirst better than other beverages.



"There are six components of wellness: proper weight and diet, proper exercise, breaking the smoking habit, control of alcohol, stress management and periodic exams."  
**Kenneth Cooper**

### Organizing a home station

Are you feeling a bit cluttered at your work station? It is important to keep the work area organized and free of clutter. Take a few minutes each day to clear the workspace and maintain a

sense of control over your environment. A cluttered workspace makes it difficult to find items in a hurry.

Surround the work area with items and messages that provide inspiration.

Colorful photographs and motivational messages near the workspace can be just the trick to uplift a persons spirits in between tasks and projects.



# Recipes of the Week



Here are easy recipes you can take to work:

## Apple-Hazelnut Salad in a Cup

Makes 1 serving

Total time: 10 minutes

2 Tablespoons non-fat bottled raspberry vinaigrette

1 apple, diced

1/4 cup dried fruit tidbits

2 tablespoons chopped hazelnuts

1 cup mixed field greens, rinsed and drained

Layer ingredients, in order, in a large lidded bowl or cup. When ready to eat shake gently to mix ingredients well.

Nutrition Information: Per Serving: 350 calories; 2 g fat; 0 mg cholesterol; 63 g carbohydrate; 3 g protein; 49 g fiber; 100 mg sodium.

## Brown Bag Fruit Mix

Makes 2 servings

Total time: 10 minutes

1/2 cup diced apple, unpeeled

1/2 cup sliced banana

1/2 cup grapefruit sections, cut up

2 Tablespoons grapefruit or pineapple juice

1/3 cup halved grapes

1/3 cup pineapple tidbits, juice-packed, drained

Mix apple, banana, and grapefruit sections with juice to prevent darkening of apple and banana. Add grapes and pineapple and chill. Fresh fruit in season may be substituted as desired.

Nutrition Information: Per Serving: 120 calories; 0 g fat; 0 mg cholesterol; 31 g carbohydrate; 1 g protein; 3 g fiber; 5 mg sodium.

Searching for healthy recipes online? Try What's Cooking USDA Mixing Bowl

[www.whatscooking.fns.usda.gov/](http://www.whatscooking.fns.usda.gov/)



### Stress Less Everyday

Find a few minutes in each day to congratulate yourself for a job well done. Think about taking a quiet walk to calm your nerves and energize your spirits. Seek out colleagues who love to laugh and have fun. Spend time with people who are close to you!

### Take stress breaks throughout the day

- A quick walk during a break time can add a few extra steps to your day! If time allows take the long way to the lavatory or break room.
- A few minutes of quiet meditation can add a sense of calm during the work day.
- Maintain a proactive attitude by reducing the incidence of stressful events. Take time to

schedule regular car maintenance to avoid unexpected stressful situations.

“The greatest weapon against stress is our ability to choose one thought over another.”

William James

### Links for additional ways to move more for better health

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.njaes.rutgers.edu/health](http://www.njaes.rutgers.edu/health)

[www.getmovinggethealthynj.rutgers.edu](http://www.getmovinggethealthynj.rutgers.edu)

[www.supertracker.usda.gov/](http://www.supertracker.usda.gov/)



America on the Move's Tip of the Day:

Encourage healthy decisions by drinking water instead of soda!

Keep low-fat cheese and yogurt on hand.

Volunteer to walk dogs for an animal shelter.

Substitute steamed vegetables for rice or pasta.

Play America's favorite past-time- baseball or softball.