

Live Well, Work Well

June 2019

Health and Wellness Tips for Your Work and Life

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**CENTRAL
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COMMUNITY COLLEGE
HUMAN RESOURCES



Fuel Your Workout the Right Way

You have to put gas in your car to make it go, right? The same concept can be applied to your body and working out. Just like you can't expect your car to get you from point A to point B without fuel, you can't expect your body to get you through a workout if it's not properly fueled. Here's what you should be eating before, during and after a workout for optimal results.

Before Your Workout

Nutritionists agree that the best way to fuel your workout is to eat 1-4 grams of carbs per every 2.2 pounds of your weight about an hour before your workout. Some examples of a good pre-workout snack include a piece of whole-grain toast with peanut butter and banana slices, fruit and Greek yogurt, or a peanut butter and banana protein smoothie. You should also make sure you're hydrated before you start your workout.



During Your Workout

If your workout lasts less than 45 minutes, you really only need to focus on replenishing the fluids you're sweating out. If your workout is focused on endurance, like an extended run or lengthy lifting session, consume 30-60 grams of carbs per hour to fuel your workout.

After Your Workout

What you eat after your workout is just as important as what you eat before. Make sure to consume 15-25 grams of protein within one hour of finishing your workout to replenish the muscle glycogen you exerted during your sweat session. Continue to hydrate and consume protein to help keep muscle soreness at bay. If you had a particularly intense workout, consider drinking water or sports drinks enriched with electrolytes to fully replenish your body.

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Chickpeas & Spinach Saute

1 Tbsp. vegetable oil
1 yellow onion (chopped)
1 clove garlic (minced)
1 celery stalk (chopped)
1 carrot (chopped)
1 14.5-ounce can low-sodium diced tomatoes
1 16-ounce can low-sodium chickpeas (drained and rinsed with cold water) ¼ cup water
1 10-ounce package frozen spinach 1 tsp. fresh lemon juice
¼ tsp. crushed red pepper flakes

PREPARATIONS

1. Put a skillet on the stove on medium-high heat. When the skillet is hot, add oil.
2. Add onion, garlic, celery and carrot and cook about 15 minutes until the mixture is soft and the onions are lightly browned.
3. Raise the heat to high, add the tomatoes, chickpeas and water, and cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.
4. Add the lemon juice and red pepper flakes and stir thoroughly.

Makes: 4 servings

Nutritional Information (per serving)

Total Calories	193
Total Fat	7 g
Protein	10 g
Carbohydrates	28 g
Dietary Fiber	10 g
Saturated Fat	1 g
Sodium	256 mg
Total Sugars	8 g

Source: USDA



Summer Picnic Safety Tips

At some point throughout the summer, most of us will spend time outside with family and friends at a picnic or backyard barbecue. If you aren't careful about handling foods during these cookouts, you're putting yourself and others at risk for potential food-related illnesses.

Stay safe with these simple tips:

- Wash cooking equipment, dishes and utensils between uses. Be sure to clean the grill's surface after each use and to wash cutting boards after cutting raw meat.
- Store all perishables in a cooler with ice on top, not just underneath. Use one cooler for drinks and one for food. Never eat anything that has been left out of a refrigerator or cooler for more than two hours.
- Invest in a meat thermometer so you can make sure all meat is cooked to the proper internal temperature.

**Food Safety
Temperatures to Know**

Danger zone: 41°-135° F
This is the range where the most rapid bacteria growth occurs.

Safe zones
Cold foods: 40° F and below
Hot foods: 140° F and above

A graphic titled "Food Safety Temperatures to Know" featuring a thermometer illustration on the right. The text defines a "Danger zone" of 41°-135° F where rapid bacteria growth occurs, and "Safe zones" for cold foods (40° F and below) and hot foods (140° F and above).

