

# HEALTHY AT HOME

## 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. Consume 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.

### 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!

## MINDFULNESS SERIES

### USEFUL RESOURCES



Rutgers Cooperative Extension  
[njaes.rutgers.edu](http://njaes.rutgers.edu)



Get Moving - Get Healthy NJ  
[gmghnj.rutgers.edu](http://gmghnj.rutgers.edu)



Get Moving - Get Healthy NJ Workforce  
[gmghnj.rutgers.edu/workforce](http://gmghnj.rutgers.edu/workforce)



Family & Community Health Sciences Department  
[njaes.rutgers.edu/fchs](http://njaes.rutgers.edu/fchs)

## Organizing a home work 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 work-space 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 person's spirits in between tasks and projects.

## Healthy Recipe

### 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.



### 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.



#### \*\*Disclaimer\*\*

Always consult a qualified medical professional before changing, starting, or stopping any part of your healthcare plan, including nutrition, physical activity, or exercise. Be sure to follow all work-place safety rules, procedures and policies, and check with supervision before conducting any exercises or recommendations contained in this newsletter while at work. Rutgers Cooperative Extension does not assume any liability for injuries or health concerns arising from participation in activities mentioned or outlined in this newsletter.

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## More Mindfulness Resources

[Get Moving Get Healthy NJ Workforce](#)

[Family & Community Healthy Sciences](#)

[Dan Buettner Blue Zones on Ted Talk](#)





## More Resources....

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

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

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

Family & Community Health Sciences  
Healthy Recipes

[vimeo.com/getmovinggethealthynj/videos](http://vimeo.com/getmovinggethealthynj/videos)

Explore our healthy recipe videos!

[EatingWell.com](http://EatingWell.com) has lots of healthy recipes.

Mayo Clinic Healthy Recipes

[mayoclinic.org/healthy-lifestyle/recipes](http://mayoclinic.org/healthy-lifestyle/recipes)

The Food Network's Healthy Dinners in  
40 Minutes or Less

[foodnetwork.com/healthy/packages/healthy-every-week/quick-and-simple/healthy-dinners-in-40-minutes-or-less](http://foodnetwork.com/healthy/packages/healthy-every-week/quick-and-simple/healthy-dinners-in-40-minutes-or-less)



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

### 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.



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



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