

Health and wellness tips for your work and life—presented by Holmes Murphy & Associates



## Winter Sports Safety Tips

The cold, crisp air and breathtaking views are just a few of the simple joys associated with winter sports. To ensure that your skiing or snowboarding excursions remain safe, be sure to keep in mind the following five tips:

1. Inspect your skiing or snowboarding equipment to ensure that it is in good working condition.
2. Wear protective headgear, such as a helmet and snow goggles.
3. Yield to skiers or snowboarders in front of or below you on the slope.
4. Carry a fully charged cellphone with you at all times.
5. Never drink alcohol while skiing or snowboarding.

## January: Thyroid Awareness Month

The thyroid gland is a small, butterfly-shaped gland located at the base of the neck that helps control the function of many of the body's organs and helps to set the metabolism. According to the Cleveland Clinic Foundation, approximately 20 million Americans have some form of thyroid disease and an estimated 12 percent of the population will develop a thyroid condition in their lifetime.

Fortunately, the American Journal of Medicine reports that early detection of a thyroid disorder is as cost-effective as early detection of common chronic conditions. In honor of Thyroid Awareness Month, take some time to become familiar with the most common risk factors, which include the following:

- Being female—Women are five to eight times more likely to suffer from a thyroid disorder than men are.
- Age—The Thyroid Foundation of America recommends that women get annual thyroid hormone level tests yearly starting at age 50 and that men should get yearly tests beginning at age 60.
- A family history—If thyroid disease runs in the family, testing every five years after age 35 is recommended.
- Pregnancy—Thyroid conditions can arise after giving birth.

Those with a high risk of developing a thyroid disorder should speak with their doctor. Together, you can determine the next steps to take.



## Green Onion Omelet

- 1 15-ounce can sliced potatoes (drained)
- 1 Tbsp. vegetable oil
- 1 large whole egg
- 3 egg whites
- 3 Tbsp. low-fat milk
- ¼ tsp. salt
- ½ cup ham (diced)
- ½ 8-ounce can tomatoes (drained)
- 1 Tbsp. scallions (chopped)

### Preparations

1. Cut sliced potatoes into strips.
2. In a large skillet over medium heat, lightly brown potatoes in the vegetable oil for 5-10 minutes.
3. In a mixing bowl, add egg, egg whites, milk and salt. Mix well.
4. Stir in ham, tomatoes and scallions.
5. Pour egg mixture over potatoes in the skillet.
6. Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes).
7. Cut the omelet into four pieces and serve.

Makes: 4 servings

### Nutritional Information (per serving)

Total Calories	184
Total Fat	7 g
Protein	15 g
Carbohydrates	16 g
Dietary Fiber	3 g
Saturated Fat	2 g
Sodium	283 mg
Total Sugars	2 g

Source: USDA

## 3 Steps to an Injury-free Workout

Exercise is a great way to combat stress, lose weight and boost energy. To get the most from your workouts, you should add warming up, cooling down and stretching to your routine. These three simple steps are proven to help prevent painful and costly injuries.

### 1. Warming Up

Warming up allows your body time to adjust from rest to activity. Always remember to gradually increase the intensity of your warmup to reduce stress on your bones, muscles and heart.

### 2. Cooling Down

As with warming up, cooling down should include movements similar to those in your workout, but at a gradually decreasing level of intensity.

### 3. Stretching

After cooling down, stretching helps to build flexibility and range of motion. When stretching, follow the guidelines below:

- Use gentle and fluid movements and breathe normally.
- Never force a joint beyond its normal range of motion; you should not feel any pain.

# 6 Full-body Stretches

Hold each stretch for 40 seconds.



neck stretch



shoulder stretch



tricep stretch



pelvic stretch



quad stretch



forward stretch