Superbug Fungus Poses Serious Global Health Threat

The Centers for Disease Control and Prevention (CDC) is warning that an emerging fungus called *Candida auris* (*C. auris*) presents a serious global health threat. This superbug fungus is resistant to antifungal medications and can survive on surfaces even after they've been cleaned. *C. auris* can cause serious and potentially fatal infections and has infected over 600 people in the United States. The CDC reports that between 30% and 60% of infected patients die.

C. auris often affects those who are in the hospital, live in nursing homes or have weakened immune systems. The CDC states that healthy people usually don't get *C. auris* infections. Unfortunately, it's difficult to identify *C. auris* infections with standard lab methods. Because of the risks it presents, the CDC is urging health care facilities and professionals to be on the lookout for *C. auris* cases and to notify the CDC of confirmed or suspected cases. 2

Interview tips for the Shy

Mary Parker

Nearly everyone finds interviews a little stressful, but they can be really tough on those who are naturally shy. People of this personality type often struggle with being put on the spot, and can have difficulty with small talk and marketing themselves. But don't despair. Shy people can still ace the interview with proper preparation. There are techniques that can help.

Schedule your interviews wisely. Do not schedule multiple interviews in one day. This will require too much energy and social interaction. You want to make sure you're able to do your best at each of your interviews, so take them one at a time. If you're currently employed, consider taking the day off so you can focus on the interview.

Another helpful technique is to be sure to spend some time researching the company before the interview. Look at its website and search online for any recent news or press releases about the company and what it is doing.

While some interview questions may be unexpected, many are easy to anticipate. Go online and look at a list of common interview questions and go over how you will answer these questions. This will help you feel less uncertainty and more confident in your interviewing skills.

While this may feel a little uncomfortable at first, you will feel less discomfort the more you practice and hear yourself speak. Ask the person scheduling the interview, on average, how long does the interview take and for the names and titles of the people you will meet with. Use this information to find and read the profiles of each of these individuals either on the company's website or maybe LinkedIn if you have an account. All of the above research can help you visualize the interview and plan ahead so you feel more at ease.

And, lastly, before the interview, prepare a short list of your most memorable professional accomplishments to share during the interview. Consider ways your shyness may have been helpful in the workplace. Solve a problem after reflecting on it? Bringing up instances such as these during your interview will provide an illustration of your leadership skills and initiative. Many of the professional qualities shy people possess are essential to having a successful business.

Following these tips can increase the chances of the shiest applicant being the one chosen. Shyness can sometimes set you a part just enough to be recognized and rewarded for who you are.

Ms. Parker is the CCCC Career Center Coordinator and a Global Certified Career Development Facilitator. This article was originally published in *The Daily Record*.

YMCA Partnership with BCBSNC

On May 21, Blue Cross and Blue Shield of North Carolina announced the launch of a new pilot program, created in collaboration with the YMCA of the Triangle, the NC Alliance of YMCAs and the North Carolina Medical Society Foundation. The pilot program will provide qualifying Triangle-area Blue Cross NC members with Medical Memberships, a first-of-its kind community integrated health collaboration.

The three-year, \$1.5 million investment in the pilot program will provide eligible members with a bundle of services which includes a subsidized YMCA Medical Membership that provides access to state-of-the-art fitness equipment and group exercise classes in YMCA of the Triangle facilities.

Blue Cross NC will pay a portion of an individual's membership. The YMCA will waive joining fees for participants in the pilot program. Medical members will pay a \$25 co-pay each month during the length of their evidence-based program. Medical Members will have access to YMCA evidence-based programs that address a member's specific needs. Programs include:

