

# HEALTHY ON THE JOB

## Nine Healthy Practices

# change 4 life

### Eat well    Move more    Live longer

**The Power of Nine**  
(Healthy practices of Blue Zone residents from the Blue Zone Project research)

1. Move naturally- walk more, drive less whenever possible.
2. What is your sense of purpose? - Think about "why I wake up in the morning?"
3. Shed stress- take a few moments each day to reflect or meditate.
4. 80% Rule- stop eating when your stomach is 80% full.
5. Plant based food- eat more beans (fava, black, soy) & reduce meat consumption.
6. Alcohol in moderation.

7. Spend time with friends.

8. Sense of community-faith based services and activities.

9. Loved ones come first- time spent with children, and other loved ones.

### Top Longevity Foods from Ikaria, Greece:

Consider using these foods in your everyday meal planning:  
Lemon juice- added to add a fresh taste to foods just before serving.  
Honey, local dark- added to tea or coffee.  
Herbs; rosemary, mint, or marjoram added to recipes.  
Olive oil- use it in cooking and a splash added to foods just before serving.  
Chickpeas- use in stews, soups or hummus.  
Black eyed peas- add to any dish for extra protein.

## MINDFULNESS SERIES

### USEFUL RESOURCES



Rutgers Cooperative Extension  
[njaes.rutgers.edu](http://njaes.rutgers.edu)



Get Moving - Get Healthy NJ  
[gmghnj.rutgers.edu](http://gmghnj.rutgers.edu)



Get Moving - Get Healthy NJ Workforce  
[gmghnj.rutgers.edu/workforce](http://gmghnj.rutgers.edu/workforce)



Family & Community Health Sciences Department  
[njaes.rutgers.edu/fchs](http://njaes.rutgers.edu/fchs)

## Think About....

Making small changes that add up to big successes: Increase your physical activity by walking more, drink more water everyday, make sure half of your plate is fruits and vegetables for every meal, unwind by taking a brisk walk, avoid sugary, salty, high-fat snacks, and allow 7-9 hours of sleep per night.

## Healthy Recipe

### Simple Greek Bruschetta

2 cups cherry tomatoes,  
quartered  
¼ cup Kalamata olives, pitted  
& chopped (optional)  
¼ cup fresh basil, chopped  
1 Tablespoon dried oregano  
1 Tablespoon balsamic vinegar  
1 Tablespoon olive oil  
Pinch each of salt & pepper  
Fresh wheat or sourdough  
baguette, sliced into ¾" slices  
Prepare the bread:

Arrange bread slices in single  
layer on baking sheet & brush  
with olive oil. Rub a garlic  
clove on both sides of the  
bread slices. Bake at 425  
degrees until slightly golden  
brown, about 5 minutes.  
Remove from oven & set aside.

#### Bruschetta

Add cherry tomatoes, olives, basil,  
oregano, balsamic vinegar, olive oil,  
salt & pepper in mixing bowl. Toss to  
coat Adjust seasonings as desired.  
Serve bruschetta & bread, or store  
bruschetta & bread separately in  
refrigerator up to 2 days.

[Simple Greek Bruschetta recipe](#)

[Healthy Family Recipes](#)



### Health Tip of the Week

Eat at least one green food every day! Add spinach or kale to a smoothie or add a dark green leafy salad to your lunch bag. A cup of broccoli or green beans at dinner makes going green simple!



#### \*\*Disclaimer\*\*

Always consult a qualified medical professional before changing, starting, or stopping any part of your healthcare plan, including nutrition, physical activity, or exercise. Be sure to follow all work-place safety rules, procedures and policies, and check with supervision before conducting any exercises or recommendations contained in this newsletter while at work. Rutgers Cooperative Extension does not assume any liability for injuries or health concerns arising from participation in activities mentioned or outlined in this newsletter.

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### More Mindfulness Resources

[Get Moving Get Healthy NJ Workforce](#)

[Family & Community Healthy Sciences](#)

[Dan Buettner Blue Zones on Ted Talks](#)





## More Resources....



[choosemyplate.gov](http://choosemyplate.gov)

[njaes.rutgers.edu/health](http://njaes.rutgers.edu/health)

[getmovinggethealthynj.rutgers.edu](http://getmovinggethealthynj.rutgers.edu)

Family & Community Health Sciences  
Healthy Recipes

[vimeo.com/getmovinggethealthynj/vid  
eos](http://vimeo.com/getmovinggethealthynj/videos)

Explore our healthy recipe videos!

[EatingWell.com](http://EatingWell.com) has lots of healthy  
recipes.

Mayo Clinic Healthy Recipes

[mayoclinic.org/healthy-lifestyle/recipes](http://mayoclinic.org/healthy-lifestyle/recipes)

The Food Network's Healthy Dinners in  
40 Minutes or Less

[foodnetwork.com/healthy/packages/he  
althy-every-week/quick-and-  
simple/healthy-dinners-in-40-minutes-  
or-less](http://foodnetwork.com/healthy/packages/healthy-every-week/quick-and-simple/healthy-dinners-in-40-minutes-or-less)

## Walking is a wonderful way to...

.....stay healthy and maintain a healthy weight. The President's Council on Fitness and Sports reports that walking one mile burns 100 calories depending on your pace, intensity, and speed. According to the Mayo Foundation walking can:

- Decrease your risk of heart attack
- Decrease your chance of developing Type2 diabetes
- Help control your weight
- Improve your muscle tone
- Promote a sense of well being



## Walking Tips

Warm up by walking about 5 minutes at a slow pace to increase blood flow to your muscles and heart. After you are warmed up, stretch briefly to loosen muscles and joints. After walking spend about 5 minutes walking slowly to let your body cool down. Take a minute to stretch your muscles for added flexibility and to prevent injury.



"A good goal is like a strenuous exercise, it makes you stretch"

**Mary Kay Ash**