



Spotlight on Healthy Habits!

Nutrition

The USDA recommends implementing **small changes** to your diet over time for sustainably adopting a healthier lifestyle. Their guidelines for building healthy eating habits are as follows:

- Making half your plate fruits and vegetables
 - ✓ Focus on whole fruits
 - ✓ Vary your veggies
- Making at least half of your grains whole grains
- Switching to fat-free or low-fat dairy or dairy alternatives
- Eating a variety of protein foods (seafood, lean meats and poultry, legumes, nuts, seeds, and soy products)
- Limiting sodium intake
- Limiting saturated and trans fat intake
- Limiting added sugars intake
- Limit alcohol to up to 1 drink per day for women and up to 2 drinks per day for men

Tips:

- Avoid processed, packaged foods, which often contain added sugars, high levels of sodium, and saturated/trans fat
- Focus on adding in fruits and vegetables to your diet, which leaves less room for processed foods
- Buy pre-washed, pre-cut produce for easy and convenient meals
- Visit the farmers market weekly for fresh, seasonal produce
- Prepare food in bulk for quick, healthy meals throughout the week

Exercise

USDA guidelines recommend:

- Adults aim for around 150 minutes each week of physical activity at a moderate level (pace of a brisk walk). Spreading this out over at least 3 days a week is best.
- Can be performed in 10-minute increments.
- Including strengthening activities, such as push-ups, sit-ups, and lifting weights at least 2 days a week.

Tips:

- Try to incorporate exercise into your daily routine by taking the stairs or parking far away from your destination.
- Plan your workouts in advance (find [resources online](#) for ideas)
- Plan activities with friends and family, such as going on a hike, walking to a coffee shop or through your local park, or going on a run.

Mental Health

- Mental health, which includes our emotional, psychological and social well-being, is important because it determines the way we think, act, and feel.
- It's crucial to take care of our mental health throughout our lives because it can affect the way we handle stress, relate to others and to make life decisions. In addition, it will allow us to balance life activities and to increase our ability to enjoy life.

Signs:

- Eating/sleeping too much or too little
- Pulling away from people and usual activities
- Low or no energy
- Feeling like nothing matters
- Feeling helpless
- Experiencing severe mood swings that cause problems in relationships
- Inability to perform daily tasks like getting to work

Tips:

- Getting professional help if needed
- Taking care of your body
- Surround yourself with good people
- Getting physically active
- Learning how to deal with stress
- Getting enough sleep

Reference: USDA ChooseMyPlate, Mental Health.gov



STRESS RELIEVING WORKOUTS

What do work deadlines, sitting in traffic, paying your bills, grocery lines, raising your kids and battling the bulge have in common? While there are may be many suitable answers, one of the top common denominators is: **Stress!**

In the United States, seven out of ten adults report feeling some type of stress daily. Although people have different stressors, it is something that, once it starts to affect us, is often hard to stop. What sets one person off may vary from individual to individual. Some people get stressed out over the littlest things, while others have a much higher breaking point. Regardless, stress can take a physical and mental toll on your overall health if it is not addressed.

The key to stress management is finding a way to relieve your stress so you can cope with any situation that unfolds. Luckily, there are many proven strategies to help someone handle and decrease stress. Fortunately, exercise falls among the many tools that can help you to get a handle on the stress in your life.

Aerobic Exercise - Participating in aerobic activities such as running, spinning, cardio or dance also offer the benefit of an increased heart rate. When your heart rate goes up, your body will release an increased amount of endorphins, which are natural opiates that allow you to “feel good”. These activities help you to feel better both physically and mentally. HIIT workouts may be a good way to keep the workout quick and maximally effective for healthy, weight management, and time efficiency.

Yoga - This type of exercise is considered a mind-body exercise, which in itself can strengthen your bodies internal response to stress. Yoga often involves various poses with deep breathing, which allows you to learn to relax while strengthening your body and improving your posture.

Martial Arts - For many people martial arts is the perfect way to get in shape, release energy and let off tension. Learning the techniques is helpful in keeping your mind occupied and away from stressors. The many forms of martial arts allow you to learn self-discipline and self-defense while keeping you in shape.

Kickboxing - For many people under stress, there is a strong feeling of tension and anger. Taking up kickboxing is a great way to reduce your stress through a series of punching and kicking movements. Improving your balance, burning calories, and becoming more flexible are among the many benefits of this form of exercise.

Pilates - Despite the fact that Pilates is an anaerobic exercise, it is also a stress relieving exercise to consider learning. Pilates focuses on mat exercises with a series of controlled movements. This workout was created to improve strength, endurance and flexibility.

Reference: FitnessBlender.com



Be Safe and Be Seen:

Make yourself visible to drivers

- Wear bright/light colored clothing and reflective materials.
- Carry a flashlight when walking at night.
- Cross the street in a well-lit area at night.
- Stand clear of buses, hedges, parked cars, or other obstacles before crossing so drivers can see you.

Be Smart and Alert:

Avoid dangerous behaviors

- Always walk on the sidewalk. If there is no sidewalk, walk facing traffic.
- Stay sober; walking while impaired increases your chance of being struck.
- Don't assume vehicles will stop. Make eye contact with drivers, don't just look at the vehicle. If a driver is on a cell phone, he or she may not be paying enough attention to drive safely.
- Don't rely solely on pedestrian signals. Look before you cross the road.
- Be alert to engine noise or backup lights on cars when in parking lots and near on-street parking spaces.

Be Careful at Crossings:

Look before you step

- Cross streets at marked crosswalks or intersections, if possible.
- Obey traffic signals such as WALK/DON'T WALK signs.
- Look left, right, and left again before crossing a street.
- Watch for turning vehicles. Make sure the driver sees you and will stop for you.
- Look across ALL lanes you must cross and visually clear each lane before proceeding. Even if one motorist stops, do not presume drivers in other lanes can see you and will stop for you.
- Don't wear headphones or talk on a cell phone while crossing.

Skateboards, Scooters, and other similar devices:

- Unless otherwise provided by signage and regulation, skateboards, scooters, roller skates and other similar devices may be ridden on sidewalks
- Pedestrians have the right of way at all times on sidewalks.
- Skateboards, scooters, and other similar devices shall be operated at a safe speed and all wheels shall maintain contact with the sidewalk or paved surfaces at all times.
- Roller skates and other similar devices shall be operated at a safe speed and shall not engage in any acrobatics. Only the action necessary for the forward movement of the rider is allowed.
- No skateboard, scooter, or similar device shall be ridden inside buildings, on stairways, on accessibility ramps, alley, roadway, or parking lots.
- Skateboards and other similar devices may be carried (but not ridden) into campus buildings and classrooms as long as they do not create an obstruction, trip hazards or damage to University property.
- The use of motorized skateboards, scooters, and other similar devices is prohibited

The "EHS News" is a quarterly newsletter published by Environmental Health & Safety

Suggestions and comments are encouraged

Environmental, Health & Safety is staffed by:

Peer Gerber | Director, Environmental Health & Safety | 805-437-8847 | peer.gerber@csuci.edu

Joyce Spencer | Health & Safety Manager | 805-437-3922 | joyce.spencer@csuci.edu

Jennifer Lindquist | Environmental Compliance and Hazardous Materials Manager | 805-437-3605 | Jennifer.lindquist@csuci.edu

Derick Nguyen | Safety Coordinator | 805-437-3369 | derick.nguyen@csuci.edu

Derick Jaramillo | Chemical Hygiene and Laboratory Safety Specialist | 805-437-8973 | derick.jaramillo@csuci.edu