



Hanford Occupational Health Services

Inside Out

Employee Health & Fitness

By Laura Eddy, BA, CES

One of my favorite parts of my morning routine (besides my piping hot black coffee) is the invigorating stretch as I stumble out of bed. It starts with a deep breath, a slow reach with both arms out away from my body, and ends with a deep sigh and a smile (okay, on *most* days it ends with a smile). The classic "Good Morning!" stretch. I feel ready to tackle the day, or at least ready to take the first step out of bed. As I go through the day, I often go back to this stretch without even noticing it. Even before I began this article, I started with a couple twists and shoulder rolls to get myself "in the zone". I feel more productive when I don't have the nagging aches and discomforts of my desk job. This month, CSC Hanford Occupational Health Services (CSC HOHS) is highlighting Employee Health & Fitness. While we recognize that Hanford's workforce is experiencing an obesity epidemic (almost 85% of the Hanford population is overweight or obese [BMI > 25kg/m²]), we also want to focus on the productivity and safety aspect of staying healthy and fit.

Health, fitness, productivity, and safety go hand in hand. Workers who get regular exercise have better balance, coordination, muscular strength

and endurance. This can lead to fewer slips, trips and falls, reduce the number of over-use injuries, and decrease the number of back-related injuries. Workers who get regular exercise report they feel more productive at work, and healthy workers do not take as many unplanned personal days (i.e. sick days) as unhealthy workers.

It sounds pretty basic, and it really doesn't have to be complicated. The WorkFit posters are a great place to start. Every work group should be performing at least one of the activities described on these posters each day to prevent injury, increase productivity, and promote feeling of well-being. These can take as little as 15 minutes during a morning meeting or during a lunch break. Call Health Education 376-3939 to attend WorkFit Leader Training. Additionally, as we start to head into the spring and summer months get outside and enjoy a walk in the sunshine (take some water and wear sunscreen!). There are many options available to you and your work groups, and CSC HOHS Health Education and Industrial Rehabilitation are here to help. During this month, make physical activity part of your daily routine for your health and safety!



ADVANCEMED HANFORD HAS CHANGED NAME TO CSC HANFORD OCCUPATIONAL HEALTH SERVICES

If you have not yet heard, AdvanceMed Hanford's (AMH's) parent company, CSC, has sold the naming rights for AdvanceMed. AMH is not part of this transaction and is not being sold to another company.

As a result, AMH has been renamed **CSC Hanford Occupational Health Services (CSC HOHS)**. From inception, AMH has been a part of CSC and the name change to CSC Hanford Occupational Health Services will not impact current services provided. CSC HOHS is making changes to signage, forms and electronic systems to minimize confusion with the name change. Your patience during this transition is appreciated.

If you have questions or concerns, call the CSC HOHS Principal Manager, George Baxter at 376-2838 or the (Acting) DOE Occupational Medicine Program Manager, Boyd Hathaway at 376-7340.

TOBACCO CESSATION

NEW CLASS STARTING JUNE 13TH

Please contact **Shannon Haselhuhn** at 376-3939 to register or for more information



WATCH FOR UPCOMING EVENTS:

May

- [Weight Loss Convoy \(Ongoing\)](#)
- [Workfit Leader Training \(6th\)](#)
- [Site Health Fairs \(12th\)](#)
- [Health & Safety EXPO @ TRAC \(16th-17th\)](#)

June

- [Workfit Leader Training \(3th\)](#)
- [Site Health Fairs \(9th\)](#)
- [Weight Loss Convoy \(Ongoing\)](#)
- [Tobacco Cessation \(begins 13th\)](#)

Select a link or visit our website: www.hanford.gov/amh

HAMMER Learning Center: Health information at your fingertips!

By Kelly Harnish, BS, CHES

"Learning is a treasure that will follow its owner everywhere". Chinese Proverb

Here at Hanford, we are fortunate to have access to really terrific training and education resources through HAMMER. In addition to the classes and trainings that are available is a newly renovated and well stocked learning center. It's a library for Hanford employees! Within the HAMMER Learning Center, you'll be greeted by the very friendly Nancy Rogers, the learning center coordinator, and you'll notice desktop computers, books, CDs, DVDs, and toolkits on a multitude of topics.

Last year, Nancy invited us to partner with her in selecting health resources for the HAMMER Learning Center. She wanted to make sure that all the books, DVDs, and other materials were up to date. Here at the clinic, we worked together to make sure that the HAMMER Learning Center had materials on weight loss, healthy eating,

exercise, managing chronic illness, home health, money management, ergonomics, risk communication, stress management, relationships, depression, and many other health topics.

These materials are available for check-out, free of charge, to Hanford employees and their families. Some of the information is intended for individuals, such as exercise DVDs and nutrition books. Other materials are great for work groups to use for safety meetings or for teambuilding, such as DVDs on responding to cardiac emergencies.

Learning about and managing health are personally fulfilling activities, and we're thrilled that HAMMER has the resources to help us all gain a better understanding of how to have the best health possible. Stop in—you might find the answers you've been looking for! It's your health, own it!

<http://www.hammertraining.com/page.cfm/ResourceCenter>

Invite CSC HOHS to be a guest at your next work group meeting.

May Featured Presentation:

"HEALTH AND FITNESS"

by Laura Eddy (376-9040)
or Paul Rudis (376-2109)



Health Tip: Grocery store secret: Shop the perimeter

Picture your favorite grocery store. Chances are the fresh produce section, the meat and seafood departments, and the dairy case are all located around the perimeter of the store. This is where you should concentrate most of your cart time. Why? Fresh foods are generally healthier than the ready-to-eat foods found in the middle aisles. With these foods you decide how much sodium or fat to add, not the manufacturer.

Healthy Recipes

Chicken with Roasted Sweet Potato Salad

Serves: 4

Ingredients:

- 2 sweet potatoes (about 1 pound), peeled and cut into thin wedges
- 1 red onion, thinly sliced
- 3 tablespoons olive oil
- salt and black pepper
- 4 6-ounce boneless, skinless chicken breasts
- 1 bunch spinach, thick stems removed (about 4 cups)
- 2 tablespoons fresh lime juice

For more: [Healthy Recipes](#)

Quick tip: Tossing warm vegetables with fresh spinach wilts and tenderizes it. In place of sweet potatoes, try butternut squash, rutabaga, carrots, or parsnips.



Preparation:

Heat oven to 425° F.

On a rimmed baking sheet, toss the potatoes, onion, 2 tablespoons oil, ½ teaspoon salt, and ¼ teaspoon pepper. Roast until tender, 20 to 25 minutes. Meanwhile, heat the remaining tablespoon oil in a skillet over medium-high heat. Season the chicken with ½ teaspoon salt and ¼ teaspoon pepper and cook until browned and cooked through, 5 to 6 minutes per side. In a large bowl, toss the warm potato mixture with the spinach, lime juice, and ¼ teaspoon salt. Serve with the chicken.

PER SERVING:

Calories	388
Total Fat	14 g
Sat Fat	3 g
Cholesterol	94 mg
Sodium	811 mg
Carbohydrate	26 g
Dietary fiber	6 g
Protein	39 g