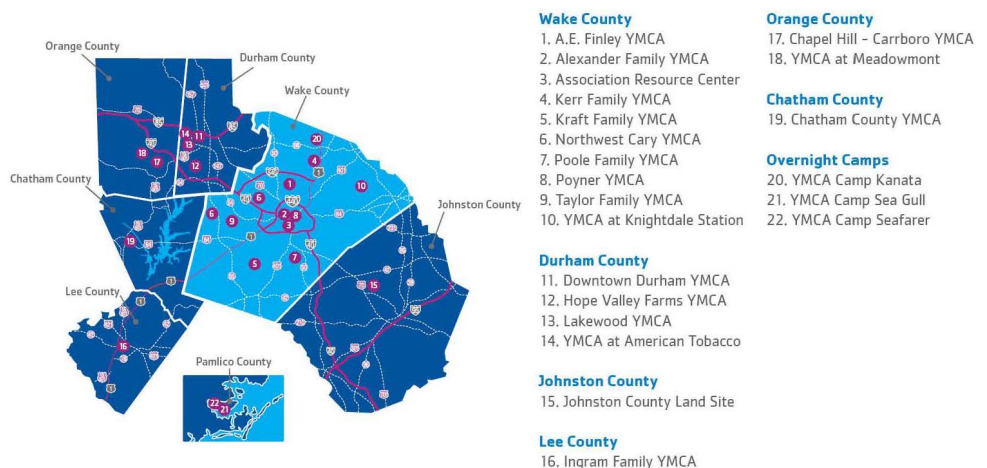
- Moving for Better Balance
- Diabetes Prevention Program
- Healthy Weight and Your Child
- LIVESTRONG at the Y
- Weight Management Program Blood Pressure Self-Monitoring

Learn more about medical memberships at:

<https://www.ymcatriangle.org/medical-memberships>.

The Blue Cross NC Medical Memberships will launch in the fall of 2019. For additional information, call 919-582-9396.

YMCA OF THE TRIANGLE Service Area and Facility Locations



SKIN DEEP

Protecting Your Largest Organ

It's summer: time to be outside and enjoy the warm sunshine — having picnics, visiting the park, biking, going to the beach. Healthy doses of the bright orb provide vitamin D — instrumental in bone health — and ward off Seasonal Affective Disorder (SAD). But too much can have harmful effects; how much depends on variables such as time and accumulation of ultraviolet exposure (90% of skin cancers are due to sun exposure), genetics, and age.

REDUCE YOUR RISKS BY FOLLOWING SOME SIMPLE MEASURES:



APPLY SUNSCREEN

(SPF 15 or higher) whenever you're outside — even if it's cloudy. Reapply after swimming, perspiring, toweling off, or once several hours have gone by.



STAY HYDRATED

Plus eat good fats (olive oil, nuts, avocado, and fish) and use moisturizers to help the skin rejuvenate.



AVOID SUNBURNS

Your melanoma risk doubles if you've had just 5 sunburns, according to the National Skin Cancer Foundation.



EXAMINE YOUR SKIN

each month, looking for changes, especially in mole color or size.



READ LABELS

"Broad-spectrum" products protect against 2 types of radiation: UVA and UVB. Scientists believe *both* can cause sunburn, damage the skin, and lead to skin cancer. (Other products protect only against UVB, previously thought to be the only damaging type.)



WEAR PROTECTIVE GEAR

like wide-brimmed hats, lip balm with SPF, and sunglasses with 100% UV protection or labeled UV 400, especially between 10 AM and 2 PM. Choose dark, tightly woven clothing to deflect the sun.



TAKEAWAY



Check out the Sun Safety Alliance (sunsafetyalliance.org) for more information on ways to shield your body armor.



Mindfulness Matters



June

Visit your home page starting
June 18th:

TOLL-FREE:
800-633-3353

WEBSITE:
www.mygroup.com > My Portal
Login > Work-Life

USERNAME:
cccc2014

PASSWORD: guest

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

Just call or log on to get started.

ONLINE SEMINAR

Mindfulness is being aware in the current moment, knowing what you are doing, and where your focus is. Mindfulness is a powerful tool for the workplace. By practicing mindfulness, you can decrease distractions, increase productivity, and set yourself up with a better mood.

This session explores the basic principles of mindfulness and discusses the positive impact it has in different aspects of one's life.

Your Employee Assistance Program can help you with focus, awareness, and mindfulness, 24/7.