

# STAY HEALTHY 9-5

## HOW TO STOCK YOUR DESK PANTRY & STAY ACTIVE

**ils meals**  
and nutrition counseling  
A Product of INDEPENDENT Living Systems  
Healthy eating never tasted so good!

### EAT WELL & STAY ACTIVE

You don't have to sacrifice a healthy meal because you have meetings and deadlines to go to this week. Learn to stay healthy despite the daily grind!



### YOU NEED A DESK PANTRY NOW!

Some days are more stressful than others and it's hard to go out for lunch. You have to deal with Doral traffic and finding a parking spot when you get back can be impossible. If you forgot to pack your lunch, then keeping a few items in your drawer can be a lifesaver.

Shelf stable lunch items don't require refrigeration and take a long time to spoil because of the way they are packaged.

Try to find items in individual portions with ingredients you can pronounce and you'll have a fast, healthy meal or snack in no time! Suggestions on the next page.

### HOW TO STAY ACTIVE AT WORK

Over half of all Americans today get less than 30 minutes of physical activity per day. Researchers say that 100 years ago, people got about five times more exercise each day, just from their daily activities.

We have essentially phased out the need to expend energy. At any given job, you sit for about 8 hours, then you drive home and sit on the couch. You don't have to hunt for your food-you barely have to cook it! Most meal preparation is done by microwaving or other low human energy mechanisms.



## 10 DESK PANTRY STAPLES

**BY: JACQUELINE RODRIGUEZ**

**1. Boxed soup:** Soup is a quick, filling lunch! Tomato soup is delicious with a little mozzarella cheese. You can heat it up in your coffee mug.

**2. Tuna or canned chicken:** This is easy to dress up with a little salad dressing & the protein will keep you full all day!

**3. Whole grain crackers:** These have the fiber missing from their sodacracker counterparts and pair well with tuna or nut butter.

**4. Nuts or nut butter:** Individual portions of nuts are an easy snack with fiber, protein and healthy fats. Toss them on salads or add them to oatmeal for crunch. Nut butters also work in oatmeal, yogurt, or on crackers.

**5. Freeze dried fruit:** These have less sugar than dried fruit & can help with sweet cravings.

**6. Roasted chickpeas:** Salty snacks that are great on salads or on their own!

**7. Plain instant oatmeal:** Plain oatmeal packets are warm and comforting with less sugar than flavored packets. You can top your oatmeal with freeze dried berries or nuts for some extra fiber.

**8. Protein powder:** Having a small stash of your favorite protein powder in a mason jar or a ziploc bag in your desk can be a lifesaver. Mix in yogurt, oatmeal, or mix with water for a quick fix.

**9. Seasoning:** Keeping salt, pepper, cinnamon, hot sauce, or some Mrs. Dash at your desk can help dress up your meals in a pinch with little effort.

**10. Dark chocolate squares:** For those sudden sweet cravings!



## YOU CAN MIX & MATCH THESE ITEMS!

# STAYING ACTIVE AT WORK

There are a few things you can do to combat inactivity in the workplace. The crazy benefits might surprise you too!

**Take short walking breaks throughout the day.** One study from the American Society for Clinical Dietitians resting blood pressure was significantly lowered with ten 3-minute bouts of walking throughout the day. You can also take 1-minute breaks and then supplement this exercise with a 10 minute walk during lunch or after work. Not only does this help lower blood pressure, it makes you work more efficiently too!

**Do 10 push-ups and 10 squats every time you take a bathroom/coffee break.** This takes very little time and can actually help you build muscle. You will also feel more energized and less stiff at the end of the day.

**Seated leg exercises**-Sitting in your chair, lift one leg off the seat, extend it out straight, hold for 2 seconds; then lower your foot (stop short of the floor) and hold for several seconds. Switch; do each leg 15 times.

**Stretch.** To stretch your back and strengthen your biceps, place your hands on the desk and hang on. Slowly push your chair back until your head is between your arms and you're looking at the floor. Then slowly pull yourself back in. Again, 15 of these.

**"Being active for 3 minutes every hour can help lower blood pressure & make you work more efficiently."**





# MIAMI MARCH EVENT CALENDAR

## HIGHLIGHT EVENTS

- Miami International Film Festival - March 3 - 12, 2019
- Carnival on the Mile Jazz and Art Festival - March 4 - 5, 2019
- Fairchild's International Orchid Festival - March 10 - 12, 2019
- Calle Ocho Festival, the nation's largest street party - March 12, 2019
- Jazz in the Gardens Music Festival - March 18-19, 2019
- The Miami Open (formerly the Sony Open) - March 20 - April 2, 2019
- "The Fair" - March 23 - April 16, 2019
- ULTRA Music Festival - March 24-26, 2019
- The Deering Seafood Festival - March 26, 2019

## SPORTS EVENT

- The Miami Open (formerly the Sony Open) - March 20 - April 2, 2017
- Miami Heat Basketball Schedule - March 2017 Home Games and Tickets Available
- Florida Panthers Schedule - March 2017 Home Games and Tickets Available

## CONCERT & ENTERTAINMENT

- Annie The Musical - March 3 - 5, 2019
- Jim Brickman - March 10, 2019
- Itzhak Perlman - March 9, 2019
- Patti LaBelle - March 14, 2019
- Franco De Vita - March 18, 2019
- Carol Burnett - March 19, 2019
- ZZ Top - March 17, 2019
- Billy Ocean with Taylor Dayne - March 17, 2019
- Spring Awakening: The Hit Coming-of-Age Rock Musical - February 23 - March 4, 2019
- Julio Iglesias - March 24, 2019
- ULTRA Music Festival - March 24 - 26, 2019

## KIDS & FAMILY EVENTS

- Family Fun Fest at Biscayne National Park - March 12, 2019
- Disney's The Little Mermaid - February 22 - March 5, 2019
- Annie The Musical - March 3 - 5, 2019
- Miami Heat Family Festival - March 18, 2019
- "The Fair" - March 23 - April 16, 2019
- The Deering Seafood Festival - March 26, 2019

## March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

