

## GENERAL MEMBERSHIP MEETING

Wednesday, January 18<sup>th</sup>, 2012 @ 11:30 – OSHA Voluntary Protection Program (VPP)  
Tony Stoner, Integrity Windows and Doors

## New Years Resolutions

### Health Tips For The New Year

Year after year we make resolutions to exercise regularly, eat well, and give up smoking and other bad habits. Following such basic rules can cut heart disease risk by 80% diabetes risk by 90 percent and cancer risk by 50% according to the Harvard Nurses' Health Study. But most of us fail to keep our promises to ourselves. Here are some practical ways to get -- and stay -- healthy.



**Wear a pedometer.** New research suggests that routinely wearing a pedometer encourages people to walk about an extra mile each day, lose weight, and lower their blood pressure. Aim for at least 30 minutes of brisk walking and a total of 10,000 steps per day.

**Don't forget strength training,** involving both the upper and lower body. Too many people neglect resistance exercise, particularly women for whom it's crucial for preventing muscle and bone loss with age. Lift weights for at least 20 minutes, two- to three-times per week.

**Eat at least two fish meals per week.** The evidence is strong that the oils in darker types of fish, such as salmon, tuna, mackerel and herring, are beneficial for the heart and brain and may even lower risk of cancer.

**Drink water.** No matter where you are, water should always be the first thing you reach for when you're thirsty. Water truly is essential.

**Sleep 8 hours a night.** A number of recent studies have confirmed that you really do need at least 8 hours a night. Among the many benefits: Adequate sleep makes you feel better, decreases risk for cardiovascular disease, boosts memory and reduces the likelihood of being in a car accident.

**Keep sugar and caffeine -- the "legal evils" -- to a minimum.** It's hard to believe, but decreasing sugar actually increases people's energy, by minimizing the highs and lows that sweet foods triggers. Different people react differently to caffeine, but most of us are probably over stimulated already -- adding a stimulant just adds to things like road rage.

**Consider acupuncture and massage** as valid therapies for chronic problems, such as back pain and neuropathy. Seeing a good massage therapist for neck strain may work better than taking extra strength Tylenol and/or Advil regularly.

**If you smoke, quit.** There is nothing good about it. If you're having trouble quitting, start smoking less today -- smoke only half a cigarette, and skip as many of your usual smokes as you can -- and get help right away. Get some guidance about why it is you smoke to figure out how best to stop doing it. Smoking cessation groups can be extremely helpful and supportive, and medications like a nicotine patch can help decrease the cravings. Acupuncture may also be useful.

**Don't focus on dieting. Focus on eating.** If you're hungry, you're more likely to overeat, especially in the evening. Instead, of sacrificing all day and gorging later, it's better to eat enough during the day to avoid hunger pangs and uncontrolled eating at night. Eat every four hours or so, and make sure to eat a "second lunch" -- think of it as another meal rather than a snack -- in the mid-afternoon to keep your energy up and make you less hungry in the evening.

**Budget your food as you do your money.** A rough guideline for daily caloric intake: Multiply your ideal body weight by 10 (i.e., 1,200 calories if you want to weigh 120 pounds) and then add another 600 calories if you're moderately active, a few hundred more if you're very active. Divide those calories out across the day to keep yourself well fed.

**Eat three different foods at every meal.** Don't eat a scoop of tuna for lunch -- eat tuna on a roll with a salad.

**Don't drink too many calories.** It's easy to drink calories without noticing: that eggnog latte at Starbucks has nearly as many calories as a Big Mac. It's okay to have one as an occasional treat, but consider it a meal, not a drink.

<http://www.boston.com/lifestyle/food/gallery/healthtips>

### BOARD MEETING

Board members meet the first Thursday of the month – 6:00-8:00 pm at the Valdak Corp. 1149 36<sup>th</sup> Ave. S (Valley Dairy)

**NEXT MEETING** ☞ Feb 2<sup>nd</sup>

### 2012 BOARD MEMBERS

**Eric Pearson** (President)  
*UND Campus Safety & Security*

**Christin McWaters** (Vice-President)  
*UND Energy Environmental Research Center*

**Joe Strang** (Treasurer)  
*Valley Dairy Car Wash*

**Cindy Holweger** (Secretary)  
*Development Homes*

**Todd Brady**  
*Marvin Windows and Doors*

**Dan Mankie**  
*Cirrus Aircraft*

**Rachel Kmecik**  
*Grafton Equipment Company*

**Rick Else**  
*Workforce Safety & Insurance*

### COMMITTEES

#### Communication Committee

*(Linda Wiley, Todd Brady)*

♦ Visit us at [www.nosha.net](http://www.nosha.net) for the latest updates and announcements!

#### Education Committee

*(Rick Else)*

#### Upcoming GM Meeting Presentations

- ♦ **Feb 15<sup>th</sup>** Concussions – Rebecca Quinn, Project Director Center for Rural Health, UND.
- ♦ **March 21<sup>st</sup>** Examples of Root Cause and Safety Performance Tracking – Diane Johnson, Safety Director, JR Simplot.
- ♦ **April 18<sup>th</sup>** Key information on OSHA 300 Log – Maurizio Delcaro, Safety Director, AGCND.
- ♦ **May 16<sup>th</sup>** – "Team Building Exercise" key for a successful safety program – Sally and Dave Opp, Opp Construction.

#### Membership Committee

*(Christin McWaters, Rachel Kmecik)*

**"60 MEMBERS STRONG and GROWING!"**



**NOSHA** is a non-profit organization formed to provide area safety professionals a direct way of sharing safety concerns, goals and ideas to promote workplace safety.