

Student Locomotive Engineer Health and Wellness Presentation

Welcome to the Health Component
Portion of Your Training!



What's In It For Me ("WIIFM")?

- 1) Sessions planned are all about assisting you in maintaining a healthy lifestyle.
- 2) Customized to provide meaningful and relevant information, tips, and strategies.
- 3) Health and wellness becomes easier and more convenient.
- 4) Decision to make health and wellness a life long choice.

Today's Training Agenda

- ❑ Keeping Your Head in the Game (Staying Focused)
- ❑ 15-Minute Break
- ❑ Critical Incident/Stress Response/PTSD
- ❑ EAP and CARE Team Resources
- ❑ Stress Resiliency
- ❑ 30-Minute Healthy Lunch Break *(Courtesy of Keolis)*
- ❑ Successful Fatigue Management
- ❑ Managing Emotions in the Workplace
- ❑ 10-Minute Break
- ❑ BLET Union Administrative Items
- ❑ Importance of Preventive Health Care
- ❑ Training Evaluations

Importance of Preventive Care



Preventive Steps

- ❑ Healthy diet.
- ❑ Stretching to avoid injury.
- ❑ Regular exercise.
- ❑ Manage stress, anxiety, and/or depression.
- ❑ Quit smoking or never start.
- ❑ Annual exams, follow-ups, health screenings, vaccinations, etc.
- ❑ Getting enough regular, quality sleep.
- ❑ Pay attention to your body and symptoms.
- ❑ Avoid becoming complacent.
- ❑ Keep a positive outlook.
- ❑ Don't sweat the small stuff.



KICK THE HABIT

- **Within 2 weeks to 3 months after quitting smoking, your heart attack risk begins to improve.**
- **One year of not smoking cuts your risk of coronary heart disease in half.**



Healthy Eating: Ideas For Your Day



- Trick: Easy to prepare and eat on-the-run.
- Work backpacks: Bottled spring waters, non-perishable, tasty, healthy snacks, napkin, plastic utensils. If perishable item, include light-weight icepack to retain freshness for hours.
- Protein and fiber-rich foods: Keep you feeling full longer. Pack enough to fit each snack into “snack size” baggies.
 - Sliced almonds, walnuts, cashews, pistachio nuts, peeled hard boiled eggs, low-fat mozzarella string cheese.
 - Protein bars or drinks, reduced fat peanut butter and/or jelly on Ritz or Saltine crackers, avocado and tomato on thin slices of low-fat mozzarella cheese.
 - Celery sticks, baby carrots, strawberries, blueberries, apples, pears, peaches, peeled oranges, bananas, grapes.

Healthy Eating: Ideas For Your Day



- More tasty treats: Healthier versions of original.
 - Baked potato chips, baked doritos, baked tortilla chips, no-salt pretzel sticks, flavored greek yogurts, popcorn snacks.
 - Cut-up pieces of fresh cantaloupe, honeydew melon, or coconut; dried fruits such as apricots, apples, and raisins.

- Quick and easy breakfast: Start your day with more energy!
 - Bowl of oatmeal with sliced bananas, strawberries, or blueberries, or sprinkled with cinnamon.
 - White or whole wheat bagel just plain or with a glaze of smart balance butter, margarine, light cream cheese, reduced-fat peanut butter, or almond butter.
 - Protein shakes made with fresh fruits; find brands that you like but that are lower in calories, fats, and sugar.

Healthy Eating: Ideas For Your Day



- Lunchtime: Whether bringing your lunch from home or dining on the run, you have plenty of healthy choice options.
 - Lettuce or spinach salad with fresh veggies, such as onions, peppers, mushrooms, avocado, tomatoes, cucumbers, green beans, and chick peas. Pack or order salad dressing on the side (try oil and vinegar, light Italian or vinaigrette).
 - Whole wheat wrap sandwiches made with chicken breast, turkey breast, or tuna fish. Include lettuce and tomato, reduced-fat mayonnaise, light dressing, or yellow mustard.
 - If craving red meat, go for “heart healthy” cuts in moderation.
 - Supermarkets use *American Heart Association* stamp of approval on deli packaging. Enjoy black forest or maple glazed honey coat ham or lean roast beef.

Building Exercise Into Your Day



- ❑ Recommended that you get in at least 30 minutes a day or more of moderate-intensity physical activity.
- ❑ Break up exercise into 10–15 increment periods during your day.
- ❑ It's easier than you think to get in at least 45 minutes of exercise daily.

Building Exercise Into Your Day



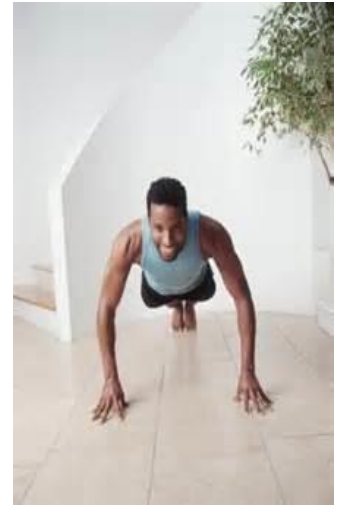
In between train runs and/or on work “release” times

- ❑ Take power (brisk) walks. Note: Walking is the easiest to do and most effective for your overall health.
- ❑ Power walk in safe work areas and/or surrounding vicinity. For example, inside station perimeters, along platforms, up and down sets of stairs, back and forth through long hallways, and around town in pedestrian areas.
- ❑ Join and regularly utilize a cost-effective and convenient gym or health club.
- ❑ In private employee areas, do light stretching; try alternating exercises such as: quick sets of jumping jacks; push-ups; tricep dips (against secure bench or chair); leg squats and lunges; and arm bicep, tricep, and forearm exercises with 20 oz. filled water bottles. Try short periods of jumping rope for extra cardio!

Building Exercise Into Your Day

Easy, creative ways to fit exercise in at home.

- ❑ Do calf raises when on the phone, brushing teeth, or doing the dishes.
- ❑ Do light stretching, a few sets of leg squats, leg lunges, or push-ups when watching television; during commercial breaks, brisk walk around your home, including up and down the stairs.
- ❑ Alternate and rotate in different exercises on each day of the week.
- ❑ Join a sports league (i.e., tennis, bowling, softball, basketball, etc.).
- ❑ When doing yard work or home repairs, listen to your favorite songs or sports show on the radio. You may find yourself working faster and accomplishing more.
- ❑ If you have a dog, take your furry friend for a stroll around neighborhood or up the park.
- ❑ Add a few friendly arm wrestling matches into your day with family or friends.
- ❑ When doing routine tasks that require upper body motion, work those arm muscles.



Real Life Example Illustrating the Importance of Preventive Health Care

Don't Forget About Yourself!

Ultimately you are responsible for your own health and well-being.

The tragedy of **not** making one's health a priority leads us to...

My brother's story