

# GET UP AND

GO

GO

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## The Heart of the Storm

Shoveling snow can be dangerous:

Angina and heart attacks can be triggered by physical exertion involved in shoveling snow.

Here are helpful tips for keeping safe while shoveling:

- Avoid heavy meals before and soon after shoveling. Don't consume alcohol before you head out. Digestion can put a strain on your heart.
- Warm up before starting to shovel by walking in place for a few minutes. Warming up muscles before shoveling should decrease the strain.
- Dress appropriately with layers that don't constrict your movement or vision, and wear a hat. Staying warm will help maintain circulation and body temperature.
- Start early and go out often. Fresh snow is lighter than packed snow and easier to remove. When snow is deep or heavy and wet, shovel small amounts (1–2 inches) at a time.
- Go slow and take many breaks. Shovel 5-7 minutes and rest 2 – 3 minutes.
- Drink lots of water to prevent dehydration. Even in cold weather your body needs plenty of water during physical activity.
- Watch for signs of trouble: chest pain, pressure or burning that radiates down the arms, neck or back, light headedness, dizziness, nausea, and unusual or prolonged shortness of breath. If you experience any of these stop and call 911.



“ The mission of the EHC  
Wellness Committee is to  
promote, support, and  
help provide access to a  
workplace that encour-  
ages environmental and  
social support for a  
healthy lifestyle.  
”

### EHC Wellness Team

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### *mind the moment*

Harvard Pilgrim's Mind the Moment program encourages people to be fully aware in the present. This is called mindfulness, and it helps you tap into your own strength to manage stress, increase focus and stay healthy. Check it out on [www.harvardpilgrim.org/](http://www.harvardpilgrim.org/)

## Asian Noodle Salad with Toasted Sesame Dressing Salad

1 8-ounce package soba noodles

1/4 C chopped cilantro leaves

1/4 C toasted sesame seeds

### Dressing

2 TBSP toasted sesame oil

3 TBSP tamari or soy sauce

3 TBSP balsamic vinegar

1 TBSP maple syrup

1 TBSP hot pepper oil

Optional additions:

Chopped red cabbage, cubed tofu, finely sliced radishes,  
sliced

Cook soba noodles according to package directions. Drain and rinse in colander. Combine toasted sesame oil, tamari, vinegar, maple syrup and hot pepper oil in small bowl; whisk together. Place drained noodles in a large bowl. Add dressing, cilantro and sesame seeds; toss gently. Add optional chopped vegetables and toss again.

Preparation Time: 20-25 minutes

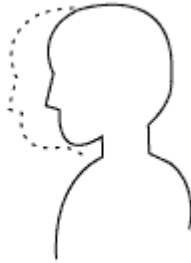
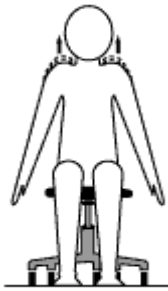
Makes 4-6 servings

\*email nutritious recipes for the newsletter to Libby—  
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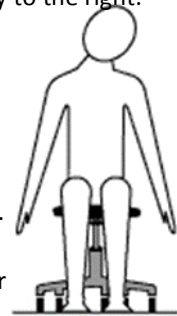
## STRETCHES BY THE MONTH

### SHOULDER SHRUGS



Neck Relaxer: Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side. Slowly drop your chin to your chest, turn your head all the way to the left, then turn all the way to the right.

Head Glide – sit or stand upright. Without lifting your chin, glide your head straight back. You know you are doing this exercise right if it gives you the feeling of a double chin. Hold for 20 counts and repeat 5 to 10 times.



Good link to Mayo Clinic slide show for stretches:

<http://www.mayoclinic.org/healthy-living/adulthealth/multimedia/stretching/sls-20076525>



Submit ideas for the newsletter to [lbryant@eastporthealth.org](mailto:lbryant@eastporthealth.org)