

# STAYWELL

MAY 2023

BRIAN COLES – HEALTH ANALYST

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## Athletic Trainer Corner

### Eating for Healthy Stress

There is a direct connection between the foods we eat and stress. This may be an undesired outcome. When it comes to physical activity, individuals need a healthy stress response from the foods he/she consumes.

When I was coaching soccer, some of the athletes would often be lacking in energy and not realize it. These athletes thought they were giving 100 percent, but because of their lack of or wrong type of nutrition, they were only giving their max nutritional capacity. In other words, they did not have a full tank to give 100 percent of physical capacity. When watching the athletes play, it was as if they were moving in slow motion. When asked about their nutrition they would say, "I ate a big salad", or "I skipped lunch". A couple of individuals told me, "We play better when we don't eat anything the day of the game." My response was, "No you don't, I have it on film!"

Sustaining a person's energy needs for physical activity is important. For example, the average teenage female needs about 1200-1500 calories a day for her body to function naturally, perform daily activities, and maintain her current weight.

When physical activity and sports enter the equation the athlete needs to double the daily caloric intake. By doubling the intake, the athlete is fueling the body so he/she can perform at a greater level. When the athlete can work at a higher level, he/she has no chance of gaining weight. But, all too often athletes are under fueled. The athlete may perceive he/she is giving 100 percent effort in practice, but they are only able to provide about 60 percent of their physical capacity. Their energy systems and the breakdown to produce fuel can only provide 60-70 percent capacity when athletes are not consuming enough of the right high energy foods. To fuel high energy sports, athletes need high energy foods, such as carbohydrates, that are immediately available in the cells or liver, that can be quickly converted to energy at 80-100 percent energy production, power and speed.

If you need help with your son or daughter to perform better please contact Brian.



### How Does Diet Influence Blood Pressure



Systems in the body react specifically to the foods we eat. Hormones are increased or decreased according to nutrients consumed. Energy produced is influenced by the foods we eat, and digestion can be enhanced or inhibited based on specific foods. When we consume certain foods, enzymes can be released and used or inhibited.

Consuming a lot of one nutrient and not enough of another can cause pathophysiological imbalance. The body always tries to maintain equilibrium and will increase cellular function in certain areas to achieve balance. If specific nutrients are missing, this increase can lead to other imbalances.

When potassium and magnesium are found in abundance, blood pressure lowers. When these nutrients are in short supply, blood pressure increases. Fruits and vegetables are high in potassium, magnesium, fiber, and low in sodium. Nuts, seeds, legumes, lean meats, and poultry are also good sources of magnesium. A diet rich in these foods can help prevent high blood pressure or lower current high blood pressure readings.

### Food Quantity and Blood Pressure

Most people have no idea how many calories are consumed daily. Individuals usually underestimate what a serving actually is. For example, a plate of pasta is usually three or four servings, not one. Individuals frequently underestimate how much he/she eats and then wonders why they cannot lose weight. This can lead to weight gain and subsequent high blood pressure.

### Role of Nutrition on Blood Pressure



Evidence demonstrates, the type of foods consumed can have a direct impact on blood pressure, including reducing risk and lowering high readings. Research demonstrates that blood pressure could be reduced by eating more fruits, vegetables, low-fat dairy foods, foods low in saturated fat, total fat, and cholesterol.

# IPSC Health and Fitness Day Activities

## Fun Walk

The tentative date for the annual Fun Walk is Wednesday, May 17, 2023, weather permitting. Watch for flyers and emails for details. All participants will receive a T-shirt. Shift workers and spouses may walk on site May 17, or walk for 30 minutes at a location and time of his/her choice. Report to Brian Coles when completed to receive a T-shirt.



## Other Health and Fitness Day Activities

Other Health and Fitness Day Activities will be held around the plant during breaks that day.

### **Morning Break (9:30)**

- Ring Toss (USB)
- Golf Putt (Control Room)
- Jumbo Golf Pitch (Admin Lawn)
- Basketball (Electrical Shop)

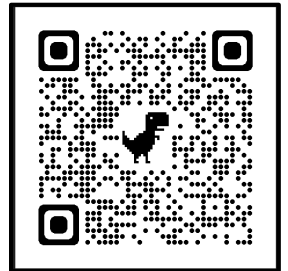
### **Afternoon Break (3:00)**

- Ring Toss (Admin lunch Room)
- Golf Putt (Converter Station)
- Golf Putt (Mezz Break Room)

## Quarterly Wellness Initiatives:

All Initiatives and challenges are open to employees and spouses. Forms are located at [www.ipsc.com](http://www.ipsc.com). Forms are also located outside of Brian's office, or click on this QR code to access current programs.

- **Outage Recovery** – Do relaxing things and receive a gift card.
- **Keep Coming** – receive a gift card for each month you use the IPSC Staywell Center or outlying area exercise equipment. You must sign in.
- **Eat to Feel Better** – Improve nutrition to feel better mentally and physically.



## On Going - Continuing Initiatives

- ✓ **Spouse Staywell Letter Incentive**— Sign your spouse up to receive the Staywell Newsletter and receive a gift card.
- ✓ **Radon Testing**
- ✓ **Diabetes Prevention & BP/Cholesterol Improvement Initiative**
- ✓ **Prove IT Fitness Challenge**
- ✓ **Weight Loss Challenge and Maintenance Program**

